

# True Oldies



Exclusive Radio Recipes

By Laura Kurella

## Mexican Meatloaf

- 1 egg
- 1/4 cup water
- 2 teaspoons chili powder
- 1/2 teaspoon salt
- 1 small onion, finely minced
- 1-1/2 pounds lean ground beef
- 1/2 cup shredded cheddar cheese



Preheat oven to 350 degrees. In large bowl, combine egg, water, chili powder, salt and onion. Mix well until thoroughly combined then add ground beef and mix gently but thoroughly with hands. Pat mixture into a ring mold sprayed with cooking spray. Then flip onto a baking pan. Bake for 1 hour then sprinkle meatloaf with cheese and bake 5 minutes or until cheese melts.

*Approximate servings per recipe: 6. Nutrition per serving: Calories 196; Fat 8g; Sodium 322mg; Carbohydrates 2g; Fiber 0.5g; Sugar 0.7g; Protein 26g.*

## Meatless Meatloaf

- 2 cups water
- 1 teaspoon salt
- 1 cup lentils
- 1 small onions, diced
- 1 cup quick-cooking oats
- 3/4 cup grated Cheddar jack cheese
- 1 eggs, beaten
- 4 1/2 ounces spaghetti sauce
- 1 teaspoon garlic powder
- 1 teaspoon dried basil
- 1 tablespoon dried parsley
- 1/2 teaspoon seasoning salt
- 1/4 teaspoon black pepper

Preheat oven to 350 degrees. In a saucepan, combine water and salt then bring to a boil. Add lentils and simmer covered 25-30 minutes, until lentils are soft and most of water is evaporated. Drain then partially mash lentils and then move to a mixing bowl to cool slightly. Stir in onion, oats and cheese and mix until blended. Add egg, tomato sauce, garlic, basil, parsley, seasoning salt and pepper. Mix well. Spoon into desired loaf pan that has been generously sprayed with Pam (non-stick cooking spray) or well-greased. Smooth top with back of spoon. Bake for 30- 45 minutes or until top of loaf is dry, firm and golden brown. Cool in pan on rack for 10 minutes before slicing. Run a sharp knife around edges of pan then turn out loaf onto serving platter.

*Approximate servings per recipe: 4. Nutrition per serving: Calories 360; Fat 8g; Sodium 885mg; Carbohydrate 49g; Fiber 18g; Sugars 3g; Protein 21g.*