

Makes: 4 Servings

INGREDIENTS (Key: T = Tablespoon, t = teaspoon, oz = ounce)

8 oz lean ground beef  
4 oz low-fat bulk breakfast sausage  
1 medium green bell pepper, finely chopped  
1/3 cup plain dry bread crumbs  
1/3 cup fat-free, low-sodium spaghetti sauce  
½ cup finely chopped onion  
Whites of 2 large eggs  
2 t dried basil, crumbled  
1 t dried oregano, crumbled  
1/3 cup fat-free low-sodium spaghetti sauce

DIRECTIONS

Preheat oven to 350°F.

In a medium bowl, combine all the ingredients except 1/3 cup spaghetti sauce. (Your hands work well for this.)

On a nonstick baking sheet, shape the beef mixture into a 9 x 5-inch oval loaf. Top with the remaining 1/3 cup of spaghetti sauce.

Bake for 50 minutes, or until the loaf reaches an internal temperature of 160°F and is no longer pink in the center. Let stand for 10 minutes before slicing.

NUTRITION INFORMATION (for each serving)

Calories: 212

Fat: 7.5 grams

Saturated fat: 2.5 grams

Polyunsaturated fat: .5 grams

Monounsaturated fat: 2.5 grams

Cholesterol: 46 milligrams

Total Carbohydrates: 14 grams

Fiber: 2 grams

Sugars 4 grams

Sodium: 345 milligrams

Protein: 19 grams

Source:

America Heart Association. "Mediterranean Meat Loaf." *The New American Heart Association Cookbook*. 7<sup>th</sup> ed. New York: Clarkson Potter/Publishers, 2004. 307. Print.