

Italian Meat Loaf

Serves 2
Points 7.5

Ingredients

½ pound (8 ounces) extra lean ground beef (92% fat-free or better)
¼ cup egg substitute
1/3 cup seasoned bread crumbs
½ teaspoon onion powder
8-ounce can tomato sauce
½ teaspoon ground oregano
2 slices fat-free cheddar cheese
2 ounces shredded fat-free mozzarella cheese
Cooking spray

Directions

- Combine beef, egg substitute, bread crumbs, onion powder, oregano, pinch of pepper, and 2 ounces of tomato sauce. Mix well.
- Shape into flat rectangle about 9" x 12" on wax paper. Put two slices of cheese down middle and top with shredded cheese. Roll up like jelly roll. Press ends of roll and seal seam.
- With seam side down, put into glass oblong baking dish sprayed with cooking spray.
- Bake in 350-degree oven for 15 minutes. Pour off any fat (as long as the low-fat beef is used there likely won't be any to pour off).
- Spread some of the tomato sauce on top of meat loaf and return to oven. Cook another 1 hour and 15 minutes, basting occasionally with tomato sauce. Optional: melt two slices of fat-free mozzarella cheese on top during last 10 minutes (will add ½ point per serving). Cut in half with spatula when it is out of the oven. Serves 2.