Athenian Meatloaf with Cucumber-Yogurt Sauce

8 Servings

INGREDIENTS

- 2 pounds ground beef (96% lean)
- 1 cup soft bread crumbs
- ¾ cup finely chopped onion
- ½ cup 1% low-fat milk
- 1 large egg
- 1 tablespoon plus 1 ½ teaspoons dried Greek seasoning, divided
- ½ teaspoon salt
- 1 cup plain, low-fat Greek yogurt
- ½ cup diced cucumber

DIRECTIONS

❤ Preheat oven to 350°F. Combine ground beef, bread crumbs, onion, milk, egg, 1 tablespoon Greek seasoning and salt in large bowl, mixing lightly but thoroughly.

❤ Shape beef mixture into 10 x 4-inch loaf on rack in broiler pan. Bake in 350°F oven 1 ¼ to 1 ½ hours, until instant-read thermometer inserted into center registers 160°F.

❤ Meanwhile, combine yogurt, cucumber and remaining 1 ½ teaspoons Greek seasoning in medium bowl. Season with salt, as desired. Set aside.

❤ Let meatloaf stand 10 minutes; cut into 8 slices. Serve with cucumber-yogurt sauce.

NUTRITION ANALYSIS (PER SERVING)

- Calories: 198
- Total Fat: 6.0 g
- Saturated Fat: 3.0 g
- Trans Fat: 0.0 g
- Polyunsaturated Fat: 0.5 g
- Monounsaturated Fat: 2.0 g
- Cholesterol: 102 mg
- Sodium: 247 mg
- Carbohydrates: 6 g
- Fiber: 0 g
- Sugars: 3 g
- Added Sugars: 5 g
- Protein: 28 g

Dietary Exchanges: ½ starch, 3 ¼ lean meat

This recipe from BeefItsWhatsForDinner.com is an American Heart Association Heart-Check Certified recipe.