



Athenian Meatloaf with Cucumber-Yogurt Sauce

8 Servings

INGREDIENTS

- 2 pounds ground beef (96% lean)
- 1 cup soft bread crumbs
- $\frac{3}{4}$ cup finely chopped onion
- $\frac{1}{2}$ cup 1% low-fat milk
- 1 large egg
- 1 tablespoon plus 1- $\frac{1}{2}$ teaspoons dried Greek seasoning, divided
- $\frac{1}{2}$ teaspoon salt
- 1 cup plain, low-fat Greek yogurt
- $\frac{1}{2}$ cup diced cucumber

DIRECTIONS

1. 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.
2. Shape beef mixture into 10 x 4-inch loaf on rack in broiler pan. Bake in 350°F oven 1- $\frac{1}{4}$ to 1- $\frac{1}{2}$ hours, until instant-read thermometer inserted into center registers 160°F.
3. Meanwhile, combine yogurt, cucumber and remaining 1- $\frac{1}{2}$ teaspoons Greek seasoning in medium bowl. Season with salt, as desired. Set aside.
4. Let meatloaf stand 10 minutes; cut into 8 slices. Serve with cucumber-yogurt sauce.

NUTRITION ANALYSIS	(PER SERVING)
Calories	198
Total Fat	6 g
Saturated Fat.....	3 g
Trans Fat.....	0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	2 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:	
$\frac{1}{2}$ starch, 3 $\frac{1}{2}$ lean meat	

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

