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
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 350ºF oven 1-1/4 to 1-1/2 hours, until instant-read thermometer inserted into center registers 160°F.
3. Meanwhile, combine yogurt, cucumber and remaining 1-1/2 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:
½ starch, 3½ lean meat

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