

Mom's Makeover Meatloaf – Taken from: **The Moms' Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time!** by Janice Bissex, Liz Weiss, and Laura Coyle

Makes 6 Servings

One 15-ounce can black beans, drained and rinsed
1 pound lean ground beef (90% or higher)
2 large omega-3 eggs, beaten
1 large carrot, peeled and shredded (about 1 cup)
1/2 cup seasoned bread crumbs
1/3 cup ground flaxseed
1/4 cup ketchup
1/2 teaspoon garlic powder
2 tablespoons ketchup
Salt and pepper to taste

Preheat the oven to 375°F.

Lightly oil or coat a 9 X 13-inch baking dish with nonstick cooking spray and set aside. Mash the beans in a large bowl using the back of a large fork or spoon until smooth but still a bit chunky. Add the beef, eggs, carrot, bread crumbs, ground flaxseed, ketchup, garlic powder, and salt and pepper to taste and mix until well combined. Place the meat mixture in the middle of the baking dish. Shape into a 6 X 8-inch rectangle, about 1-1/2 inches high. Spread 2 tablespoons ketchup evenly on the top and sides. Bake until an instant-read meat thermometer registers 160°F, 50 to 60 minutes. Let stand for a couple of minutes before serving.

Nutrition Information per serving: 280 Calories, 11g Total Fat, 3g Saturated Fat, 1.3g Omega-3 Fat, 23g Carbohydrates, 6g Fiber, 640mg Sodium, 23g Protein, 110% Vitamin A, 20% Iron