

Recipes makes: 8 Servings



Ingredients-

- ♥ 1 lb Ground Chicken
- ♥ ½ Cup Fine Plain Breadcrumbs
- ♥ 1 Large White Egg
- ♥ 1 Cup Sundried Tomatoes
- ♥ 1 Small Onion
- ♥ ¼ Cup Ketchup
- ♥ ½ tsp Minced Garlic
- ♥ 1 tsp Worcestershire Sauce
- ♥ 2 Cups Spinach, Cooked and Chopped
- ♥ 4 Tbsp D'Avolio Champagne Balsamic Vinegar
- ♥ 2 Tbsp D'Avolio Tuscan Herb Extra Virgin Olive Oil
- ♥ Salt and Pepper to taste (MAX ½ tsp Salt)

PREPARATION:

1. Preheat oven to 350 Degrees F.
2. Combine chicken and breadcrumbs in large bowl. Set aside.
3. Chop the sundried tomatoes and onion into chunks.
4. Mix together all the other ingredients, add them to the meat mixture and mix well using hands.
5. Form mixture into a loaf and place in lightly greased 9"x13" pan.
6. Cover with foil and bake for one hour.
7. Remove foil and continue baking for 15-30 minutes, until loaf is cooked through.
8. Slice and serve with 1 Cup Cauliflower Sweet Potato Mash

Nutrition Facts			
Serving Size: 1 Slice Meatloaf, 1c. Cauliflower Mash			
Servings: 1			
Amount Per Serving			
Calories	370	Calories from Fat	170
		% Daily Value*	
Total Fat	19g		29%
Saturated Fat	5g		27%
Trans Fat	0g		
Cholesterol	65mg		21%
Sodium	640mg		27%
Total Carbohydrate	35g		12%
Dietary Fiber	7g		30%
Sugars	10g		
Protein	18g		
Vitamin A	310%	•	Vitamin C 130%
Calcium	15%	•	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g