

Healthy Recipe of the Week



Use organic ingredients whenever possible.

Mini Honey-Mustard Meatloaves with Roasted Potatoes

Originally in Everyday Food Magazine - March 2008

Serves 4

2 tablespoons olive oil, plus more for baking sheet
2 tablespoons plus 1 teaspoon honey mustard (Look for a healthier version without all the additives and preservatives.)
2 tablespoons ketchup
1 pound ground beef chuck (Look for organic ground Piedmontese beef by Blackwing Organic Meats in the freezer at Dierbergs.)
1 large egg, lightly beaten
 $\frac{1}{2}$ cup whole-wheat breadcrumbs
1 cup shredded white cheddar (If you don't want to add the dairy, just omit the cheese.)
coarse salt and ground pepper
1 pound white new potatoes, scrubbed and quartered
1 tablespoon red-wine vinegar
1 head Boston lettuce, torn into bite size pieces
other vegetables for salad, optional

1. Preheat oven to 450°, with racks in upper and lower thirds. Brush a rimmed baking sheet with oil (I like to line mine with aluminum foil. It makes for easier clean up). In a small bowl, mix together 2 tablespoons mustard and ketchup.
2. In a medium bowl, combine beef, egg, breadcrumbs, $\frac{1}{2}$ cup cheddar, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{4}$ teaspoon pepper. Form into four 2-by-4-inch loaves; place on baking sheet. Brush with mustard mixture; top with remaining $\frac{1}{2}$ cup cheddar. On another rimmed baking sheet, toss potatoes with 1 tablespoon oil; season with salt and pepper.
3. Transfer meatloaves to upper rack of oven, and place potatoes on lower rack. Bake until loaves are cooked through, 15 to 20 minutes, rotating sheets after 10 minutes. Remove loaves from oven; continue to roast potatoes until tender, about 5 minutes.
4. Meanwhile, in a large bowl, whisk together remaining tablespoon mustard, and vinegar; season with salt and pepper. Add lettuce, and any other vegetables that you like, and toss. Serve meatloaves with potatoes and salad.