

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Meat Loaf

Adapted from www.cookingTF.com

Serves 4

1 egg, beaten
½ pound ground beef
½ pound ground turkey (or use more ground beef)
½ carrot, grated
½ onion, finely diced
1 tsp salt
1 Tbs Italian seasoning
½ tsp garlic powder
¼ tsp pepper
1-2 Tbs coconut flour*, until the meat is cohesive
¼ cup ketchup (make sure you use one without corn syrup)
1 Tbs mustard

1. Preheat oven to 350 degrees. Line a baking sheet with foil and grease.
2. Gently combine the egg, meats, carrot, onion, seasonings and coconut flour in a bowl and place on the pan in a loaf shape. Bake for 45 minutes.
3. In a small bowl, combine the ketchup and mustard. Spread the ketchup mixture over the top of the meatloaf. Return to the oven and bake an additional 15 minutes or until done.

Serve with baked potatoes and sautéed kale.

*If you don't have coconut flour, substitute ½ cup whole-wheat breadcrumbs.