

Meatloaf

1 lb. lean ground beef or ground turkey
1/2 cup wheat bran
1/3 cup skim milk
1/3 cup catsup or tomato paste
1/4 cup egg substitute
1 tsp. salt
1/2 tsp. pepper
1/2 cup onions, minced
1/2 cup celery, minced
1 clove garlic, minced (or 1 tsp. garlic powder)
1 tbsp. Worcestershire sauce

Preheat oven to 350°F. Combine all ingredients. Shaped into 1 large loaf or 4 to 6 small loaves and place in a 9" x 12" baking dish. Bake uncovered for 50-60 minutes. Cool for 5 minutes before slicing. Makes 8 servings.

Nutrition information per serving: calories 210; protein 20 grams; fat 10 grams; sodium 786 mg