

COTTAGE CHEESE MEATLOAF

From Karen Gray

INGREDIENTS

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|-----|------|---|
| 1 | lb | leanest ground beef |
| 1 | lb | lean ground chicken breast |
| 2 | cups | 1% cottage cheese (16 oz.) |
| 2 | | eggs |
| 1/2 | cup | catsup |
| 1 | cup | old fashioned rolled oats |
| 2 | Tbsp | Dijon mustard |
| 2 | Tbsp | instant minced onion |
| 1/2 | tsp | salt |
| 1/4 | tsp | pepper |
| 2 | tsp | finely chopped garlic |
| 1/2 | cup | chopped fresh basil |
| 2/3 | cup | grated Parmesan cheese, divided
(save 2 Tbsp to sprinkle on top) |



INSTRUCTIONS

Combine all ingredients thoroughly.

Press loosely into 7" x 11" baking dish.

Bake uncovered at 350 degrees for 1 hour.

Makes 8 servings.

Makes an exceptionally moist and tender meat loaf!

Several people requested the recipe for the meat loaf at WC last night so here it is. Four different people made the same recipe with *different* results, so it's important to follow the recipe's pan size (or the equivalent, and adjust the time accordingly) and ingredients. Cooking professionals recommend that you follow the recipe the first time and then make it your own thereafter.

Low fat ground turkey may be substituted for the ground chicken.