



## **Apple Meatloaf**

*serves 4*

- 1 heaping tablespoon onion, finely chopped
- 1 teaspoon butter
- 1 medium apple, peeled and grated
- 1/2 cup soft bread crumbs
- 2 tablespoons egg beaters
- 1 tablespoon ketchup
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Dash ground allspice
- 3/4 pound lean ground beef (90% lean)

### **Directions**

In a small skillet, saute onion in butter until tender.

In a large bowl, combine the apple, bread crumbs, egg, ketchup, mustard, salt, pepper and allspice. Stir in onion.

Crumble beef over mixture and mix well. Shape into a rectangular loaf. Place in an 8-in.-square baking dish coated with cooking spray. Bake, uncovered, at 350° for 30 minutes or until no pink remains and a thermometer reads 160°.