



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Mushroom Meatloaf**

*Adapted from Cooking Light*

1 pound cremini mushrooms  
1½ tbsp canola oil, divided  
¼ cups chopped onion  
4 garlic cloves, minced  
2 tbsp dry sherry  
2 tsp chopped fresh thyme  
½ cup panko breadcrumbs  
½ tsp kosher salt  
½ tsp black pepper  
8 ounces ground sirloin (90% lean)  
1 egg  
¼ cup ketchup, divided

### **Instructions:**

Set oven to 375 degrees. Cover baking sheet with foil and grease with ½ tbsp canola oil; set aside.

In a food processor, mince half the mushrooms and place in a medium bowl; repeat with remaining mushrooms.

Heat a large sauté pan on medium-high heat and add remaining 1 tbsp oil. Add onion and cook for 3 minutes, stirring occasionally; stir in garlic and cook for 1 minute. Add mushrooms and cook until mushrooms begin to brown, stirring occasionally (about 5 to 7 minutes—add a little water if the mushrooms look very dry, like they might start to burn). Add sherry and cook for a minute more; remove from heat and stir in thyme. Let cool slightly.

In a large bowl, combine mushroom mixture, panko, salt, pepper, sirloin, and egg. Shape into a free-form loaf (about 7 x 3 inches) on greased baking sheet.

Bake for 20 minutes. Remove from the oven and brush with half of the ketchup; bake for an additional 10 to 15 minutes (or until the middle registers 160 degrees). Brush with remaining ketchup. Cut into 8 slices.

### **Notes:**

-Can't find cremini? Try a mixture of half portobello and half white button mushrooms.

-Don't have sherry? Substitute a dry white wine, or apple cider to forgo alcohol (apple cider vinegar could also work).

**Yield:** 4 servings (2 slices per serving)



### **NUTRITION INFORMATION PER SERVING:**

**CALORIES:** 270 calories

**PROTEIN:** 18 g

**SODIUM:** 500 mg

**CARBOHYDRATE:** 20 g

**FIBER:** 2 g

**FAT:** 13 g

**SAT FAT:** 3 g