

Spicy Meatloaf with Collards

Servings: 8

Total Time: 2 hours

Ingredients:

- 1 ½ pounds collard greens (about 2 bunches)
- 2 tbsp extra-virgin olive oil
- 1 cup diced onion
- 2 cloves garlic, minced
- 1-2 tbsp hot sauce
- 1 tbsp Worcestershire sauce
- ½ tsp ground cumin
- ½ tsp smoke paprika
- ½ tsp ground pepper
- 1 ½ cup coarse fresh breadcrumbs, whole-wheat
- ½ cup reduced-fat milk
- 1 lbs lean ground beef
- 1 lb lean ground pork
- 2 large eggs, lightly beaten
- ¾ cup ketchup, divided

Directions:

1. Strip collard leaves from stems (discard stems); finely chop.
2. Heat oil in a large pot over medium heat. Add onion and cook, stirring occasionally, until soft, about 3 minutes. Add the collards and garlic, cook, stirring until collards are bright green, about 2 minutes. Add hot sauce to taste, Worcestershire, cumin, paprika and pepper. Continue to cook until the greens are completely wilted, about 2-4 minutes. Transfer the mixture to a large bowl and let cool slightly, stirring occasionally, about 15 minutes.
3. Combine breadcrumbs and milk in a medium bowl and let stand for about 10 minutes.
4. Preheat oven to 350 degrees F. Coat a large rimmed baking sheet with cooking spray.
5. Add beef, pork, eggs, ½ cup ketchup and breadcrumbs to the greens. Gently mix by hand to combine. Form into a large, long loaf, 4-6 inch wide, on the prepared baking sheet.
6. Bake the meat loaf for 30 minutes. Brush the top with remaining ¼ cup ketchup.
7. Increase the oven temperature to 400 degrees F, continue to bake until an instant-read thermometer inserted into the center register 165 degrees F, 25-35 minutes. Let rest for 10 minutes before cutting into 8 slices.

Nutrition Information for 1 serving: Calories 317, Fat 14g (Saturated 4g, Monounsaturated 6g), Cholesterol 115mg, Sodium 276mg, Potassium 566g, Carbohydrates 20g, Fiber 4g, Protein 28g