



In the Kitchen

with Barb Agee ~ March 2015

Meatloaf Madness

Any way you slice it, meatloaf is the ultimate comfort food. Revamp your favorite meatloaf recipe by trading out part or all of the ground beef for ground pork, veal, lamb, sirloin or turkey. Jazz up the flavors with the addition of cheeses, sauces, vegetables or bread substitutes.

Barbecue Turkey Meat Loaf

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| 1 egg, lightly beaten | 1 teaspoon freshly ground pepper |
| ¼ cup barbecue sauce | ½ cup fresh parsley, coarsely chopped |
| ½ cup milk | 1¼ pounds 93% lean ground turkey |
| 1 tablespoon Worcestershire sauce | ½ pound Italian turkey sausage links, casings removed |
| 2 teaspoons Dijon mustard | Topping |
| ¾ cup seasoned bread crumbs | ½ cup barbecue sauce |
| ½ cup onion, finely chopped | ¼ cup brown sugar |
| 2 tablespoons grated carrot | 2 teaspoons Dijon mustard |
| 1 teaspoon kosher salt | |

Combine the first 11 ingredients in a large bowl. Crumble the ground turkey and the turkey sausage over the mixture and gently combine all of the ingredients. Pat the meat mixture into a 9 x 5-inch loaf pan. Combine the topping ingredients in a small bowl; spread over the top.

Bake meat loaf uncovered, at 350°F for 50 to 55 minutes and thermometer reads 155°F. Let stand lightly covered with foil for 10 minutes before slicing and serving. *Serves 8*

Mexican Chorizo Meat Loaf

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| ½ pound fresh Mexican chorizo, casing removed, crumbled | 1 teaspoon ground cumin |
| 1 pound ground fresh pork | ½ teaspoon each salt and pepper |
| 3 tablespoons grated yellow onion with the juices | ⅔ cup finely crushed tortilla chips |
| 2 tablespoons medium salsa | Sweet Corn Guacamole (<i>see recipe below</i>) |

Gently mix all of the meat ingredients together. Shape into a round disk about 3 inches thick; place in a large cast iron skillet. Bake uncovered at 350 degrees for 40 minutes or until a thermometer reads 155 degrees. Let rest lightly covered for 10 minutes before serving. Serve with the Sweet Corn Guacamole (*see recipe below*).

Makes 6 servings

Sweet Corn Guacamole

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| ¼ cup red onion, finely chopped | 1 ear cup fresh corn * |
| 1 small jalapeno chile pepper | 2 tablespoons cilantro, finely chopped |
| 1 lime, juiced (about 2 tablespoons) | 1 clove garlic, grated |
| 1 large ripe Hass avocados | 1 small Roma tomato |

Seed and finely chop the jalapeno and the Roma tomato. Mix all ingredients together.

* You may use ⅔ cup high quality canned corn in place of fresh corn.

Greek Feta and Spinach Meat Loaf

1½ pounds ground lamb or veal
4 ounces feta, crumbled
2 tablespoons each chopped fresh mint, parsley and dill
2 tablespoons grated onion
3 cloves garlic, minced
1 teaspoon dried oregano
1 cup finely sliced fresh spinach
1 egg, lightly beaten
½ cup Panko crumbs
Tzatziki Sauce (*see recipe below*)

Lightly toss together lamb, feta, mint, parsley, dill onion, garlic, oregano, spinach and egg. Sprinkle Panko crumbs over top of the meat mixture and gently blend in. Shape meat mixture into a round disk about 3 inches thick. Place in a baking dish with plenty of room so the meat does not touch the sides of the dish. Bake at 350 degrees for 40 minutes or until a meat thermometer reads 155 degrees. Let meat loaf rest lightly covered with foil for 10 minutes before serving. Serve with a Tzatziki Sauce (*see recipe below*). *Serves 4*

Tzatziki Sauce

½ Kirby cucumber
2 cups plain Greek yogurt
4 garlic cloves, pressed
⅓ cup fresh dill, chopped
1 ½ tablespoon freshly squeezed lemon juice
½ teaspoon salt
⅛ teaspoon pepper

Peel the cucumber and save the peeling. Finely dice the cucumber and strain the excess water out of the cucumber. Finely chop the cucumber peeling. In a bowl, mix the strained and chopped cucumber and peel, yogurt, garlic, dill, lemon juice, salt and pepper together. It is best refrigerated for 1 hour or more before serving.



Meat Loaf Italiano

2 slices fresh 8 grain bread
½ cup marinara sauce, divided
1 pound ground sirloin
½ pound ground pork
¼ cup sun dried tomatoes, drained and finely chopped
2 eggs, lightly beaten
2 cloves garlic, finely chopped
½ cup grated Parmesan cheese
2 tablespoons chopped fresh basil *or* ¾ teaspoon dried basil
¼ teaspoon pepper
1 teaspoon salt
4 slices (3 ounces) provolone cheese

Preheat oven to 350°F. Line rimmed baking sheet with foil; coat with cooking spray. In a large bowl, pour ¼ cup of the marinara sauce over the bread. Let stand for 5 minutes. Break the bread into small pieces in the bowl.

Add ground sirloin and pork, sun-dried tomatoes, eggs, garlic, Parmesan cheese, basil, pepper and salt. With hands gently mix together until blended. Shape into an 8 x 4-inch round; place on baking sheet. Bake for 40 to 45 minutes or until meat thermometer reads 155°F.

Spread remaining ¼ cup marinara sauce over meatloaf; top with provolone. Return meatloaf to oven and bake 3 minutes or until provolone is melted. Let stand 10 minutes before serving. If desired, serve with cooked spaghetti and additional warmed marinara sauce and chopped parsley. *Serves 6*