

MAIN DISHES

HOMESTYLE MEATLOAF - MAKES 6 SERVINGS - ea. serving (2 slices) = 5 pts

¾ Cup Ketchup, divided

¼ Cup Minced Fresh Onion

2 T. Chopped Fresh Parsley

1 T. Brown Sugar

¼ t. Salt

¼ t. Pepper

2 Large Egg Whites

1 ½ lbs. Ground Round

½ Cup Quick Cooking Oats

Cooking Spray

Preheat oven to 350° F.; Combine ½ cup ketchup, onion and next five ingredients in large bowl. Stir well. Add meat and oats, stir just until blended. Shape mixture into 8 X 4 Loaf on broiler pan coated with cooking spray. Brush remaining ¼ cup ketchup over meatloaf.

Bake at 350°F. for 1 hour and 10 minutes or until done. Let stand 10 minutes before slicing. Cut into 12 slices. **WW Just Like Home, p.59**