



Apple Meatloaf

- 1 small onion, finely chopped
- 2 teaspoons butter
- 1 apple (mild/sweet variety like Gala or Golden Delicious) peeled and shredded
- 1 slice whole wheat bread
- 1 egg
- 4 teaspoons ketchup
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- Dash ground allspice
- 3/4 pound lean ground beef

Tear slice of bread into big chunks and put in a food processor to make a small breadcrumbs.

Set aside.

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 6-in. x 5-in. loaf.

Place loaf in an 8-in. square baking dish coated with cooking spray. Bake, uncovered, at 350° for 40-45 minutes or until no pink remains and a thermometer reads 160°.