

Meatloaf Supper

Meatloaf:

1 1/2 pounds 85% lean ground beef
1 cup Quaker® Oats (quick or old fashioned, uncooked)
1/4 cup finely chopped onion
1 large egg, lightly beaten
1 can (8 ounces) tomato sauce
1/2 teaspoon black pepper 1 cup (4 ounces) shredded, reduced-fat Italian cheese blend
1 teaspoon dried Italian seasoning
1/2 package (8 ounces) rotini pasta
1 package (10 ounces) frozen Italian vegetable blend
2 to 3 teaspoons olive oil or margarine 1 teaspoon dried Italian seasoning
Salt and pepper, to taste
1 can (14 1/2 ounces) Italian seasoned diced tomatoes 1/2 cup (2 ounces) shredded, reduced-fat Italian cheese blend
Heat oven to 350°F.

Combine meatloaf ingredients; mix lightly but thoroughly. Press approximately 1/3 cup meatloaf mixture into each of 12 medium muffin cups.

Bake 15 to 20 minutes or until centers are no longer pink.

While meatloaves bake, prepare pasta according to package directions, adding vegetables during last 6 minutes of cooking.

Drain well; toss with olive oil, 1 teaspoon Italian seasoning, salt and pepper.

Spoon tomatoes into microwave-safe bowl; microwave covered on HIGH until heated through.

Remove meatloaves from muffin pans; top with tomatoes and 1/2 cup cheese. Serve with pasta. Makes 6 servings.

Nutritional Information: 1/6 of recipe: Calories 710, Calories From Fat 320, Total Fat 36g, Saturated Fat 15g, Cholesterol 145mg, Sodium 1,250mg, Total Carbohydrates 62g, Dietary Fiber 7g, Protein 40g, Total Sugars 10g.

Recipe provided Courtesy of The Quaker Oatmeal Company.