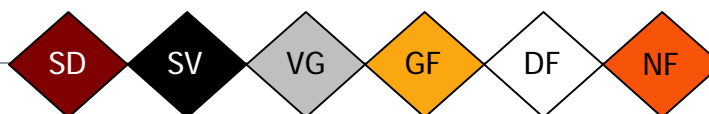


Healthy Swaps Bison Meatloaf

(*see dietary notes)

Recipe by: Chef Kelly Yorke



Ingredients:

1 lb. Bison, lean, ground
 1/2 cup Carrots, chopped
 1/4 cup Celery, chopped
 1/2 cup Oatmeal, quick cooking
 3 tsp. Garlic, minced
 1/2 cup Onions, chopped
 1/2 oz. Wheat bran
 1/2 cup Liquid Egg substitute
 1/8 tsp. Salt
 1/2 tsp. Basil leaves
 1tsp. Fennel seeds
 1/2 tsp. Marjoram
 1/4 tsp. Ground pepper
 1/2 tsp. Rosemary
 1/2 tsp. Sage
 1/2 tsp. Thyme
 1 cup Tomato paste
 3 oz. Black olives, canned, minced
 1 oz. Capers, drained

Directions:

1. Preheat oven to 375°F. Grease a loaf pan and set aside.
2. Mix all ingredients (except tomato paste, olives, and capers) in a bowl until well blended.
3. Spread mixture evenly into the greased loaf pan. Spread top of meat mixture with tomato paste.
4. Mince black olives (or purchase minced olives) and sprinkle them over the tomato paste then sprinkle capers over the black olives.
5. Bake loaf lightly in a pre-heated 375° F oven for 40 – 45 minutes or until an internal temperature of 160 ° F.
6. Remove from oven and let rest 5-10 minutes before slicing and serving.

YIELD: 6 Servings

*Dietary Notes:

- To make Vegan (SV) and Vegetarian (VG), replace Bison Meatloaf with "Meat (not) Loaf" by Dixie Diner from www.veganessentials.com or, replace Bison Meatloaf with "Field Roast" classic grain meat loaf from www.fieldroast.com or purchased from Whole Foods or your local health food store.
 - If using "Meat (not) Loaf," replace egg substitute with 2 Tbsp. Bobs Red Mill Egg Replacer powder whisked with 6 Tablespoons warm water until frothy. Continue recipe as written.
 - If using "Field Roast" meatloaf, spread top of pre-cooked loaf with tomato paste, black olives and capers. Place loaf on foil-lined baking sheet and bake in 375° oven for 15-20 minutes or until heated all the way through.
- To make Gluten Free (GF), replace wheat bran with 1/2 cup flax seeds or 1/4 cup rice bran.

Per Healthy Swaps Serving: 228 Calories, 6g Fat, 22g Carbohydrates, 23g Protein, 6g Dietary Fiber, 47mg Cholesterol, 802mg Sodium (24% fat, 38% carbohydrates, 39% protein)

Classic Meat Loaf Recipe: 504 Calories, 31g Fat, 23g Carbohydrates, 32g Protein, 1g Dietary Fiber, 188mg Cholesterol, 894g Sodium (57% fat, 18% carbohydrates, 25% protein)

