

# ATHENIAN BEEF MEATLOAF WITH CUCUMBER-YOGURT SAUCE

Meatloaf takes a turn towards Greece with this easy recipe! Add Greek seasoning to a standard meatloaf mixture and finish it off with a creamy cucumber sauce. This Beef. It's What's For Dinner. recipe is certified by the American Heart Association®.



**COOK TIME:** 1 HOUR 40 MINUTES | **SERVINGS:** 8

## INGREDIENTS

- 2 pounds Ground Beef (96% lean)
- 1 cup soft bread crumbs
- $\frac{3}{4}$  cup finely chopped onion
- $\frac{1}{2}$  cup 1% low-fat milk
- 1 large egg
- 1 tablespoon plus  $\frac{1}{2}$  teaspoons dried Greek seasoning, divided
- $\frac{1}{2}$  teaspoon salt
- 1 cup plain, low-fat Greek-style yogurt
- $\frac{1}{2}$  cup diced cucumber



## COOKING

1. Preheat oven to 350°F. Combine Ground Beef, bread crumbs, onion, milk, egg, 1 tablespoon Greek seasoning and salt in large bowl, mixing lightly but thoroughly.

*Cook's Tip: To make soft bread crumbs, place torn bread in food processor or blender container. Cover; pulse on and off, to form fine crumbs. One and one-half slices make about 1 cup crumbs.*

2. Shape beef mixture into 10 x 4-inch loaf on rack in broiler pan. Bake in 350°F oven 1¼ to 1½ hours, until instant-read thermometer inserted into center registers 160°F.

*Cook's Tip: Cooking times are for fresh or thoroughly thawed Ground Beef. Ground beef should be cooked to an internal temperature of 160°F. Color is not a reliable indicator of ground beef doneness.*

3. Meanwhile, combine yogurt, cucumber and remaining 1½ teaspoons Greek seasoning in medium bowl. Season with salt, as desired. Set aside.

4. Let stand 10 minutes; cut into slices. Serve with cucumber-yogurt sauce.

**Nutrition information per serving, using 96% lean Ground Beef:** 198 Calories; 54 Calories from fat; 6g Total Fat (2.7 g Saturated Fat; 0.2 g Trans Fat; 0.5 g Polyunsaturated Fat; 2.2 g Monounsaturated Fat); 102 mg Cholesterol; 247 mg Sodium; 6.3 g Total Carbohydrate; 0.4 g Dietary Fiber; 28 g Protein; 3 mg Iron; 381 mg Potassium; 5.1 mg NE Niacin; 0.4 mg Vitamin B<sub>6</sub>; 2.4 mcg Vitamin B<sub>12</sub>; 6.3 mg Zinc; 26.3 mcg Selenium; 104.7 mg Choline.

This recipe is an excellent source of Protein, Niacin, Vitamin B<sub>6</sub>, Vitamin B<sub>12</sub>, Zinc, and Selenium; and a good source of Iron, and Choline.

For more information on safe food handling and beef safety, see:  
[BeefItsWhatsForDinner.com/cooking/food-safety](http://BeefItsWhatsForDinner.com/cooking/food-safety)