

LOW PROTEIN RECIPE - Main Dish

Applesauce Meatloaf:

Makes 8 servings

Ingredients:

1/2 cup finely chopped celery
6 slices soft white bread, cubed
3 tablespoons chopped onion
1 cup applesauce
1 egg
1 pound ground sirloin
1 tsp Dijon - style mustard
dash pepper

Topping:

1/2 cup applesauce
1 tablespoon brown sugar
1 tablespoon vinegar
1 tsp Dijon - style mustard

How to make:

Blend all ingredients (except the ones for the topping) mixing well.
Form the mixture into a round shape.
Place in a 9 inch square pan.
Make a depression in the middle of the loaf.
Mix topping and pour into the center of the meatloaf.
Bake at 350° for 50-60 minutes.

Composition:

1 serving = 1 1/2 meats list A
1 salted bread and starches
1/2 fruit
(14.5 grams pro, 165 mg Na, 130 mg phos, 65 mg chol)

Finishing Touches:

Depending on your diet plan, to complete the meal you may want to add:
a starch (noodles)
a cooked vegetable (green beans)
a bread item (dinner roll)
a dessert (cherry jello)

For Diabetics Only:

1 serving = 1 1/2 meat exchanges
1 bread exchange
1/2 fruit exchange

To Lower Cholesterol:

Replace egg with 1/4 cup egg substitute.

AT:MDL

MDL:LowProRe,3