



Chicken Shawarma Meatloaf



1/5 of recipe: 234 calories, 2.5g total fat (<0.5g sat. fat), 498mg sodium, 12g carbs, 1.5g fiber, 4g sugars, 36g protein

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Prep: 20 minutes **Cook:** 1 hour

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Ingredients

Meatloaf

1 1/2 lb. raw extra-lean ground chicken (at least 98% lean)
1 cup chopped red onion
1 cup chopped red bell pepper
1/2 cup panko bread crumbs
1/4 cup (about 2 large) egg whites or liquid egg substitute
1 1/2 tbsp. chopped garlic
3/4 tsp. cumin
3/4 tsp. salt
1/2 tsp. smoked paprika
1/4 tsp. cinnamon

Sauce

1/2 cup fat-free plain Greek yogurt
2 tsp. fresh dill, or more for topping
1 1/2 tsp. lemon juice
1 tsp. chopped garlic
Optional toppings: chopped tomatoes, chopped onion

Directions

Preheat oven to 400°F. Spray a [9" X 5" loaf pan](#) with nonstick spray.

Combine meatloaf ingredients in a large bowl. Mix thoroughly.

Transfer meat to the pan, and smooth out the top.

Bake until cooked through, about 1 hour.

Meanwhile, combine sauce ingredients in a large bowl. Mix well.

Serve meatloaf topped with sauce (or with sauce on the side).

MAKES 5 SERVINGS

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