



Mashie-Topped BBQ Meatloaf



1/5th of meatloaf (2 slices, about 3/4 inch thick): 234 calories, 5.5g total fat (2.5g sat. fat), 515mg sodium, 21.5g carbs, 3g fiber, 8.5g sugars, 23g protein

Prep: 25 minutes **Cook:** 50 minutes



More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

Meatloaf

- 1 lb. extra-lean ground beef (4% fat or less)
- 3/4 cup finely chopped onion
- 3/4 cup finely chopped green bell pepper
- 1/4 cup whole-wheat panko breadcrumbs
- 1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/4 tsp. each salt and black pepper
- 2 tbsp. chopped fresh cilantro
- 1/4 cup + 2 tbsp. BBQ sauce with 45 calories or less per 2-tbsp. serving

Mashies

- 3 cups cauliflower florets (about 1/2 medium head of cauliflower)
- 5 oz. russet potato (about half of a medium potato), peeled and cubed
- 2 tbsp. light sour cream
- 1 tbsp. light whipped butter or light buttery spread
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 1/8 tsp. salt
- Dash black pepper

Directions

Preheat oven to 400 degrees. Spray a 9" X 5" loaf pan with nonstick spray.

In a large bowl, combine all meatloaf ingredients *except* BBQ sauce. Add 1/4 cup BBQ sauce, and mix thoroughly.

Transfer mixture to the loaf pan, and smooth out the top. Evenly top with remaining 2 tbsp. BBQ sauce.

Bake until cooked through, about 50 minutes.

Meanwhile, bring a medium pot of water to a boil. Add cauliflower and potato. Once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Drain and transfer cauliflower and potato to a medium bowl. Add remaining mashie ingredients. Thoroughly mash and mix.

Carefully transfer meatloaf to a large plate, draining any excess liquid.

Evenly top with mashies, and smooth out the top.

MAKES 5 SERVINGS

HG Tip: For extra-creamy mashies, blend them in a blender or food processor until smooth.

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