

More-Than-Just-Meat Loaf

We pack our pan with plant-based proteins to cut calories and fat in half. **BY SIDNEY FRY, MS, RD**

**Veggie-Packed
Meat Loaf**
Recipe p. 74

OUR MEAT LOAF
packs in 21g protein
and saves 276 calories,
11g sat fat, and 594mg
sodium over traditional
meat loaf. Bonus: five
times the fiber.

Meat loaf is more than just comfort food—it's a pan full of protein. A serving of the classic ground beef-and-pork combo has nearly 40g of protein, thanks to the double portion of meat packed into each slice. Protein is a good thing, but with all that meat come more than 600 calories and 16g sat fat, not to mention the need for some fiber-filled veggies to balance the plate. Could we knock out some calories and add in some plants, too? We had to find out.

Plants provide a healthy dose of both protein and fiber, and have far less fat and calories than meat. We start with a half-pound of lean ground beef—just enough to provide juicy, meaty satisfaction—and blend in sautéed mushrooms for heartiness with less heft. Chickpeas, walnuts, and green peas are all good sources of plant protein that add texture, while Parmesan cheese gives our loaf a salty kick of cheesy goodness. Instead of

breadcrumbs, we bind with bulgur—whole grains add protein, too.

Our roasted red pepper sauce replaces the classic ketchup glaze to save an impressive 300mg sodium per serving. This meat-and-veggie-packed pan has half the fat and sodium of the classic version, delivering more than two servings of veggies, 21g of protein, and five times the fiber per slice while keeping all the meaty, comfort-filled goodness of the original.



“ Flip the plate: Fill up on the power of plant protein. ”

VEGGIE-PACKED MEAT LOAF

Hands-on: 40 min. Total: 1 hr. 20 min.

A little meat goes a long way in this version of the classic—bringing that powerful pop of umami to this mostly plant-based take. You can double up and freeze one for later: Simply cover one loaf in plastic wrap before baking, pressing to remove air. Wrap with heavy-duty foil, and store in the freezer up to 2 months. Thaw completely in refrigerator before unwrapping and baking as directed.

- 3 large red bell peppers
- 8 ounces presliced cremini mushrooms
- 1 tablespoon olive oil
- 1 cup chopped red onion
- 4 garlic cloves, minced
- 3/4 cup unsalted chickpeas (garbanzo beans), rinsed and drained

- 3/4 cup frozen green peas, thawed
- 1/4 cup chopped fresh basil, divided
- 5/8 teaspoon kosher salt, divided
- 1/2 cup chopped walnuts, toasted
- 1/4 cup uncooked bulgur
- 2 tablespoons 1% low-fat milk
- 2 teaspoons Dijon mustard
- 1/2 teaspoon freshly ground black pepper
- 8 ounces 90% lean ground beef
- 3 ounces grated Parmigiano-Reggiano cheese (about 3/4 cup)
- 1 large egg, lightly beaten
- Cooking spray
- 1 tablespoon balsamic vinegar

1. Preheat broiler to high.
2. Cut bell peppers in half lengthwise;

discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 10 minutes or until blackened. Wrap peppers in foil, sealing edges. Let stand 10 minutes. Peel. Finely chop 2 pepper halves; place in a large bowl. Set aside remaining 4 pepper halves.

3. Reduce oven temperature to 375°.
4. Place mushrooms in a food processor; pulse 10 times or until finely chopped.
5. Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add onion; sauté 6 minutes or until tender. Add garlic; sauté 1 minute, stirring constantly. Add mushrooms; sauté 10 minutes or until liquid almost

evaporates, stirring occasionally. Cool 5 minutes. Add mushroom mixture to chopped bell peppers.

6. Place chickpeas and peas in food processor (do not clean from mushrooms); pulse 10 times or until finely chopped. Add pea mixture to mushroom mixture. Add 2 tablespoons basil, 1/2 teaspoon salt, walnuts, and next 7 ingredients (through egg); gently mix until well combined. Spoon mixture into a 9 x 5-inch loaf pan coated with cooking spray. Bake at 375° for 40 minutes or until a thermometer registers 155°. Let stand 10 minutes. Cut loaf into 6 slices. Sprinkle with remaining 2 tablespoons basil.
7. Combine remaining 4 bell pepper halves, vinegar, and remaining 1/8 teaspoon salt in a blender or food processor; process until smooth. Serve sauce with meat loaf.

SERVES 6 (serving size: 1 slice and about 2 1/2 tablespoons sauce)
CALORIES 338; **FAT** 18.4g (sat 5.3g, mono 5.8g, poly 5.6g);
PROTEIN 21g; **CARB** 24g; **FIBER** 6g; **CHOL** 68mg; **IRON** 3mg; **SODIUM** 563mg; **CALC** 223mg

PACK THE PAN WITH PLANTS



MIX IN MUSHROOMS
 Classic meat loaf calls for 3 pounds of meat. That's a double portion of meat per slice. We slim down to 1/2 pound and add bulk with mushrooms. Per pound, they have just 100 calories, versus 964 per pound of ground meat.

BULK UP WITH BEANS AND PEAS
 Buttery chickpeas and creamy green peas replace some of the ground meat, adding 2g of filling fiber, 3g of plant protein, and only 45 nutrient-dense calories to each slice.

TOSS IN SOME CRUNCH
 Avoid the mush of classic meat loaf with nuts and whole grains. Bulgur replaces dry breadcrumbs, and walnuts add tasty crunch. Bonus: Together these add 2g fiber and 2g protein per slice.

LEGAL NOTICE

If you bought certain joint health products containing glucosamine, you could get money from a class action settlement.

Includes Move Free, Move Free Advanced, Pain Free, Lubriflex, Great American Nutrition, Metaform, Muscle Tribe, Victory, Schiff, Kirkland, Member's Mark and Spring Valley brand products

A Settlement has been reached in class action lawsuits against Schiff Nutrition International, Inc., Schiff Nutrition Group, Inc., Reckitt Benckiser LLC and their affiliates (Schiff) regarding their joint health products. The lawsuits claim that the labeling and packaging of these joint health products contain false, deceptive and misleading statements and do not warn consumers about the potentially harmful side effects. Schiff denies all of the claims in the lawsuits and any wrongdoing. The Court has not decided who is right.

WHO IS INCLUDED? You are included in the Settlement Class if you are a resident of the United States who purchased for personal use, and not for resale or distribution, a Move Free, Move Free Advanced, Pain Free, Lubriflex, Great American Nutrition, Metaform, Muscle Tribe, Victory, Schiff, Kirkland, Member's Mark or Spring Valley brand joint health product between January 1, 2005 and May 27, 2015. A complete list of all joint health products included in the Settlement ("Covered Products") is available at www.SchiffGlucosamineSettlement.com or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

WHAT DOES THE SETTLEMENT PROVIDE? Schiff has agreed to a Settlement Fund of \$6,510,000 to pay all costs associated with this Settlement. Settlement Class Members who submit a timely and valid Claim Form with proof of purchase, such as a cash register receipt, the box or bottles of a Covered Product containing a readable UPC code and lot number, or documentation showing purchase of the Covered Product and the date and location of that purchase, may claim \$10 per bottle of Covered Product for up to five bottles (up to \$50 total). Settlement Class Members who submit a timely and valid Claim Form without proof of purchase may claim \$3 per bottle of a Covered Product for up to four bottles (up to \$12 total). If the total dollar value of valid Claim Forms plus Notice and Administrative Costs, Attorneys' Fees Award and Incentive Awards exceeds \$6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form will be proportionately reduced until the total amount paid under the Settlement equals \$6,510,000. If the total dollar value of valid Claim Forms plus Notice and Administrative Costs, Attorneys' Fees Award and Incentive Awards is less than \$6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form with proof of purchase will increase (up to triple the amount of the original claim). If, after increasing these payments, the total payment amount is still less than \$6,510,000, the payment to each Settlement Class Member who submitted a valid Claim Form without proof of purchase will increase (up to double the amount of the original claim).

If, after increasing the payment for all valid claims, the total payment amount is still less than \$6,510,000, the balance will be distributed on a *pro rata* basis (divided proportionately among the number of Claim Forms submitted and the dollar amount of those claims) to all Settlement Class Members who submitted a timely and valid Claim Form. In addition to payments, Schiff has agreed to certain changes to the marketing and packaging for the Covered Products.

HOW DO YOU GET A PAYMENT? You must submit a timely and valid Claim Form by **September 24, 2015**. Complete and submit your Claim Form online at www.SchiffGlucosamineSettlement.com, download a Claim Form from the website or get one by calling 1-877-219-9780, or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

YOUR OTHER OPTIONS? If you do nothing, your rights will be affected and you will not get a settlement payment. If you do not want to be legally bound by the Settlement, you must exclude yourself from it. The deadline to exclude yourself is **September 24, 2015**. Unless you exclude yourself, you will not be able to sue or continue to sue Schiff for any claim resolved by this Settlement or released in the Second Amended Settlement Agreement and General Release. If you exclude yourself, you cannot get a payment from the Settlement. If you stay in the Settlement (*i.e.*, don't exclude yourself), you may object to it by **September 24, 2015**. More information is in the detailed notice and Second Amended Settlement Agreement available at www.SchiffGlucosamineSettlement.com or by writing to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

THE COURT'S FAIRNESS HEARING. The U.S. District Court for the Southern District of California, located at the Edward J. Schwartz Federal Courthouse, 221 W. Broadway, San Diego, California 92101 will hold a hearing in this case (*Lerma v. Schiff Nutrition International, Inc., et al.*, No. 3:11-cv-01056-CAB-MDD), on October 30, 2015 at 10 a.m. to consider whether to approve: (1) the proposed Settlement; (2) Settlement Class Counsel's request for attorneys' fees of up to 33% of the \$6,510,000 Settlement Fund as well as costs; and (3) a payment of up to \$10,000 from the Settlement Fund for the Named Plaintiffs (Luis Lerma, Nick Pearson and Muriel Jayson). You may appear at the hearing or hire an attorney, at your expense, to appear or speak for you at the hearing, but you do not have to.

WANT MORE INFORMATION? Go to the website, call or write to Schiff Nutrition International Consumer Settlement Administration, P.O. Box 43352, Providence, RI 02940-3352.

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