Chicken Parmesan Meatloaf

Prep: 15 minutes plus standing
Bake: 45 minutes • Serves: 8

Nonstick cooking spray
2 large eggs
2 pounds ground chicken
3 garlic cloves, crushed with press
1 small onion, minced (about ½ cup)
1 cup shredded Italian cheese blend
½ cup panko breadcrumbs
1 teaspoon dried Italian seasoning
½ teaspoon salt
1 cup chunky pasta sauce

1. Preheat oven to 400°. Line rimmed baking pan with aluminum foil; spray foil with nonstick cooking spray.

2. In large bowl, lightly beat eggs. Add chicken, garlic, onion, ½ cup cheese, breadcrumbs, Italian seasoning, salt and ½ cup pasta sauce until just combined; do not overmix. In prepared pan, shape chicken mixture into 10 x 5-inch loaf.

3. Bake meatloaf 40 minutes. Remove meatloaf from oven. Spread remaining ½ cup pasta sauce over meatloaf and sprinkle with remaining ½ cup cheese. Bake 5 to 10 minutes longer or until cheese melts and internal temperature reaches 165°. Let meatloaf stand 5 minutes before slicing.

Approximate nutritional values per serving:
239 Calories, 12g Fat (5g Saturated),
135mg Cholesterol, 465mg Sodium,
8g Carbohydrates, 1g Fiber, 22g Protein

Dietitian's Dish

> Be sure to purchase ground chicken breast or look for "lean" on the label to lower the fat, saturated fat, and calories.