

Asian-Style Meat Loaves

Recipe by C-

adapted from Cooking Light Magazine 3/06

This recipe makes: twelve 2 unit portions protein (3 oz. pre-cooked weight per loaf)

This recipe makes: nine 3 unit portions protein (4 oz. pre-cooked weight per loaf)

This recipe makes: six 4 unit portions protein (5 oz. pre-cooked weight per loaf)

This recipe makes three 5 unit portions (6 oz. pre-cooked weight per loaf)

Ingredients:

1 pound Ground Turkey Breast Meat
1/2 pound Lean Ground Pork
3/4 cup Panko Bread Crumbs
1 cup chopped Green Onions
1/2 cup Hoisin Sauce, **divided in half**
1/2 cup finely chopped Red Bell Pepper
1/2 cup drained chopped canned Water Chestnuts
1 Tbsp. Low-Sodium Soy Sauce
1 Tbsp. grated fresh Ginger
1/4 tsp. Kosher Salt
3 minced Garlic Cloves
1/2 cup Egg Replacement
Canola Oil Cooking Spray

Directions:

Step 1:

Pre heat oven to 350° . Wash your hands.

Step 2:

Combine all ingredients (reserve 1/4 cup of the Hoisin Sauce for later), except cooking spray in a large bowl. Use your hands to mix all of the ingredients together well.

Step 3:

Weigh out your unit amount of the mixture and shape into a little loaf, about 2 1/2 inches wide. Place all of your loaves on a broiler pan coated with cooking spray. Spread each loaf top with the remaining Hoisin Sauce using your fingers. Bake at 350° for up to ***45** minutes, or until a thermometer registers 165°. Let stand 5 minutes before serving.

***the amount of cooking time will vary depending on how large or small your loaves are.**

The 45 minutes cooking time is based on the loaves each being the 4 unit portion size.