

MEATLOAF AND MASH



	Ingredients	Exchanges
Protein	25.9 gm ground beef, raw	3.7
Fat	10 gm mayonnaise (in meatloaf)	2
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	10 gm butter (in mashed cauliflower)	2
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	10 gm mayonnaise (in mashed cauliflower)	2
Carbohydrate	24.4 gm cauliflower, from frozen	1.3
Other	Salt, pepper, garlic powder, onion powder	

	Walden Farms® ketchup	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, weigh the raw ground beef and mayonnaise (in meatloaf).
- Season with listed dry seasonings.
- Scoop the ground beef mixture into a greased mini muffin pan.
- Bake in the oven for 25-30 minutes.
- Boil the frozen cauliflower until tender and hot; drain; puree until soft using a food processor.
- Weigh the mashed cauliflower in a small bowl.
- Add the remaining mayonnaise and butter to the bowl.
- Season with salt and stir until smooth.
- Scoop the mixture on top of the raw ground beef mixture. .
- Drizzle with ketchup, then serve.

VARIATIONS

- Ground chicken or ground turkey can be used in place of ground beef.
- Regular potatoes, mashed turnips, or mashed parsnips can be used in place of cauliflower.