



Cheesy Meatloaf and Squash Gratin

Prep Time: 15 min

Cook Time : 60 min

Serves: 4

NUTRITION FACTS, PER SERVING:

577 calories

24.4 g total fat

882 mg sodium



INGREDIENTS: **** Items not included in kit**

Meatloaf

- 1 cup onion, chopped
- 2 garlic cloves, minced
- 1/2 cup ketchup, divided
- Meatloaf Spices (1 TB dried parsley, 1/2 tsp dried oregano, 1/2 cup panko breadcrumbs)
- Meatloaf Cheeses (2 TB Parmesan cheese & 1/3 cup cheddar cheese)
- 1 TB horseradish
- 1 TB mustard
- Salt & pepper**
- 1 large egg, lightly beaten
- 1.5 lbs. lean ground beef
- Non-stick cooking spray**

Squash Gratin

- 2 TB butter**
- 2 medium zucchini, sliced
- 2 medium yellow squash, sliced
- 1 shallot, minced
- 2 garlic cloves, minced
- Salt and black pepper**
- 1/2 cup half & half
- 1 cup panko, divided
- 1/2 cup grated Parmesan cheese, divided
- Non-stick cooking spray**

DIRECTIONS:

Meatloaf:

1. Preheat oven to 375°. Coat a baking dish with **non-stick cooking spray**.
2. In a large bowl, combine **diced onions, 2 cloves minced garlic, 1/4 cup ketchup, Meatloaf Spices, Meatloaf Cheeses, horseradish, mustard, pinch of salt & black pepper**, and **beaten egg**; stir to combine. Add **ground beef**. Mix well to combine all ingredients. Shape into one large loaf and place in the baking dish coated with non-stick cooking spray; spread remaining **1/4 cup ketchup** over the loaf. Bake at 375° for 60 minutes or until done.

Squash Gratin:

1. Peel and mince the **shallots** and **2 cloves garlic**. In a large skillet, melt **2 TB butter** over medium heat; add **zucchini, yellow squash, minced shallots**, and **2 cloves minced garlic**. Season with a pinch of **salt & black pepper**. Cook, stirring occasionally, for 3 minutes.
2. Add **1/2 cup half & half**, and cook until thickened, about 5 minutes. Remove skillet from heat; stir in **1/2 cup panko (measure out)** and **1/4 cup Parmesan (measure out)**.
3. Spoon mixture into a shallow 2-quart baking dish coated with **non-stick cooking spray**. Sprinkle with remaining **1/2 cup panko** and **1/4 cup Parmesan**. Bake in the oven at 375 degrees until top is golden, 10 to 15 minutes.