

Chicken and Spinach Meatloaf

Recipe makes 4 servings
Each serving = 1 protein, 1/2 vegetable, 1/2 breadstick
Each serving has 130 calories

Moist and delicious this terrific meatloaf is hearty and satisfying with a touch of garlic and a hint of sweet apricot.



Ingredients

- 6 cups (400 grams) baby spinach leaves
- 2 garlic cloves, minced
- sea salt and pepper to taste
- 400 grams extra lean ground chicken breast
- 1/2 teaspoon dry mustard
- 1 teaspoon onion flakes
- 2 breadsticks, crushed into crumbs
- 1/4 cup hCG Diet approved Basic Chicken Broth (see recipe under 'chicken')
- 1 Tbsp Braggs liquid aminos or low sodium soy sauce
- 10 drops Stevia Apricot Nectar flavor drops (optional)

Directions

1. In a nonstick skillet over medium high heat, cook the spinach and garlic with a little water until wilted. Season with salt and pepper and set aside to cool.
2. Preheat the oven to 350 degrees F.
3. Transfer the spinach mixture to a cutting board and chop coarsely. Place in a large mixing bowl with the ground chicken, mustard, onion flakes, and breadstick crumbs and mix well with your hands. In a small bowl combine the broth, liquid aminos and Stevia, add to the chicken mixture, stirring well to combine.
4. Transfer to a nonstick loaf pan and pat down firmly and evenly. Cover with foil and bake until the internal temperature is 165 degrees F, about 40 minutes. Remove from the oven and rest for 5 minutes before slicing and serving.



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