

Modifying a Recipe Application Activity:

Listed below is a meat loaf recipe. How could one adapt this recipe to decrease calories and fat?

MOM'S MEAT LOAF RECIPE FROM TASTE OF HOME

2 eggs

3/4 cup whole milk

2/3 cup finely crushed saltines

1/2 cup chopped onion

1 teaspoon salt

1/2 teaspoon rubbed sage

Dash pepper

1-1/2 pounds ground beef

1 cup ketchup

1/2 cup packed brown sugar

1 teaspoon Worcestershire sauce



1 serving (1 piece) equals 268 calories, 9 g fat (4 g saturated fat), 98 mg cholesterol, 810 mg sodium, 27 g carbohydrate, 1 g fiber, 20 g protein.

Directions

1. In a large bowl, beat eggs. Add milk, saltines, onion, salt, sage and pepper. Crumble beef over mixture and mix well. Shape into an 8-in. x 4-in. oval in an ungreased shallow baking pan.
 2. Combine the remaining ingredients; spread 3/4 cup over meat loaf. Bake at 350° for 60-65 minutes. (The meat thermometer should read 160°) Drain. Let stand 10 minutes before slicing. Serve with remaining sauce. Yield: 6-8 servings.
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