

**Beef**

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# **Bacon-Cheddar Meat Loaves**

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**Servings: 4**

**Preparation Time: 20 minutes**

**Bake Time: 40 minutes**

**4 egg whites**

**1/2 cup (13 crackers) 0 reduced-fat butter-flavored crackers, crushed**

**1/3 cup reduced-fat cheddar cheese, shredded**

**8 teaspoons additional reduced-fat cheddar cheese, shredded**

**1/4 cup onion, chopped**

**1/2 teaspoon salt**

**1/4 teaspoon pepper**

**1 pound lean ground beef**

**2 turkey bacon strips, cut in half**

Preheat oven to 350 degrees.

In a larger bowl, combine the egg whites, crackers, 1/3 cup of cheese, onion, salt and pepper.

Crumble the beef over the mixture and mix well.

Shape into four small loaves. Place the loaves into an ungreased 11x7-inch baking dish.

Top each loaf with a half strip of bacon.

Bake for 35 to 40 minutes or until a meat thermometer reads 160 degrees.

Sprinkle with the remaining cheese.

Bake 2 to 3 minutes longer or until cheese is melted.

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Per Serving (excluding unknown items): 320 Calories; 23g Fat (67.9% calories from fat); 24g Protein; 1g Carbohydrate; trace Dietary Fiber; 85mg Cholesterol; 400mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 0 Vegetable; 3 Fat.