

Chicken

Chicken Meat Loaf

Cooking Light

Servings: 4

If you like Ketchup.

1/2 cup green onions, sliced
4 ounces button mushrooms
5 cloves garlic
1 pound boneless/skinless chicken breast
3/4 cup panko bread crumbs
1 tablespoon low-sodium soy sauce
1/4 teaspoon salt
1/2 teaspoon black pepper
1 large egg
cooking spray
1/3 cup ketchup
1 tablespoon yellow mustard
1 teaspoon sugar

Preheat oven to 350 degrees.

Combine green onions, mushrooms and cloves in a food processor; process until ground. Add chicken; process until finely ground.

Add breadcrumbs, soy sauce, salt, pepper and egg; pulse. Shape mixture into a 9x5-inch loaf or broiler pan coated with cooking spray.

Combine ketchup, mustard and sugar; brush mixture over meat loaf.

Bake for 45 minutes. Let stand 10 minutes.

Per Serving (excluding unknown items): 63 Calories; 2g Fat (20.8% calories from fat); 3g Protein; 10g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 565mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fat; 1/2 Other Carbohydrates.