

Lamb, Balsamic and Sundried Tomato Meatloaf

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Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 5 minutes

2 large eggs
2 tablespoons balsamic vinegar
3/4 teaspoon Kosher salt
1/2 teaspoon pepper
1/2 cup rolled oats
4 cloves garlic, thinly sliced
2 large shallots, finely chopped
1/2 cup sundried tomatoes, chopped
1 tablespoon fresh rosemary, finely chopped
1/4 teaspoon lemon zest
1 1/2 pounds ground lamb

Preheat oven to 375 degrees.

Line a rimmed baking sheet with foil.

In a large bowl, whisk together the eggs, vinegar, salt and pepper; stir in the oats. Add the garlic, shallots, sundried tomatoes, rosemary and lemon zest and mix to combine.

Add the lamb and mix just until incorporated. Transfer the mixture to the baking sheet and shape into a 9x3-1/2-inch loaf.

Bake until the internal temperature registers 150 degrees, about 40 to 45 minutes.

Let rest for 5 minutes before slicing.

Per Serving (excluding unknown items): 378 Calories; 29g Fat (69.3% calories from fat); 22g Protein; 6g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 327mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 0 Vegetable; 0 Fruit; 3 1/2 Fat.