

# California Meat Loaf

*"Lasting Impressions" - St Joseph's Hospital of Atlanta Auxiliary (1988)*

## Servings: 8

*2 eggs, beaten  
1 cup saltine cracker  
crumbs  
1 can (8 ounces) tomato  
sauce  
1 1/2 pounds ground beef  
1/2 cup onion, chopped  
1/4 cup green pepper,  
chopped  
1/2 teaspoon garlic salt  
1/2 teaspoon salt  
1/8 teaspoon pepper  
1/2 cup saltine cracker  
crumbs  
1 cup cream-style small  
curd cottage cheese  
1 egg, beaten  
2 tablespoons fresh parsley,  
chopped  
1/2 teaspoon dried oregano  
leaves  
1/4 cup Parmesan cheese,  
grated*

Preheat the oven to 350 degrees.

In a bowl, combine the eggs, cracker crumbs, tomato sauce, ground beef, onion, green pepper, garlic salt, salt and pepper. Mix lightly.

Pat one-half of the mixture into the bottom of an eight-inch baking dish.

In a bowl, combine 1/2 cup of cracker crumbs, cottage cheese, egg, parsley, oregano and Parmesan cheese. Mix well. Spread the mixture evenly over the meat mixture in the baking dish.

On a piece of wax paper, pat the remaining meat mixture into an eight-inch square. Invert over the cheese layer in the dish. Peel off the wax paper.

Bake for one hour. Let stand for 10 minutes before serving.

Serve with spaghetti sauce, if desired.

Per Serving (excluding unknown items): 385 Calories; 27g Fat (64.0% calories from fat); 20g Protein; 15g Carbohydrate; 1g Dietary Fiber; 154mg Cholesterol; 779mg Sodium. Exchanges: Grain(Starch); 2 1/2 Lean Meat; 4 Fat; 0 Other Carbohydrates.