

# Cheese-Stuffed Meatloaves with Parsley Potatoes

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## **Servings: 4**

*nonstick cooking spray  
1 1/2 cups pasta sauce,  
divided*

*1/2 cup Italian bread  
crumbs*

*1 egg (or 1/4 cup egg  
substitute)*

*1/2 cup diced onions*

*1 1/4 pounds 93% lean  
ground beef*

*4 sticks mozzarella string  
cheese*

## **PARSLEY POTATOES**

*1 package (20 ounce)  
refrigerated red potato  
wedges*

*1/4 cup fresh Italian parsley,  
coarsely chopped*

*2 tablespoons garlic butter*

## **Preparation Time: 15 minutes**

Preheat the oven to 400 degrees.

Coat a baking sheet with cooking spray.

In a bowl, combine 3/4 cup of the pasta sauce, bread crumbs, egg, onions and ground beef until blended.

Divide the mixture into four portions. Shape around each piece of string cheese, covering the cheese completely. Seal tightly so the hot cheese will stay inside (wash hands).

Bake for 20 to 25 minutes or until 160 degrees.

Prepare the Parsley Potatoes: In a microwave-safe bowl, combine the potatoes with 1/3 cup of water. Cover. Microwave on HIGH for 8 to 10 minutes or until tender. Drain the potatoes. Stir in the butter and parsley.

Before serving, microwave the remaining 3/4 cup of pasta sauce on HIGH for 1 minute or until hot.

Serve the meatloaves with the parsley potatoes and pasta sauce.

## **COOKING SEQUENCE**

**\*\*\* Prepare the meatloaves and begin to bake.**

**\*\*\* After 10 minutes into meatloaves bake time, prepare the potatoes. Serve - 25 minutes.**

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Per Serving (excluding unknown items): 64 Calories; trace Fat (6.3% calories from fat); 2g Protein; 13g Carbohydrate; 1g Dietary Fiber; trace Cholesterol; 400mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fat.