

# Mini Greek-Style Meat Loaves with Arugula Salad

Adapted slightly from *Cooking Light*, May 2013

Internet Address: <http://www.myrecipes.com/recipe/greek-style-meat-loaves-5040000127505/>



- 5 ounces ground sirloin
- 10 ounces ground lamb
- 1/3 cup dry breadcrumbs
- 1/3 cup red onion, grated or VERY finely minced
- 4 teaspoons chopped fresh mint
- 4 teaspoons chopped fresh thyme
- 3/8 teaspoon salt, divided
- 1/4 teaspoon ground allspice
- 1/4 teaspoon crushed red pepper
- 3 garlic cloves, minced
- 1 large egg, lightly beaten
- Cooking spray
- YOGURT-FETA SAUCE:
- 1/2 cup Greek yogurt, full-fat, or use nonfat if preferred
- 2 ounces feta cheese, crumbled
- 1 tablespoon fresh lemon juice, divided
- SALAD & DRESSING:
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon fresh lemon juice
- 1/4 teaspoon freshly ground black pepper
- 4 cups arugula leaves, [Ior combo with spinach]
- 3/4 cup cucumber (1/4-inch-thick) diagonally sliced, seeded, peeled

## Servings: 4

NOTES: If you want to make these ahead to freeze, form into shapes that will fit into a muffin tin or ramekins, place on a plastic-wrap lined baking sheet & freeze solid. Then package and seal for longer-term storage. Sauce cannot be frozen. Each serving is 2 of these patties.

1. Preheat oven to 450°.
2. MEAT: Combine first 4 ingredients in a large bowl. Stir in 1 tablespoon mint, 1 tablespoon thyme, 1/4 teaspoon salt, allspice, and next 3 ingredients (through egg). Press meat mixture into 8 muffin cups coated with cooking spray. (if you have more empty muffin cups, fill that half full with water during the baking.) Bake at 450° for 8-9 minutes. Turn broiler to high; broil 3 minutes. If top isn't starting to brown, continue on broil for another minute. If using an instant-read thermometer, bake until the center of the meat loaf is about 160°-165°F which will still be just past pink in the middle. Cook longer if you prefer it more well done.
3. SAUCE: Combine yogurt, feta, 1 tablespoon juice, 1 teaspoon mint, and 1 teaspoon thyme in a mini food processor; pulse 10 times to combine.
4. SALAD: Combine 1 tablespoon juice, olive oil, 1/8 teaspoon salt, and pepper in a bowl; stir. Add arugula and cucumber; toss.

## Yield: 8 mini-meat loaves

Per Serving (excluding unknown items): 463 Calories; 34g Fat (66.4% calories from fat); 26g Protein; 12g Carbohydrate; 1g Dietary Fiber; 147mg Cholesterol; 534mg Sodium. Exchanges: 1/2 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Fruit; 4 Fat.

Carolyn T's Blog - Tasting Spoons  
<http://tastingspoons.com>