

# Meatloaf with Herbdacious

Vivian Howard, *This Will Make It Taste Good*



- 1 tablespoon EVOO
- 2 large onions, finely diced
- 2 1/2 teaspoons kosher salt, divided use
- 1 teaspoon freshly ground black pepper
- 2 large eggs
- 1/2 cup Greek yogurt, full fat
- 2/3 cup Herbdacious
- 1 cup Kalamata olives, pitted, drained, chopped
- 2 tablespoons Worcestershire sauce
- 2 1/2 pounds ground beef
- 1/2 cup saltine crackers, or bread crumbs
- TOPPING:**
- 1/2 cup tomatoes, sun-dried, drained, chopped finely
- 1 1/2 cups roasted red peppers, drained, chopped
- 2 tablespoons honey
- 2 tablespoons red wine vinegar

*Per Serving (excluding unknown items): 396 Calories; 37g Fat (68.1% calories from fat); 22g Protein; 17g Carbohydrate; 2g Dietary Fiber; 100mg Cholesterol; 1400mg Sodium; 6g Total Sugars; trace Vitamin D; 81mg Calcium; 3mg Iron; 474mg Potassium; 231mg Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

## Servings: 12

1. Preheat the oven to 325°F.
2. Warm a 10-inch skillet on medium heat.
3. Dice the 2 onions. Sauté the onions for 10 minutes until translucent and soft. Season the onions with 1 tsp salt and pepper.
4. Add parchment paper to a 9 X 13-inch baking pan.
5. **TOPPING:** Combine the sun-dried tomatoes, roasted red peppers, honey, vinegar, and 1/2 tsp salt in a blender. Blend the ingredients until smooth.
6. On a cutting board, roughly chop the kalamata olives. Measure and then crush the saltine crackers, then set aside.
7. In a large bowl, whisk together the eggs, Greek Yogurt, Herbdacious, kalamata olives, beef, crushed saltine crackers, and remaining 1 tsp salt. Gently mix the ingredients in the bowl, not too much to overwork the ingredients.
8. Spray the baking pan with the parchment paper with non-stick spray.
9. Dump the meat mixture on the parchment paper in the baking dish. Shape the meat into a rectangle block, around 3 X 3 X 12-inches. Spread the tomato mixture over the top of the meatloaf, taking care to spread it over all the sides.
10. Bake the meatloaf, on the middle rack, for 1 hour, or until the internal temperature reaches 165°F. Remove the meatloaf from the oven and let it rest for 3-5 minutes before serving.

