

Greek Meatloaf with Lemon Tahini Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE BY CHEF ANDREW URBANETTI

Servings: 6 Serving Size: 6 ounces

Ingredients	Quantity	Measure
Beyond Meat	2	Pounds
Cinnamon	2	Teaspoons
Soy protein	2	Teaspoons
Onions, chopped	1	Cup
Garlic, chopped	4	Tablespoons
Oregano, dried	2	Tablespoons
Parsley	4	Tablespoons
Lemons, zest and juice	2	Each
Tahini	½	Cup
White wine vinegar	4	Tablespoons
Olive oil	½	Cup
Honey	2	Teaspoons
Sesame seeds	2	Teaspoons

Preparation

1. Place Beyond Meat in a bowl; add cinnamon and soy protein.
2. Heat olive oil in a pan over medium heat, add onions, garlic, and oregano; cook until soft.
3. Add mix to Beyond Meat, add parsley, lemon zest, and mix until well combined.
4. Place in greased loaf pan and place in the oven at 350 degrees until internal temperature of 145 degrees (approx. 25 minutes).
5. While loaf is cooking, whisk together tahini, vinegar, olive oil, and honey until smooth.
6. Remove loaf, cut, and drizzle with sauce. Sprinkle with sesame seeds and serve.

Nutrition Information *From USDA Nutrient Database

Calories: 419 Total Fat: 35g Saturated Fat: 6g Trans Fat: 0g Cholesterol: 0mg Sodium: 166mg Carbohydrate: 13g Fiber: 4g Sugar: 3g Protein: 12g