

# Heavenly Meatloaf with Blue Cheese, Mushrooms, and Spinach

## Ingredients

2 eggs  
1 cup finely chopped fresh spinach  
1/2 cup sliced fresh mushrooms  
1/2 cup plain bread crumbs  
1/2 small yellow onion, finely chopped  
1/3 cup 2% milk  
1/3 cup crumbled blue cheese  
2 tablespoons reduced-sodium Worcestershire sauce  
1 tablespoon minced garlic  
1/4 teaspoon cayenne pepper  
1 pinch dried oregano  
1 pinch dried basil  
salt and ground black pepper to taste  
1 1/2 pounds extra-lean ground beef



## Directions

Preheat oven to 350 degrees F (175 degrees C). Grease a loaf pan.  
Mix eggs, spinach, mushrooms, bread crumbs, onion, milk, blue cheese, Worcestershire sauce, garlic, cayenne pepper, oregano, basil, salt, and black pepper together in a large bowl. Add ground beef and mix thoroughly with your hands; pack into prepared loaf pan.  
Bake in the preheated oven until no longer pink in the center, 45 to 60 minutes. An instant-read thermometer inserted into the center should read at least 160 degrees F (70 degrees C).

## Nutritional Information

Servings Per Recipe: 8  
Amount Per Serving  
Calories: 257  
Total Fat: 14.2g  
Cholesterol: 125mg  
Sodium: 262mg  
Total Carbs: 7g  
Dietary Fiber: 0.6g  
Protein: 23.9g

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