

AS SEEN IN  
**COOKING PLEASURES**  
MARCH 2006

RECIPES BY ELLEN BOEKE

## **cooking**for two

### Old Friends

Embrace these classics, downsized to serve just two.

## **Mediterranean Meat Loaf**

*Feta, spinach and coriander - classic ingredients in the Mediterranean kitchen - give meat loaf a distinctive and delicious lift. If you like, substitute ground beef, pork or lamb for the turkey.*

- 8 oz. ground turkey**
- 2 cup chopped fresh spinach**
- 3 cup (1 oz.) finely crumbled feta cheese**
- 1 egg**
- 2 Tbsp minced shallots**
- 2 Tbsp unseasoned dry bread crumbs**
- 3 tsp ground coriander**
- 3 tsp ground cumin**
- 3 tsp salt**
- 3 tsp freshly ground pepper**

**1** Heat oven to 350°F. In medium bowl, gently stir together all ingredients. Shape mixture into 5x3x2½ -inch loaf; place in small baking pan.

**2** Bake 35 to 45 minutes or until internal temperature reaches 170°F. Cover loosely with foil; let stand 10 minutes before slicing.

**2 servings**

PER SERVING: 315 calories, 17.5g total fat (6.5 g saturated fat), 32 g protein, 7 g carbohydrate, 195 mg cholesterol, 610 mg sodium, 1 g fiber ■



**WINE** Try a lightly spicy red, such as the 2003 Bogle **Petite Sirah** from California.