

Devin Alexander

www.devinalexander.com


Photo: Mitch Mandel

BBQ-Bacon Meat Loaf

From *“The Biggest Loser Family Cookbook”*

Bread crumbs are traditionally used in meat loaf and meatballs to add moisture to the finished dish and, sometimes, even to add bulk to stretch the meat for your dollar. I often use oatmeal instead as it will do the trick to create moist and delicious dishes while adding fiber—it’s not just a bunch of white flour. I don’t add too much because I still want the dishes to be predominantly protein-based, but it’s very important to add some, especially with leaner meat like chicken and turkey breast. With the right recipe, turkey and chicken loaves can taste just as fattening as their beef counterparts! Got leftovers? Use them to make my BBQ-Bacon Meat Loaf Sandwich (page 62).

- Olive oil spray
- 1 cup chopped red onion
- 4 slices extra-lean turkey bacon, chopped
- 2/3 cup old-fashioned oats
- 1/2 cup fat-free milk
- 1 pound extra-lean ground chicken breast
- 2 large egg whites, lightly beaten
- 1 clove fresh garlic, minced
- 1 teaspoon Worcestershire sauce
- 1/8 teaspoon salt
- 1/3 cup barbecue sauce (7 grams carbohydrates or less per 2 tablespoons)

Preheat the oven 350°F. Lightly mist a 9" × 5" × 3" nonstick loaf pan with the olive oil spray.

Place a medium nonstick skillet over medium-high heat. Lightly mist the pan with spray and add the onion and bacon. Cook, stirring, for 6 to 8 minutes, or until the onion is tender and just barely starting to brown and the bacon is crisped. Remove the pan from the heat and allow the mixture to cool.

Combine the oats and milk in a medium mixing bowl and stir to mix. Let the mixture stand for 3 minutes, or until the oats begin to soften. Add the cooled onion and bacon mixture, the chicken, egg whites, garlic, Worcestershire sauce, and salt. With a fork or clean hands, mix the ingredients until well combined.

Transfer the mixture to the prepared pan and spread so the top is flat. Spread the barbecue sauce evenly over the top. Bake for 35 to 40 minutes, or until the chicken is completely cooked through and no longer pink. Let the loaf sit for 10 minutes before cutting into 8 slices to serve.

Devin Alexander

www.devinalexander.com



Photo: Mitch Mandel

BBQ-Bacon Meat Loaf

From "The Biggest Loser Family Cookbook"

Makes 4 servings

Per serving: 258 calories, 35 g protein, 20 g carbohydrates, 3 g fat (trace saturated), 76 mg cholesterol, 2 g fiber, 529 mg sodium

Reprinted from The Biggest Loser Family Cookbook by Chef Devin Alexander and the Biggest Loser Experts and Cast (c) 2009 by Universal Studios Licensing LLLP. The Biggest Loser (TM) and NBC Studios, Inc., and Reveille LLC. Permission granted by Rodale, Inc., Emmaus, PA 18098. Available wherever books are sold or directly from the publisher by calling (800) 848-4735. www.devinalexander.com