

ASPARAGUS SWISS STUFFED MEATLOAF

(Serves 4)

When is meatloaf not a boring ol' meatloaf? When it's stuffed with asparagus and Swiss cheese! If you want to be fancy, you can use the Homemade Ketchup (p. 224) recipe in place of the glaze.

1 pound ground beef
1 pound ground pork
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon garlic powder
1 medium sweet onion, finely chopped
1/2 cup almond flour
1 egg
1/2 cup parmesan, freshly grated, plus more for garnish
1 tablespoon tomato paste
1 teaspoon fresh basil, finely chopped
1 teaspoon parsley, finely chopped
Olive oil spray for pan
10-14 asparagus stalks, rough ends trimmed and discarded
4 slices Swiss cheese

Glaze:

4 tablespoons tomato paste
1 soft pitted date, pulverized (optional)
1/4 cup water, plus more if necessary
2 teaspoons Dijon mustard
2 teaspoons balsamic vinegar

Preheat oven to 375°. In a large mixing bowl, combine beef, pork, salt, pepper, garlic powder, chopped onion, almond flour, egg, parmesan, tomato paste, basil, and parsley, combining with your hands until well mixed. Separate into two even sections. Spray a 4x8 meatloaf pan with olive oil spray. Press first half of meatloaf into loaf pan.

In a small mixing bowl, whisk together glaze ingredients. If it's too thick, add more water 1 tablespoon at a time. Brush half of glaze onto meat in the loaf pan.

Lay asparagus stalks lengthwise atop glazed meat. Lay Swiss cheese slices atop asparagus. Press remaining meatloaf mixture into loaf pan, flattening the top. Spread remaining glaze evenly atop meatloaf.

Bake in oven 1 hour until meat loaf is done through. Remove from oven and let stand 10 minutes. Cut into slices and serve.

