

## **Meatloaf Italiano**

My Mom used to make a version of this meatloaf – traditional meatloaf stuffed with ricotta cheese. The ricotta recipe comes from one adapted by our dietician, Julie Gardner.

Serves 6-8

### **Meatloaf Ingredients:**

4 1/2 cups water  
1 batch **Wellness Forum Health Meatloaf** mix  
1 cup tomato sauce  
2 tablespoons tahini (optional)

### **Filling Ingredients:**

1 12-ounce block extra-firm tofu  
1/2 cup chopped toasted pine nuts-optional  
1/2 cup fresh basil, finely chopped  
3 tablespoons nutritional yeast  
1 tablespoon dried oregano  
Salt + Pepper to taste

### **Instructions:**

- Preheat oven to 350 Degrees.
- Place all filling ingredients in a food processor and pulse until combined.
- Bring the water to a boil in a 2 quart sauce pan with a tight fitting lid.
- Add the millet mix. Bring to a boil and reduce heat to medium.
- Cook mixture 20 minutes. If the millet is not fluffy, add 1/2 cup more water and cook another 5-10 minutes, covered.
- Add ½ cup tomato sauce and 2 tablespoons tahini (optional), and mix well.
- Spoon 1/2 the mixture into a non-stick loaf pan.
- Make a trench down the center of the mixture and spoon the tofu filling into the trench.
- Top with the remaining millet mixture and press firmly into the pan.
- Spoon the remaining tomato sauce onto top of the meatloaf.
- Bake for 30 minutes.
- Remove from oven and let cool 10 minutes before serving.