**Mediterranean “Meatloaf”**

**Serves 6**

**Ingredients:**

1 package **Wellness Forum Health’s Meatloaf Mix**

1 cup sun-dried tomatoes

1 medium onion, chopped

4 cloves garlic, minced

1 cup fresh parsley, chopped

½ cup Kalamata olives, chopped

½ cup finely chopped fresh basil

½ cup tomato sauce

**Instructions:**

* Preheat oven to 350 degrees.
* Prepare Wellness Forum “Meatloaf” mix according to package directions on the stove top and set aside.
* While the meatloaf mix cooks soak the sun-dried tomatoes in boiling water until soft, then chop.
* Sauté onion for 5 minutes over medium heat until tender and translucent
* Add water 1 to 2 tablespoons at a time to keep them from sticking to the pan
* Add the garlic, sundried tomatoes, olives and basil and mix well.
* Combine the cooked meatloaf mixture, sun dried tomato mixture and mix well.
* Fold meatloaf mixture into large non-stick loaf pan, pressing the mixture into the pan.
* Top with tomato sauce and bake 35 minutes.