

**Uncle Eddie's Spiral Meatloaf with Mixed Greens** ("Greens Glorious Greens" Johnna Albi & Catherine Walthers)

*Uncle Eddie, a chef in the army, was Johnna's uncle. He was very creative and served this attractive meatloaf to family and friends. The beautiful spiral of greens makes a nice presentation. You can serve this on roasted red pepper or tomato coulis.*

Serves 4

1 cup water

2 cups kale leaves that have been washed, stemmed, and chopped

2 cups spinach leaves that have been washed, drained, and chopped

1 ¼ lbs lean ground beef

½ cup finely minced onion

1 large garlic clove, peeled and minced

½ tsp sea salt

20 grinds of black pepper

1 tsp minced fresh rosemary

½ cup crumbled fresh bread

1 Tbsp Dijon mustard

½ tsp maple syrup or honey

Preheat oven to 375 degrees.

In a medium-size skillet with a lid, bring the water to a boil. Add the chopped kale and cook for 3 minutes. Add the chopped spinach and continue to cook until greens have wilted, about 2 minutes. Remove greens with a slotted spoon to a colander to drain and cool slightly. Drain any remaining cooking liquid; it's full of vitamins and minerals. When the greens have cooled enough to handle, squeeze out any excess moisture. Set aside.

Place the ground beef, onion, garlic, salt, pepper, rosemary, and crumbled bread in a medium-size bowl. Mix well with your hands. Press mixture into a flattened 12x10-inch rectangle, about ½ inch thick, on a cookie sheet or clean counter top.

Distribute the cooked greens evenly over the meat rectangle. Roll up, starting with the 10-inch side, into a jelly roll shape. Place in a shallow baking dish.

In a small bowl, combine mustard and sweetener. Spread this mixture on top of the meatloaf. Place in the oven and bake for about 45 minutes, or until cooked through. Let cool for 5 minutes before slicing into ¾-inch thick pieces.