

# FIXATE RECIPES

## CHICKEN PARM MEATLOAF

Serves: 4 (1 slice each)

GF

Total Time: 1 hr. 15 min.

Prep Time: 15 min.

Cooking Time: 1 hr.

### FOR MEATLOAF:

1 lb. / 460 g raw ground chicken breast  
 ½ cup / 60 g gluten-free Italian-style bread crumbs  
 ½ cup / 125 g **FIXATE Marinara**  
 (see separate recipe for **FIXATE Marinara**)  
 ¼ cup / 20 g grated Parmesan cheese  
 1 large egg  
 1 tsp. dried oregano

½ tsp. onion powder  
 ½ tsp. garlic powder  
 ½ tsp. sea salt (or Himalayan salt)

### FOR TOPPING:

½ cup / 130 g **FIXATE Marinara** (see separate recipe for **FIXATE Marinara**), divided use  
 ¾ cup / 85 g shredded part-skim mozzarella cheese

**SPECIAL EQUIPMENT:** Nonstick cooking spray • Loaf pan

1. Preheat oven to 350° F (180 °C). Lightly coat an 8 x 4-inch (20 x 10-cm) loaf pan with spray.
2. To make meatloaf, add chicken, bread crumbs, FIXATE Marinara, Parmesan cheese, egg, oregano, onion powder, garlic powder, and salt to a medium mixing bowl. Using clean hands, knead until well combined.
3. Pack meatloaf mixture into prepared pan. For topping, spread ¼ cup (65 g) FIXATE Marinara over meatloaf. Bake for 45 to 50 minutes, or until cooked through.
4. Top with remaining ¼ cup (approx. 65 g) FIXATE Marinara and mozzarella cheese. Bake for 7 to 10 minutes, or until cheese is melted and bubbling. Slice into four equal pieces. Serve warm.

### Nutritional Information (per serving):

Calories:	306	Cholesterol:	129 mg	Fiber:	1 g
Total Fat:	10 g	Sodium:	971 mg	Total Sugars:	3 g
Saturated Fat:	4 g	Carbohydrates:	16 g	Added Sugars:	1 g
				Protein:	37 g

### PORTION FIX Container Equivalents (per serving)

(REG) ■ ½ ■ 1 ■ ½ ■ 1

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

**FIXATE MARINARA** <sup>o</sup>



**SERVES: 8** (2 Tbsp. each) Prep Time: 10 min. Cooking Time: 16 min.

CONTAINER EQUIVALENTS (per serving): ½ ½

VEGAN CONTAINER EQUIVALENTS (per serving): ½ ½

*This flavorful sauce accompanies the Cheesy Cauliflower Bread Sticks, but is just as wonderful with your favorite sautéed veggies, quinoa pasta, or any meatball recipe!*

- 1 (14.5-oz.) can** **canned whole peeled tomatoes**
- 2 tsp.** **olive oil**
- ½ cup** **chopped onion (approx. ½ medium)**
- 2 cloves** **garlic, finely chopped**
- 2 Tbsp.** **dry white wine (like pinot grigio)**
- ¼ tsp.** **sea salt (or Himalayan salt)**
- 4** **fresh basil leaves, finely chopped**

- 1.** Place tomatoes in a medium bowl; crush by hand (or pulse in a food processor or blender) to achieve slightly chunky consistency. Set aside.
- 2.** Heat oil in medium nonstick skillet over medium-high heat.
- 3.** Add onion; cook, stirring frequently, for 3 to 5 minutes, or until onion is translucent.
- 4.** Add garlic; cook, stirring frequently, for 1 minute.
- 5.** Add wine; cook over medium heat, stirring frequently, for 1 to 2 minutes, or until almost all the liquid has evaporated.
- 6.** Add tomatoes and salt. Bring to a gentle boil. Reduce heat to low; gently boil, stirring occasionally, for 7 to 8 minutes, or until sauce has thickened slightly. Remove from heat.
- 7.** Add basil; mix well. Cool to room temperature before serving. Set aside.

**RECIPE NOTE:**

- For a smoother marinara sauce, place in a food processor (or blender) and pulse until it reaches desired consistency.

<sup>o</sup>**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

**NUTRITIONAL INFORMATION** (per serving): Calories: 33 Total Fat: 1 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 84 mg Carbohydrates: 4 g Fiber: 1 g Sugars: 3 g Protein: 1 g

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Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.