

Tangy Apple Chicken Loaf

Ingredients

1 Tbsp olive oil
2 stalk(s) celery, finely chopped (medium)
1 medium onion(s), chopped
1/2 tsp table salt
1 big carrot(s), grated
1 medium apple(s), Peeled, cored & chopped
1 1/2 pound(s) raw lean ground chicken
1 item(s) egg
2 Tbsp milk
1/2 cup(s) panko breadcrumbs
2 tsp poultry seasoning
1 tsp dried sage
2/3 cup(s) Applesauce, unsweetened, 1/3 c for meatloaf; 1/3 c for glaze
1 Tbsp Dijon Mustard, for glaze
2 tsp honey, for glaze

Instructions

Directions

1. Preheat oven to 400 degrees F (200 degrees C).
2. Melt the butter in a skillet over medium heat, and cook the celery and onion with 1/2 teaspoon of salt, stirring occasionally, until the onions are soft and browned, about 12 minutes. Stir in the carrot, and cook for 5 more minutes; stir in the apple, and remove the mixture from the heat.
3. In a mixing bowl, lightly mix together the ground chicken, egg, 1/3 cup of applesauce, milk, bread crumbs, poultry seasoning, sage, 1/2 teaspoon of salt, and black pepper. Mix in the cooked vegetable-apple mixture. Form the mixture into a loaf, and place into the center of a 9x12-inch baking dish.
4. In a bowl, mix together 1/3 cup of applesauce, the Dijon mustard, and honey into a smooth mixture, and spread the glaze over the top and sides of the meat loaf.
5. Bake in the preheated oven for 30 minutes, and then reduce the temperature to 375 degrees F (190 degrees C) until the internal temperature of the loaf is 180 degrees F (80 degrees C), about 30 more minutes. Allow the loaf to rest for 5 minutes before serving.

Next time - I'm going to add mushrooms and maybe chopped spinach. I'm trying to sneak more veg in everywhere.

