Franklin Becker is a paid spokesperson of Novo Nordisk.

**METHOD:**
1. Sautée onions and garlic in olive oil until translucent.
2. Add chopped mushrooms and salt and cook until almost dry, approximately 15 minutes.
3. Cool down mushroom mixture.
4. Mix the bread with the milk.
5. Mix all remaining ingredients together and place in the refrigerator to firm up for 4 hours.
6. Shape into a loaf and bake in the oven at 400°F for 40 minutes.
7. Allow the meatloaf to cool before eating.

**Tip:** Mushroom mixture can also be used for salads or served as a side dish.

**Yield:** 8 servings. **Per Serving:** 150 calories, 8g fat, 11g protein, 6g carbs.