

**ATLAS  
GYM**

**Entree #11**

# Stuffed Meatloaf with Spinach, Ham & Cheese

*Nuwave*  
PRE-HEATED INFRARED OVEN

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Prep Time: 10 min  
Rack Height: 1 inch  
Power Level: 7  
Cook Time: 50 min



# Stuffed Meatloaf with Spinach, Ham & Cheese



Serves: 6

Questions: 1-888-689-2831

## Ingredients:

- 1 1/2 lb. (682 g) ground sirloin
- 1/2 lb. (227 g) ground veal
- 1 lb. (455 g) mild Italian sausage (2 - 3 links) casing removed
- 1 cup seasoned bread crumbs
- 1 cup parmesan cheese (grated)
- 1 tablespoon garlic (minced)
- 1/4 cup milk
- 2 eggs
- salt & pepper to taste
- dash of Worcestershire sauce
- fresh spinach leaves approximately 20 - 24
- 1 (8 oz.) or (227 g) package sliced ham, pepperoni, or salami
- 1/2 cup mozzarella cheese (shredded)
- 1 cup prepared tomato sauce or ketchup

## Cooking Instructions:

1. Mix the first 10 ingredients together.
2. On waxed paper or saran wrap, pat mixture to form 8 x 12 inch rectangle about 1/2 inch thick.
3. Cover the mixture with sliced ham. Take care not to overlap. (You may substitute with other meats of your choice.)
4. Layer the ham with spinach and cheese.
5. Starting at the narrow (8 inch) end, roll mixture, jellyroll fashion, lifting waxed paper to help shape the roll. Once rolled, seal the edges. This will prevent melted cheese from spilling out while cooking.
6. Place rolled loaf, seam side up, directly on the 1 inch rack, and bake on power level 7 for 40 minutes or bake on HI for 30 minutes.
7. Top with tomato sauce or ketchup, and bake at power level 7 for an additional 10 minutes.
8. To prevent overbrowning, cover loosely with foil.

## Options & Cooking Tips:

- You can substitute fresh spinach with a 10 oz. package of frozen chopped spinach (cooked & drained).
- Place a piece of foil on the bottom of the liner pan for an easy clean up.

Suggested Wines: Merlot or Sangiovese