

MINI MEATLOAVES

Makes 5 servings

Serving Size: 1 mini loaf

Ingredients

- 1 pound lean or extra lean ground beef
- 1 1/2 cup mild or medium salsa, divided in half
- 1 egg, lightly beaten
- 1/4 cup dry bread crumbs
- 1/4 cup finely chopped onion
- 1/2 teaspoon salt
- dash of black pepper
- Non-stick cooking spray

Directions

1. Heat oven to 350° F.
2. Combine all ingredients saving half of salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with non-stick cooking spray.
5. Place loaves in dish.
6. Spoon half of the remaining salsa on top of loaves.
7. Bake at 350° F for 20 minutes.
8. Take out of oven and spoon remaining salsa over top and bake an additional 10 minutes.

Nutrition information Per Serving

210 calories

Total Fat 10 g

Saturated Fat 3.5 g

Protein 22 g

Total Carbohydrate 10 g

Dietary Fiber 2 g

Sodium 690 mg



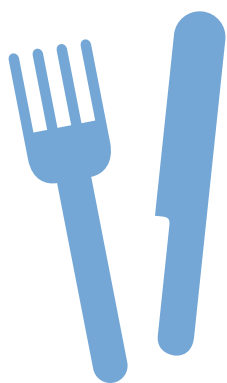
Good Source of Vitamin A



Excellent Source of Vitamin C



Excellent Source of Iron



Eat Smart

