

MINI MEATLOAVES



Makes 5 servings

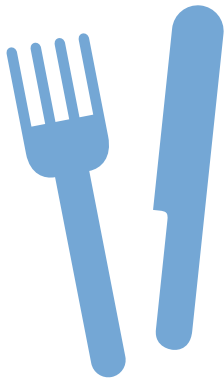
Serving Size: 1 mini loaf

Ingredients

- 1 pound lean or extra-lean ground beef or ground turkey
- 1½ cups salsa, divided in half
- 1 egg, lightly beaten
- ¼ cup dried bread crumbs (whole-wheat if available)
- ¼ cup finely chopped onion
- Dash of black pepper
- Non-stick vegetable cooking spray

Directions

1. Heat oven to 350° F.
2. Combine all ingredients, saving half of the salsa for topping.
3. Divide into 5 equal portions. Shape into flattened loaves.
4. Spray baking dish with vegetable 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. Check temperature with a thermometer to be sure it reaches 160° F for ground beef or 165° F for ground turkey.
8. Take out of oven, spoon remaining salsa over top, and bake an additional 10 minutes.



Eat Smart

Nutrition information Per Serving

150 calories
Total Fat 4.5 g
Saturated Fat 1.5 g
Protein 22 g

Total Carbohydrate 7 g
Dietary Fiber 1 g
Sodium 170 mg



Excellent Source
of Vitamin C



Good Source
of Iron



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