

# Eat Smart • Move More

## Mini Meatloaves

Prep Time: 10 minutes

Total Time: 40 minutes



### Ingredients

Nonstick cooking spray  
1½ cups salsa, divided  
10 ounces corn, frozen or canned  
1 onion, chopped  
½ cup dry bread crumbs  
1 egg, beaten  
⅛ teaspoon ground black pepper  
1 pound 90% lean ground beef

### Nutrition Facts

8 servings per container

**Serving size** 1 serving (166.92g)

**Amount per serving** **Calories** 170

% Daily Value*	
Total Fat	7g 9%
Saturated Fat	2.5g 13%
Trans Fat	0g
Cholesterol	75mg 25%
Sodium	450mg 20%
Total Carbohydrate	9g 3%
Dietary Fiber	2g 7%
Total Sugars	3g
Includes g of Added Sugars	
Protein	20g
Vitamin D	0mcg 0%
Calcium	44mg 4%
Iron	3mg 15%
Potassium	510mg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Directions

- Heat oven to 350°F. Spray baking dish or muffin tin with nonstick cooking spray.
- Add 1 cup salsa, corn, onion, bread crumbs, egg, and pepper into the large mixing bowl. Mix well.
- Add ground beef and mix together with hands. Divide into 8 equal portions. Shape into loaves and place loaves in the baking dish, if using. For muffin tin, divide meat mixture evenly into 8 muffin cups.
- Pour ¼ cup of salsa over the loaves. Bake for 20 minutes.
- Remove from the oven and pour remaining ¼ cup salsa over the loaves. Cook for an additional 10 minutes or until meat reaches 165°F.

(Recipe adapted from <http://iowagirleats.com/>)

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### Quick Tips

- If using canned corn, remember to rinse and drain the corn. Rinsing can remove up to 40% of the sodium.
- If you do not have bread crumbs available, replace by using dry oats.

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