

Eat Smart • Move More

Mini Meatloaves

Prep Time: 10 minutes

Total Time: 40 minutes



Ingredients

- Nonstick cooking spray
- 1 ½ 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.

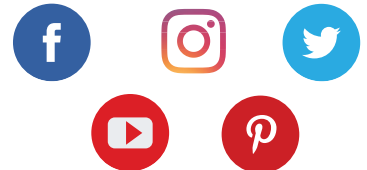
Directions

- 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.

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.

Follow us | Like us



www.eatsmartmovemoreva.org

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

 **Virginia Cooperative Extension**
Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

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

www.eatsmartmovemoreva.org