

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 kernels, frozen or canned
- 1 onion, chopped
- ½ cup bread crumbs
- 1 egg, beaten
- ⅛ teaspoon ground black pepper
- 1 pound lean ground beef

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 a mixing bowl. Mix well.
- Add ground beef and mix together. 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.

Nutrition Facts

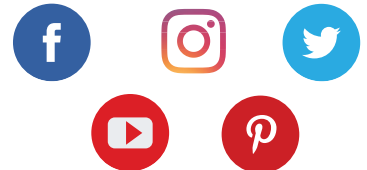
8 servings per container	
Serving size	1 serving (166.92g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 450mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes g of Added Sugars	
Protein 20g	
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.

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

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