Mini Meatloaves

Ingredients:
- Non stick cooking spray
- 1 pound extra lean ground beef
- 1 egg
- 1 onion
- 1 1/2 cups salsa
- 10 ounces frozen corn
- 1/2 cup dry bread crumbs
- Dash of black pepper

Equipment:
- Baking dish
- Large mixing bowl
- Measuring cups
- Mixing spoon

Directions
1. Preheat oven to 350ºF. Spray baking dish with non-stick cooking spray.
2. Cut ends off of onion, and peel off brown layers. Chop as finely as possible.
3. In a medium bowl, beat egg. Add bread crumbs, 1 cup of the salsa, corn, onion and pepper. Mix well with a spoon.
4. Add ground beef and mix together gently with hands.
5. Divide into 8 equal portions, shape into flattened loaves. Place loaves in dish.
6. Pour 1/4 cup of salsa over the loaves. Bake at 350ºF for 20 minutes.
7. Take out of oven and pour remaining 1/4 cup of salsa over top and bake an additional 10 minutes.

Nutrition Facts
- 1 serving size: 1 mini loaf
- Serves: 8

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>174</td>
<td>16%</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>98</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>11g</td>
<td>16%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>4g</td>
<td>21%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>66mg</td>
<td>22%</td>
</tr>
<tr>
<td>Sodium</td>
<td>286mg</td>
<td>12%</td>
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<tr>
<td>Total Carbohydrate</td>
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</tr>
<tr>
<td>Dietary Fiber</td>
<td>1g</td>
<td>4%</td>
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<tr>
<td>Protein</td>
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<tr>
<td>Vitamin A</td>
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<tr>
<td>Vitamin C</td>
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</tr>
<tr>
<td>Iron</td>
<td>11%</td>
<td>Calcium 3%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.

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