

## 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

Number of Servings: 8  
 Prep Time: 10 minutes  
 Total Time: 40 minutes

### Directions

1. Preheat oven to 350°F. 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 350°F for 20 minutes.
7. Take out of oven and pour remaining 1/4 cup of salsa over top and bake an additional 10 minutes.

For more recipes, please visit:  
[www.fcs.ext.vt.edu/recipes](http://www.fcs.ext.vt.edu/recipes)



Friend us on Facebook and  
 follow us on Twitter  
[www.facebook.com/vafnp](http://www.facebook.com/vafnp)  
[www.twitter.com/vafnp](http://www.twitter.com/vafnp)

### Nutrition Facts

Serving Size: 1 mini loaf	
Servings: 8	
Amount Per Serving	
Calories 174	Calories from Fat 99
%Daily Value*	
Total Fat 11g	16%
Saturated Fat 4g	21%
Cholesterol 66mg	22%
Sodium 286mg	12%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	4%
Protein 13g	25%
Vitamin A 6%	Vitamin C 13%
Iron 11%	Calcium 3%
*Percent Daily Values are based on a 2,000 calorie diet.	

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.