

Individual Salsa Meat Loaves

Making meat loaf in single-serving portions reduces the cooking time by half and keeps the meat juicy.

Yield: 4 servings (serving size: 1 meat loaf)

Ingredients

- 2 large egg whites
- 1/3 cup quick-cooking oats
- 1/2 cup plus 2 tablespoons chipotle salsa, divided
- 1/4 cup ketchup, divided
- 1 pound ground beef, extra lean
- Cooking spray



Preparation

1. Preheat oven to 350°.
2. Combine egg whites in a large bowl, stirring well with a whisk. Stir in oats, 1/2 cup salsa, and 2 tablespoons ketchup. Add beef; mix well. Divide beef mixture into 4 equal portions, shaping each into an oval-shaped loaf. Coat a foil-lined rimmed baking sheet with cooking spray. Place loaves on prepared pan.
3. Bake at 350° for 30 minutes or until done.
4. Combine remaining 2 tablespoons salsa and remaining 2 tablespoons ketchup in a small bowl; spread mixture evenly over loaves.

Nutritional Information: Per Serving

1 Mini Meat Loaf

Calories 190

Fat 6 g

Protein 25 g

Carbohydrate 11 g

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