

Individual Tex-Mex Meatloaves

This recipe is a good source of iron, which carries oxygen in our blood.

Ingredients:

- 1 small onion
- 12 tortilla chips
- 1 1/2 pounds lean ground beef or poultry
- 3/4 cup salsa
- 1 egg
- 1 teaspoon ground cumin
- 1/2 teaspoon chili powder
- 1/4 teaspoon salt
- Vegetable oil cooking spray
- 6 tablespoons salsa
- 1/3 cup shredded Monterey Jack cheese

Directions:

1. Heat oven to 375° F.
2. Chop the onion.
3. Place tortilla chips in the plastic bag. Press the air out of the bag and seal. With the rolling pin, crush the tortilla chips until you have 1/2 cup.
4. In the medium bowl, mix the chopped onion, crushed tortilla chips, ground beef, 3/4 cup salsa, egg, cumin, chili powder, and salt. Blend the mixture until well mixed.
5. Spray the cookie sheet with vegetable oil cooking spray.
6. Divide the mixture into 7 equal portions. Shape each to form round loaves in the cookie sheet.
7. Bake for 25 minutes. Remove from the oven, top each loaf with 1 tablespoon salsa and sprinkle with cheese. Return to the oven for 5 minutes to melt the cheese.
8. Remove from the oven and serve.

Bright Ideas:

Nutrition Facts			
Serving Size 1 loaf (161g)			
Servings Per Container 7			
Amount Per Serving			
Calories 170	Calories from Fat 60		
% Daily Value*			
Total Fat 6g			9%
Saturated Fat 2.5g			13%
Trans Fat 0g			
Cholesterol 85mg			28%
Sodium 350mg			15%
Total Carbohydrate 6g			2%
Dietary Fiber 0g			0%
Sugars 2g			
Protein 21g			
Vitamin A 2%	•	Vitamin C 6%	
Calcium 6%	•	Iron 10%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

7 servings, 1 loaf each

Source: **The Healthy Body Cookbook**. Oregon State University Extension Service. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>

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