

Tex-Mex Meatloaf



Hands-On Prep **10 MIN**

Cook **1 HR 5 MIN**

Serves **6**



1 Preheat the oven to 350°F. Spray a 4 x 8-inch loaf pan with canola oil nonstick spray.

2 Combine the beef, $\frac{1}{4}$ cup of the salsa, the egg white, chili powder, oregano, cumin, and salt in a large bowl, mixing just until blended. Transfer half the mixture to the baking pan. Top with the cheese, leaving a $\frac{1}{2}$ -inch border along the edge. Spoon the remaining mixture over the cheese. Spread the top with the remaining $\frac{1}{4}$ cup of salsa. Bake until an instant-read thermometer inserted into the center of the loaf registers 160°F, 65–70 minutes. Let stand about 5 minutes before slicing. Cut into 6 slices.

1½ pounds ground lean beef
(5% fat or less)

½ cup prepared chunky
fat-free salsa

1 egg white, lightly beaten

1 teaspoon chili powder

1 teaspoon dried oregano

$\frac{3}{4}$ teaspoon ground cumin

$\frac{3}{4}$ teaspoon salt

1 cup shredded fat-free
cheddar cheese

PER SERVING (1 slice): 191 Cal, 6 g Fat, 2 g Sat Fat, 1 g Trans Fat, 65 mg Chol, 687 mg Sod, 3 g Carb, 1 g Fib, 31 g Prot, 181 mg Calc.

POINTS value: **4.**

Try It This meatloaf is also tasty prepared with *pico de gallo* (PEE-koh day GI-yoh)—a zesty condiment made with onion, tomato, bell pepper, jalapeño pepper, cilantro, and lime juice—in place of the salsa. Just make sure it's a fat-free variety.