

## Magnificent Meatloaf



Kick your meatloaf up a notch by using jalapeno. Bake in a bread loaf pan for an easy way to carry to your next party.

SERVING SIZE: 1 ¼ inch slices and 1/3 cup of salsa per serving. SERVES 8

### INGREDIENTS

#### Meatloaf

- ½ tablespoon canola oil
- 1 medium onion, finely chopped
- 4 garlic cloves, finely chopped
- 1 medium jalapeno, finely chopped
- 1 red bell pepper, finely chopped
- 1 red bell pepper, finely chopped
- 1/3 cup tomato paste
- 1 tablespoon chili paste
- ¼ teaspoon cayenne pepper
- 1 teaspoon cumin
- ½ lb. lean ground turkey (93%)
- 1 ½ lbs. lean ground beef (95%)

- ½ cup whole wheat bread crumbs
- ½ cup fat-free milk
- non-stick baking spray

#### Salsa

- 9 plum tomatoes, seeded and chopped
- 6 scallions finely chopped
- 2 jalapenos, seeded and finely chopped
- 1 clove garlic, finely chopped
- 1 lime, juiced (about 2 tablespoons)
- 1/8 teaspoon salt

#### DIRECTIONS

##### Meatloaf

1. Preheat oven to 350 degrees
2. In a large non-stick skillet, heat the canola oil over medium-high heat.
3. Add the onion, garlic, jalapeno and the red bell pepper. Cook 8-10 minutes until vegetables are soft.
4. Add the tomato paste, chili powder, cayenne pepper and cumin. Remove from heat and allow to cool.
5. In a large bowl combine the ground turkey, ground beef, bread crumbs and low-fat milk.
6. Stir in cooled vegetable mixture.
7. Spray a 9x5-inch breadloaf pan with nonstick cooking spray. Shape the meatloaf to fit the pan. Bake in preheated oven for 1 ½ hours.

##### Salsa

1. Combine and mix the tomato, scallion, jalapeno, garlic, lime juice, and salt. Serve with meatloaf

#### NUTRITIONAL FACTS PER SERVING

	Meatloaf	Salsa
Calories	210	19
Fat (g)	7.18	.25
Cholesterol (mg)	65.77	.03
Saturated fat (g)	2.39	0
Sodium	223	45