

Microwave Meatloaf

Serves 6

- 2 eggs, lightly beaten
- ¼ cup fine bread or cracker crumbs
- 1 small onion, chopped
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1½ pounds lean ground meat
- 2 tablespoons ketchup, barbecue sauce, or steak sauce



1. In a large bowl, mix together eggs, bread or cracker crumbs, onion, salt and pepper.



2. Add ground meat and mix completely.



3. In a microwave safe dish, form meat mixture into a donut shape (for more even cooking).



4. Spread ketchup, barbecue or steak sauce evenly over top of meat loaf.



5. Microwave on HIGH for 6 minutes. Turn dish. Cook another 6-8 minutes.



6. Let stand 5 minutes. Meatloaf is done when meat thermometer reads 165°F.

Nutrition information not available.

Recipe from Buy Eat Live Better: Montana State University Extension

Healthy Tip

By shaping this meatloaf like a bagel it cooks more evenly. 165°F is high enough to kill harmful bacteria like salmonella and e.coli.