Baked Meatloaf
Servings: 6

Ingredients
- Non-stick cooking spray
- ¼ cup milk
- 1 egg
- 1 cup bread crumbs OR ½ cup dry oatmeal
- 1 pound ground beef OR turkey
- 1 can (14-15 ounces) diced tomatoes
- ¼ cup onion, chopped OR 1 teaspoon onion powder

Directions
Heat oven to 350°F. Spray a 9x5x3-inch loaf pan with the non-stick cooking spray. Stir the milk and egg in a large bowl. Stir in the bread crumbs. Add the beef, tomatoes, and onion. Stir mixture. Press mixture into the loaf pan, smoothing the top. Bake 50-60 minutes. Let stand 15 minutes before slicing.

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