



### Seis Chile Meatloaf

4 egg whites  
1 cup large flake rolled oats  
1 onion, grated  
1 cup grated zucchini  
3/4 cup grated carrot  
4 cloves garlic, minced  
1 tsp Worcestershire sauce  
3/4 tsp salt  
1/2 tsp thyme  
1/2 tsp pepper  
1 1/2 lb lean ground beef  
1/2 cup Bandana Bandito's Fire Roasted Seis Chili Salsa

In a bowl, whisk egg whites lightly and stir in oats, onion, zucchini, carrot, garlic, Worcestershire sauce, salt, thyme, and pepper. Mix in beef.

Place on greased, rimmed baking sheet and form into 13 inch long by 2 inch high oval loaf. Bake at 350 degrees until browned (about 40 minutes). Spread salsa over top and bake until meat thermometer reaches 170 degrees F (about 20 minutes).

Makes 8 servings.