

## Meatloaf Boats Teach Kids How To Cook

(NAPSA)—Choosing the right recipe for your young chef can mean smooth sailing to delicious results, along with a boost of cooking confidence.

*Mini Meatloaf Boats*, made extra-moist by the addition of whole-grain oats, are easy and fun to make and eat. Measuring and mixing reinforce basic cooking skills, while building the cheese “sails” is pure fun. Sail these meatloaf boats on a “sea” of mashed potatoes alongside a vegetable raft.



### MINI MEATLOAF BOATS

6 Servings

1½ pounds lean ground beef	4 to 6 teaspoons Mexican seasoning blend
1 cup tomato juice	<b>Toppings</b>
¾ cup Quaker oats (quick or old fashioned, uncooked)	3 slices American cheese
¼ cup chopped onion	6 thin pretzel sticks
1 egg	Salsa or catsup, as desired

Heat oven to 350°F. Combine meatloaf ingredients; mix lightly but thoroughly. Divide into 6 equal parts. On rack of broiler pan, shape each into a 4 x 2¾-inch oval loaf. Press the back of a measuring tablespoon into top of each loaf to form a depression. Bake 25 to 28 minutes or until meatloaves register 160°F on an instant-read thermometer. Remove from oven; drain off any juices. Cut each cheese slice in half diagonally. Form “sails” by carefully inserting pretzel stick into cheese triangle. Attach “sails” to meatloaves; fill indentations with salsa.

**NUTRITION INFORMATION** (½ of recipe): Cal. 340, Fat 20g, Sat. Fat 8.5g, Chol. 110mg, Sodium 470mg, Carbo. 13g, Fiber 2g, Protein 26g.