

### **New Twist on Meatloaf**

½ cup Kim's Asian BBQ sauce  
1 Tbsp. Kim's Asian BBQ sauce set aside for later in recipe  
1 lb. Low fat ground beef or turkey  
1 cup Italian bread crumbs  
1 tsp. salt (optional)  
2 eggs (egg substitute works also)  
1 small onion chopped fine.

Mix together (mixture should hold together well, forming a loaf. If too loose add more Italian bread crumbs).  
Place in loaf pan and brush remaining BBQ sauce over the top to glaze.  
Bake at 350 for 35 to 40 minutes.