Piquant Meat Loaf (double this recipe for Arnold Tower)

1½ lbs. ground beef
¾ C. oats, uncooked
¼ C. chopped onion
1½ tsp. salt
¼ tsp. pepper
½ tsp. sage
1 C. tomato juice
1 egg, beaten

Piquant Sauce:
3 Tbsp. brown sugar
¼ C. ketchup
¼ tsp. nutmeg
1 tsp. dried mustard

Combine all ingredients thoroughly. Pack firmly into an ungreased loaf pan. Bake in a preheated 350 degree oven for 65 minutes. Remove from oven and drain grease from pan. Pour sauce over meat loaf and return to oven for an additional 10 minutes. Cover and take to Arnold Tower!