

# Meatloaf Muffins

Recipe © Amy Shaprio RD CDN, guest contributor

Makes 12 Muffins

## Ingredients:

- 1 tsp olive oil
- 1 cup minced onions
- $\frac{1}{2}$  cup finely chopped carrots
- 1 tsp dried oregano
- 2 garlic cloves minced
- 1 cup ketchup divided
- $1\frac{1}{2}$  pounds ground turkey or beef
- 1 cup finely crushed fat free saltine crackers (about 20)
- 2 tbsp prepared mustard
- 1 tsp Worcestershire sauce
- $\frac{1}{4}$  tsp freshly ground black pepper
- 2 large eggs
- Cooking spray

## Directions:

1. Preheat oven to 350° F.
2. Heat the oil in a non stick skillet over medium-high heat.
3. Sauté the onions, carrots, oregano and garlic for 2 minutes.
4. Combine  $\frac{1}{2}$  cup ketchup and the remaining ingredients in a large bowl except for the cooking spray, add the vegetable mixture and combine.
5. Coat twelve muffin cups with cooking spray.
6. Spoon the meat mixture into the muffin cups.
7. Top each meat loaf with 2 tsp ketchup.
8. Bake for about 25- to 30-minutes or until a thermometer registers 160° F.

## Nutrition:

 (Serving size: 1 meatloaf muffin made with **beef**)

calories: 204    protein: 13.2g    total carbohydrate: 14.5g    total fat: 10g  
sodium: 369mg    saturated fat: 3.5g

## Nutrition:

 (Serving size: 1 meatloaf muffin made with **turkey**)

calories: 163    protein: 13g    total carbohydrate: 14.5g    total fat: 6g  
sodium: 392mg    saturated fat: 1.5g