



Turkey & Veggie Meatloaf Minis



1/9th of recipe (1 mini meatloaf): 142 calories, 5.25g total fat (1.5g sat. fat), 494mg sodium, 9g carbs, 1.5g fiber, 4g sugars, 14g protein

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Prep: 15 minutes **Cook:** 35 minutes



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Ingredients

1 small onion
1/4 cup plus 3 tbsp. ketchup
1 1/4 lbs. raw lean ground turkey
3 cups bagged broccoli cole slaw, roughly chopped
1/2 cup fat-free liquid egg substitute
1/2 cup quick-cooking oats
2 tsp. garlic powder
1 tsp. salt

Directions

Preheat oven to 350 degrees. Line 9 cups of a 12-cup muffin pan with foil baking cups, or spray them with nonstick spray.

Grate onion into a large bowl. Add 1/4 cup ketchup and all other ingredients. Thoroughly mix.

Evenly distribute turkey-veggie mixture among the muffin cups and top with ketchup, 1 tsp. each.

Bake until firm with lightly browned edges, 30 to 35 minutes. Enjoy!

MAKES 9 SERVINGS

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