



Chicken Parm Meatloaf Minis



1/12th of recipe (1 mini meatloaf): 105 calories, 4g total fat (1.5g sat. fat), 269mg sodium, 5.5g carbs, 1g fiber, 1.5g sugars, 11.5g protein

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

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Ingredients

1/2 cup whole-wheat panko breadcrumbs (see HG FYI)
2 tbsp. grated Parmesan cheese
1 lb. raw lean ground chicken (at least 92% lean)
1 cup finely chopped onion
1 cup finely chopped mushrooms
1/4 cup (about 2 large) egg whites or fat-free liquid egg substitute
1 tsp. Italian seasoning
1/2 tsp. garlic powder
1/2 tsp. salt
1/4 tsp. black pepper
3/4 cup marinara sauce with 3g fat or less per serving
3/4 cup shredded part-skim mozzarella cheese
Optional topping: fresh basil

Directions

Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a small bowl, mix 2 tbsp. breadcrumbs with Parm. Set aside for topping.

Place remaining 6 tbsp. breadcrumbs in a large bowl. Add all remaining ingredients *except* marinara sauce and mozzarella. Evenly distribute mixture among the muffin cups, and smooth out the tops.

Top with marinara. Bake until firm with lightly browned edges, about 30 minutes.

Sprinkle with mozzarella and Parm/breadcrumb mixture. Bake until mozzarella has melted, about 5 minutes.

MAKES 12 SERVINGS

HG FYI: If you can't find whole-wheat panko at the supermarket, [stock up via Amazon](#). Or use traditional panko, which has slightly less fiber.

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