



Sun-Dried Tomato & Mozzarella Meatloaf Minis



1/12th of recipe (1 meatloaf mini): 106 calories, 4g total fat (1.5g sat fat), 202mg sodium, 6.5g carbs, 1g fiber, 2g sugars, 11g protein

Green Plan [SmartPoints](#)® value 2*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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



Tagged: [Lunch & Dinner Recipes](#), [Four or More Servings](#)

Ingredients

1 lb. raw lean ground turkey (at least 93% lean)
1 cup finely chopped onion
1/2 cup chopped bagged sun-dried tomatoes (not packed in oil)
1/2 cup panko breadcrumbs
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
1/4 cup chopped fresh basil, or more for topping
1 tbsp. chopped garlic
1/2 tsp. Italian seasoning
1/2 tsp. onion powder
1/2 tsp. salt
1/4 tsp. black pepper
3/4 cup shredded part-skim mozzarella cheese

Directions

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

In a large bowl, combine all ingredients *except* mozzarella. Mix thoroughly. Evenly distribute among the muffin cups, and smooth out the tops.

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

Sprinkle with mozzarella. Bake until melted, about 5 minutes.

MAKES 12 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.