



Swedish Meatloaf Minis



1/6th of recipe (2 mini meatloaves): 182 calories, 6.5g total fat (2.5g sat. fat), 394mg sodium, 9.5g carbs, 1g fiber, 2.5g sugars, 19.5g protein

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

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Ingredients

Meatloaves

- 1 lb. raw extra-lean ground beef (at least 96% lean)
- 1/2 cup finely chopped mushrooms
- 1/2 cup finely chopped onion
- 1/2 cup panko bread crumbs
- 1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
- 1 tbsp. chopped garlic
- 1/2 tsp. onion powder
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1/8 tsp. ground nutmeg

Veggies and Sauce

- 1 cup sliced mushrooms
- 1 cup chopped onion
- 3 tbsp. light/reduced-fat cream cheese
- 2 tbsp. light butter
- 1 tbsp. Dijon mustard
- 1 tbsp. white wine vinegar

Directions

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

In a large bowl, thoroughly mix meatloaf ingredients. Evenly distribute among the muffin cups, and smooth out the tops.

Bake until firm with lightly browned edges, about 35 minutes.

Meanwhile, cook the veggies and sauce. Bring a skillet sprayed with nonstick spray to medium-high heat. Add mushrooms and onion. Cook and stir until mostly softened, about 5 minutes. Reduce heat to medium-low. Add remaining sauce ingredients, and cook and stir until cheese and butter have melted and mixture is uniform, about 2 minutes.

Serve meatloaves topped with veggies and sauce.

MAKES 6 SERVINGS

Freeze & Heat 411:

For Meatloaves: Tightly wrap each cooled serving in foil or plastic wrap, and freeze in a sealable container or bag. To thaw, refrigerate overnight or unwrap and microwave until thawed. Microwave (unwrapped) until hot.

For Veggies and Sauce: Once cool, freeze in a microwave-safe container. (Divide into single servings, if desired.) Reheat in the microwave or in a skillet sprayed with nonstick spray.

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