



## Thanksgiving Meatloaf Minis



1/6 of recipe (2 meatloaves): 178 calories, 1.5g total fat (<0.5g sat. fat), 432mg sodium, 21g carbs, 3g fiber, 13g sugars, 22g protein

[Click for WW Points® value\\*](#)

**Prep:** 15 minutes    **Cook:** 45 minutes

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

### Ingredients

- 1/3 cup sweetened dried cranberries, chopped
- 5 cups riced cauliflower
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped onion
- 1 tsp. chopped garlic
- 1 lb. raw extra-lean ground turkey (at least 98% lean)
- 1/3 cup (about 3 large) egg whites or liquid egg substitute
- 1/4 cup panko breadcrumbs
- 1/4 tsp. ground sage
- 1/4 tsp. ground thyme
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/2 cup ketchup
- Optional topping: fresh thyme

### Directions

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

In a small bowl, cover chopped cranberries with warm water to soften.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, celery, and onion. Cover and cook for 5 minutes, or until mostly softened.

Add garlic to the skillet, and cook and stir until fragrant, about 1 minute.

Transfer skillet contents to a large bowl. Add all remaining ingredients except ketchup.

Drain cranberries, and pat dry. Add half of the cranberries to the large bowl. Mix thoroughly.

Evenly fill muffin pan with meatloaf mixture, and smooth out the tops. (Cups will be very full.)

Add ketchup to the remaining cranberries, and mix well. Spread over meatloaves.

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

**MAKES 2 SERVINGS**

**HG Tip:** Find store-bought riced cauliflower in the produce section, or DIY with a blender or food processor! Just pulse roughly chopped raw cauliflower until reduced to rice-sized pieces. You may occasionally need to stop and stir to finish the job.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points®

trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.