



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

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



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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.

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Publish Date: July 25, 2018

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