



## Turkey Meatloaf Cupcakes



[Click here for a video demo](#) !

1/12th of recipe (1 meatloaf cupcake): 150 calories, 4.5g total fat (1.5g sat. fat), 280mg sodium, 15g carbs, 2g fiber, 3g sugars, 12.5g protein

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**Prep:** 30 minutes    **Cook:** 30 minutes



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### Ingredients

#### Meatloaf

1 1/4 lbs. raw lean ground turkey (7% fat or less)  
1 cup finely chopped onion  
1/2 cup egg whites  
1/2 cup quick-cooking oats  
1/4 cup ketchup  
2 tsp. garlic powder  
1/2 tsp. each salt and black pepper

#### Mashies

20 oz. (about 3 medium) white potatoes, peeled and cubed  
2 1/2 tbsp. light sour cream  
1 1/2 tbsp. light whipped butter or light buttery spread  
1/2 tsp. garlic powder  
1/2 tsp. onion powder  
1/4 tsp. salt  
3/4 cup frozen peas and carrots

### Directions

Preheat oven to 350 degrees. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray.

In a large bowl, combine all meatloaf ingredients. Thoroughly mix.

Evenly distribute meatloaf mixture among the muffin cups, and smooth out the tops. Bake until firm and cooked through with lightly browned edges, 20 - 25 minutes.

Meanwhile, bring a medium pot of water to a boil. Add potatoes. Once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Drain and transfer potatoes to a large bowl. Add remaining ingredients for mashies. Thoroughly mash and mix.

Evenly top mini meatloaves with mashies.

In a medium bowl, microwave peas and carrots for 1 minute, or until thawed and warm.

Press peas and carrots into the mashies (like sprinkles!).

**MAKES 12 SERVINGS**

**HG Tip!** To easily pipe mashies onto your cupcakes, transfer mashie mixture to a large plastic bag, and squeeze it down toward a bottom corner. Snip off that corner with scissors, creating a hole for piping mixture. Evenly pipe onto the cupcakes.

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