



Amy Mackenzie, RDN
Registered Dietitian Nutritionist
amymrdn@gmail.com | 207.730.1346

Mini Meatloaves

Total Time: 40 minutes

Serves 3-4

These make an easy dinner when paired with a vegetable and are great leftover for lunch or a satisfying afternoon protein snack. This recipe may be doubled and extras can be frozen for future use.

INGREDIENTS:

1 pound extra lean ground beef or turkey
1 egg, lightly beaten
½ cup milk
¼ cup quick cooking oats
Several shakes worcestershire sauce
1 teaspoon salt
½ teaspoon black pepper
½ cup carrots, shredded or chopped
½ cup mushrooms, chopped
½ cup onion, chopped
Non-stick spray



DIRECTIONS:

1. Preheat oven to 375 degrees and coat eight muffin cups with non-stick spray.
2. In a large bowl, whisk the egg, add milk, oats, worcestershire sauce, salt and pepper and combine.
3. Add the meat and vegetables to the mixture (may use other combinations, including zucchini, broccoli, spinach, peppers, etc.) and combine.
4. Divide the meat mixture into eight equal parts, roll into balls, and add to muffin tin.
5. Place muffin pan on baking sheet and bake until internal temperature of meatloaves reaches 160 degrees, about 25-30 minutes.

NUTRITION INFORMATION:

Serving Size: 1 mini meatloaf; Servings per batch: 8

Amount Per Serving: Calories 145, Protein 15g, Net carbohydrates 4g, Total Fat 5g, Fiber 1g, Sugar 2g