

Meat Loaf Muffins

Adapted from Cooking Light Magazine
Serves 6

1 tsp olive oil
1 cup minced onions
½ cup finely chopped carrots
1 tsp dried oregano
2 garlic cloves minced
1 cup ketchup divided
1 ½ pounds ground turkey or beef
1 cup finely crushed fat free saltine crackers (about 20)
2 tbsp prepared mustard
1 tsp Worcestershire sauce
¼ tsp freshly ground black pepper
½ cup egg beaters or 2 large eggs
Cooking spray
Muffin tin

Preheat oven to 350 degrees
Heat the oil in a non stick skillet over medium-high heat
Saute the onions, carrots, oregano and garlic for 2 minutes
Combine ½ cup ketchup and the remaining ingredients in a large bowl except for the cooking spray, add the vegetable mixture and combine
Coat twelve muffin cups with cooking spray
Spoon the meat mixture into the muffin cups
Top each meat loaf with 2 tsp ketchup
Bake for about 25-30 minutes or until a thermometer registers 160 degrees

Serving size 2 meat loaf muffins made with beef and eggs:

408 calories
29 g carbohydrates
26.5 g protein
20 g fat
7 g sat fat
148 mg cholesterol
739 mg sodium

Serving size 2 meat loaf muffins made with turkey and egg substitute:

327 calories
29 g carbohydrates
26 g protein
12 g fat
3 g sat fat
90 mg cholesterol
785 mg sodium

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