

Little Cheddar Meatloaves for Two

- 1 large egg, lightly beaten
 - 1/3 cup quick-cooking oats
 - 2 tablespoons ketchup
 - 1 tablespoon dried minced onion
 - 1/2 pound lean ground beef (90% lean)
 - 4 teaspoons ketchup
 - 4 tablespoons shredded cheddar cheese
1. In a large bowl, combine the egg, oats, ketchup and onion. Crumble beef over mixture and mix well. Coat 4 muffin cups with cooking spray; fill three-fourths full with meat mixture. Spread ketchup over loaves.
 2. Bake at 400° for 15 minutes. Sprinkle with cheese. Bake until no pink remains and a thermometer reads 160°, about 5 minutes longer. Let stand for 5 minutes before removing from muffin cups.

Mandarin Broccoli Salad

- 3/4 cup mayonnaise
- 1/4 cup sugar
- 4 teaspoons cider vinegar
- 4 cups fresh broccoli florets
- 1 small red onion, halved and sliced
- 1/2 cup raisins
- 1/2 cup pecan halves, toasted
- 1 can (11 ounces) mandarin oranges, drained

1. Whisk mayonnaise, sugar and vinegar; set aside. In a salad bowl, combine broccoli, onion, raisins and pecans. Drizzle with dressing; toss to coat. Gently stir in oranges. Refrigerate, covered, at least 3 hours before serving.



Easy Apple Crumble for Two

- 2 apples
- 1/3 cup all-purpose flour
- 2 tablespoons sugar
- 1.5 tablespoons cold butter

Preheat the oven to 375F and grease two small ramekins with butter.

Peel, core and chop with apples into small chunks. Evenly divide the apple chunks between the two ramekins.

In a small bowl, stir together the flour and sugar. Rub in the butter with your fingertips until you've got a breadcrumb-like consistency. Evenly sprinkle the crumble topping on the apple chunks.

Place the apple crumbles into the preheated oven and cook for 30 minutes, until the apples are soft and the top is golden.