

Mini Turkey Meatloaves



Ingredients

1. 1 onion, finely chopped
2. 1 red bell pepper, finely chopped
3. 2 carrots, peeled and finely chopped (or grated)
4. 1.25 pounds ground turkey (at least 90% lean)
5. 2 egg whites
6. ¼ cup ketchup
7. 1 tsp. dried thyme
8. ½ tsp. dried sage
9. ½ tsp. Kosher salt
10. ½ tsp. ground black pepper

Nutrition Facts: 1 serving=2 loaves

Calories	240
Protein	34.0g
Total Fat	6.0g
Carbs	12.0g
Fiber	2.5g

Preparation

1. Preheat the oven to 425°F. Liberally coat a muffin tray with oil spray and set aside.
2. Coat a large skillet with oil spray and sauté the onions, peppers, and carrots over medium heat until soft, 8 to 10 minutes. Remove the skillet from the heat and allow the vegetables to cool to room temperature.
3. In a large bowl, add the ground turkey, egg whites, cooled vegetables, ketchup, thyme, sage, salt, and pepper. Using your hands, mush the ingredients together until they are fully incorporated. Divide the meat mixture between 8 muffin cups, smoothing the tops of each mini-meatloaf to make it level. Bake for 20 to 25 minutes.

Note: The meatloaves will generate some mushy goo on the top; simply wipe it off and discard after the meatloaves have cooled slightly.

(Cooked mini meatloaves may be individually wrapped and frozen for up to 2 months.)