

Mighty Mini Meatloaves

[Recipe From: joybauer.com](http://joybauer.com)

Serves 6

Ingredients

1 lb lean ground turkey breast
1 small zucchini, grated
1 cup oats, dry
½ cup mushrooms, chopped
½ medium onion, chopped
¼ cup skim milk
¼ cup fresh basil or 1 Tbsp dried basil
1 tsp thyme
1 tsp oregano
2 Tbsp low-sodium soy sauce
2 egg whites
4 garlic cloves, minced
Salt and pepper, to taste



Directions

1. Pre-heat oven to 350°F. Lightly spray a 12-cup muffin pan with non-stick cooking spray.
2. Combine all ingredients in a large bowl.
3. Divide meat mixture evenly and place into prepared muffin pan. You should be able to completely fill 12 full-sized muffin cups.
4. Bake for 30 minutes or until tops begin to brown and turkey is completely cooked (check this using a thermometer; once the muffins reach 165°F, they're done).

Note: You can also make this in a traditional loaf pan. Cover meatloaf with foil and place in pre-heated oven for 40-45 minutes. Remove foil and let cook another 10-15 minutes or until tops begin to brown and turkey is completely cooked.

Nutrition Information per Serving (2 mini meatloaves): Calories: 160, Total Fat: 2gm, Saturated Fat: 0gm, Cholesterol: 30mg, Carbs: 13gm, Fiber: 2gm, Protein: 23gm