



Sun-Dried Tomato & Mozzarella Meatloaf Minis



1/12th of recipe (1 meatloaf mini): 106 calories, 4g total fat (1.5g sat. fat), 202mg sodium, 6.5g carbs, 1g fiber, 2g sugars, 11g protein

Prep: 15 minutes **Cook:** 35 minutes

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Ingredients

1 lb. raw lean ground turkey (at least 93% lean)
1 cup finely chopped onion
1/2 cup chopped bagged sun-dried tomatoes (not packed in oil)
1/2 cup panko breadcrumbs
1/3 cup (about 3 large) egg whites or fat-free liquid egg substitute
1/4 cup chopped fresh basil, or more for topping
1 tbsp. chopped garlic
1/2 tsp. Italian seasoning
1/2 tsp. onion powder
1/2 tsp. salt
1/4 tsp. black pepper
3/4 cup shredded part-skim mozzarella cheese

Directions

Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.

In a large bowl, combine all ingredients *except* mozzarella. Mix thoroughly. Evenly distribute among the muffin cups, and smooth out the tops.

Bake until firm with lightly browned edges, about 30 minutes.

Sprinkle with mozzarella. Bake until melted, about 5 minutes.

MAKES 12 SERVINGS

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