



Healthy Mini Meatloaves

Ingredients

Directions

Meatloaves:

- ½ lb lean ground beef
- 1 oz finely grated zucchini
- ¼ cup diced white onion
- 1 small egg
- 2 tbsp ketchup
- ¼ cup seasoned Panko breadcrumbs
- salt and pepper to taste

Glaze:

- 1 oz ketchup
- 1 oz brown Sugar
- 1 tsp mustard

1. Preheat oven to 400 degrees F. Spray a standard 12-cup muffin pan with cooking spray and set aside.
2. Place meat in a large bowl. Add zucchini, onion, egg, breadcrumbs, salt, pepper, and 2 tablespoons of the ketchup. Use your hands to gently combine. Be careful not to over-mix because the meat will become dry and tough.
3. Press the mixture into the prepared muffin cups. You can use an ice cream scoop to portion the meat into each cup. Top each mini meatloaf with a dollop of the ketchup, brown sugar and mustard glaze.
4. Place the muffin pan on a foil-lined baking sheet (to catch any drips).
5. Bake for 20-25 minutes, or until meatloaves are cooked through and a meat thermometer registers 160°F.

Calories 547	Cholesterol 306 mg	Dietary Fiber 2 g
Total Fat 13 g	Sodium 1031 mg	Sugars 37 g
Saturated Fat 6 g	Total Carbohydrate 53 g	Protein 51 g