



Mini Turkey Meatloaves

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 4 servings | Serving Size: 2 muffins

Ingredients

- 1 pound 93% lean ground turkey
- ½ cup old fashioned (rolled) oats
- ½ cup shredded or grated carrots
- ¼ cup frozen chopped spinach, thawed and squeezed to remove liquid
- ⅓ cup shredded or grated parmesan cheese
- 1 egg
- ¼ teaspoon garlic powder
- ½ teaspoon Italian seasoning or oregano
- Pinch salt
- Pinch ground black pepper
- 6 tablespoons tomato sauce or ketchup, divided
- Nonstick cooking spray
- 2 teaspoons Worcestershire sauce
- 1 tablespoon brown sugar

Recipe Notes

- For a fun and tasty topping, “frost” the mini meatloaves with mashed potatoes or mashed sweet potatoes.

Directions

1. Preheat the oven to 350°F.
2. In a medium mixing bowl, add the ground turkey, oats, carrots, spinach, parmesan cheese, egg, garlic powder, Italian seasoning or oregano, salt, pepper, Worcestershire sauce, and 3 tablespoons of the tomato sauce or ketchup. Gently knead the mixture together until well-combined.
3. Spray 8 regular-sized muffin tin cups with nonstick spray.
4. Fill each prepared muffin tin cup with the meatloaf mixture. If needed, prepare an additional 1-2 cups for any extra meatloaf mixture.
5. In a small bowl, stir together the remaining 3 tablespoons of tomato sauce or ketchup with the brown sugar. Spread ½ tablespoon of this mixture over each meatloaf.
6. Bake until the center reaches 165°F, about 25-30 minutes.
7. Cool slightly, then remove from the muffin tins and serve warm. Refrigerate for up to 4 days, freeze for up to 3 months. To serve, thaw in the refrigerator and heat in the microwave or oven to an internal temperature of 165°F.

**Nutrition Facts Per Serving: Calories: 245 | Total Fat: 11 g | Saturated Fat: 4 g
Sodium: 500 mg | Total Carbohydrate: 10 g | Dietary Fiber: 1.5 g | Protein: 27 g**

Submitted by Robin LaCroix, RD, CSO
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