

Muffin Tin Meatloaves

12 ounces ground turkey breast
2 4 oz cans of mushroom stems and pieces, drained
1 cup dry oatmeal
¼ cup egg substitute (or one whole egg)
1/3 cup chopped onion
½ teaspoon ground pepper
1 Tablespoon Worcestershire
2 Tablespoons ketchup
¼ teaspoon dried thyme

- Preheat oven to 350 degrees. Spray 12-cup muffin tin with cooking spray
- In a large bowl mix all ingredients together
- Divide the mixture into 12 balls and place in the muffin cups
- Bake for 30 minutes or until internal temperature reaches 160 degrees

Two “muffins” provides:

Calories	131
Protein	16g
Fat	3g

- Recipe adapted from *Favorite Recipes the Costco Way*

