



MINI TURKEY AND VEGGIE MEATLOAVES

SERVINGS: 4-6 | PREP TIME: 20 MINS | COOK TIME: 5 MINS

- Preheat oven to 425°F. Cover a rimmed baking sheet with foil and place a baking rack over the sheet (baking rack keeps bottoms from burning and allows drippings to fall below.) Grease baking rack generously with cooking spray.
- In a saucepan over medium to medium-high heat, sauté vegetables in olive oil until soft, about 5 minutes. Lightly season vegetables with salt and pepper to taste while they sauté. Set aside to cool.
- In a mixing bowl, using your hands or a wooden spoon, combine cooled vegetable mixture, ground turkey, egg, panko, 1/4 cup ketchup, broth, garlic powder, parsley, basil, 1/2 teaspoon salt, and 1/2 teaspoon pepper. Do not over mix.
- Gently scoop out a heaping, loosely packed 1/2 cup of meat mixture for each meatloaf. Gently form into a patty that's evenly about 1 1/2 inches thick. Do not press down hard on mixture to avoid compacting it. Top each mini meatloaf with about 2 teaspoons ketchup, spreading around on top evenly.
- Bake for 25-30 minutes or until the middle is no longer pink.

FREEZER MEAL INSTRUCTIONS:

To Freeze: Bake and let cool completely. Seal in freezer bag or container, squeezing out all the air. Freeze up to 2 months.

To Prepare: Thaw in refrigerator overnight and reheat in microwave, using a lower power setting, just until warmed through. Or if reheating from frozen, use the defrost setting on the microwave.

INGREDIENTS

- 1/2 cup finely chopped onion (about one small onion)
- 1/2 cup finely chopped carrot (about one carrot)
- 1 TBSP. olive oil
- 1/2 cup shredded zucchini (squeeze out excess liquid with hands)
- Salt & pepper to taste
- 1 1/4 lb. 99% fat free ground turkey
- 1 cup panko bread crumbs (or whole wheat panko)
- 1 egg, beaten
- 1/2 cup all natural ketchup, divided
- 1/4 cup chicken broth
- 1/2 tsp. garlic powder
- 2 tsp. dried parsley, crushed in hand
- 1/2 tsp. dried basil, crushed in hand (or dried oregano)