



# Turkey Mini-Meatloaf

## Ingredients:

- 1/2 cup chopped onion
- 3/4 cup of broccoli slaw
- 3/4 cup of chopped kale
- 1 teaspoon Worcestershire sauce
- 1/4 teaspoon kosher salt
- 1/4 teaspoon dried oregano
- Freshly ground black pepper
- 1/2 pound ground low-fat white-meat turkey
- 1 large egg
- 3 tablespoons ketchup
- 1/4 teaspoon hot sauce (such as Tabasco)

## Directions:

Heat the oven to 350°F.

Coat a small skillet with cooking spray and place over medium-high heat. Add the onion, broccoli slaw and kale and cook until lightly browned, about 5 minutes. Remove from the heat; set aside to cool slightly.

In a large bowl, combine the cooled veggies, Worcestershire, salt, oregano, black pepper, ground turkey, and egg. Stir in 2 tablespoons of the ketchup. Spoon about 1/2 cup meat mixture into each of 3 muffin cups coated with cooking spray. Set the muffin tin on a baking sheet and set aside.

Combine the remaining 1 tablespoon ketchup and hot sauce in a small bowl. Brush the ketchup mixture over the meat loaf tops. Bake for 30 minutes, or until a thermometer registers 165°.