

## Turkey Meatloaf Muffins

These muffins are a great way to sneak in some extra veggies and make fantastic leftovers. Prep on Sunday and reheat throughout the week. I like to serve them alongside roasted or steamed veggies and a handful of homemade sweet potato fries (recipe to follow).

Makes: 12 standard size muffins

### Ingredients:

1 lb. lean ground turkey (I use 93%)

1 egg, beaten

1 zucchini, finely grated – use your hands to squeeze out excess liquid if very watery

2-3 carrots, finely grated

~½ cup diced white onion (I use frozen)

¼ c + 2-3 Tbsp. ketchup

~ 1Tbsp. Worcestershire sauce

1/2 c Italian breadcrumbs

Olive oil

### Instructions:

1. Preheat oven to 350 F
2. Heat olive oil in skillet over medium heat. Add onion, sauté for a few minutes until softened/thawed, add zucchini and carrot, stirring occasionally. Sauté for about 5-8 minutes until softened.
3. Once veggies are softened, set aside to cool for a few minutes
4. While veggies are cooling, in a large mixing bowl add ground turkey, egg, bread crumbs, and ¼ c ketchup.
5. Grease standard 12 c muffin tin with spray oil or olive oil or use silicone liners for *much* quicker clean up.
6. In a small bowl, combine remaining 2-3 Tbsp ketchup and Worcestershire sauce. Stir and set aside.
7. Once veggies are cool enough to touch, add veggie mixture to mixing bowl. Use hands to combine all ingredients – be careful not to overwork the meat.
8. Using your hands, form meat mixture into 12 balls. Place balls into muffin tin and lightly press to flatten the top. Redistribute meat mixture as needed to fill muffin cups as uniformly as possible.
9. Top each meatloaf with a small dollop of ketchup glaze- spread with back of spoon.
10. Cook meatloaf muffins for 35 minutes. Internal temperature should reach 170 degrees.
11. Run knife around the edges to loosen when removing from oven.