

Weeknight Meatloaf Muffins

Jamie Eason's Turkey Meatloaf Muffins (Courtesy of Bodybuilder.com)

1. Preheat oven to 375 degrees.
2. Spray muffin pan with canola or olive oil.
3. Mix all your ingredients together in one large bowl.
4. Roll the mixture into balls (about the size of racquet balls) and place in muffin pan.
5. Bake for 40 minutes.

Makes 12 muffins.

182 Calories per muffin

8 grams fat

4.6 grams carbohydrate

22.2 grams protein

Follow the recipe exactly or alter to suit your tastes.

I like to add a diced red bell pepper, and a couple tablespoons of franks red hot sauce. If you find them to be too dry, adding 1/4 cup- 1/2 cup chicken stock will do the trick.

Meatloaf is one of those great family meals that is perfect for weeknights because:

- a. It can be prepared ahead of time, left in the fridge, and popped in the oven at the end of a busy day.
- b. Meatloaf recipes can be easily doubled (think batch cooking) and taste awesome (sometimes even better) after a day or two. Hello yummy lunch:)
- c. It is the perfect vessel to sneak tons of veggies

into your kids belly. Check out our taco pie for another hearty veggie-packed dish.

This is one of my favorite figure friendly meatloaf recipes. The muffin tin makes for even cooking and perfect portion control. They are also super convenient on-the-go!