

## 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*

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