Mini Meatloaf Muffins

Ingredients
10 baby carrots or 1 large carrot, grated or shredded
1 pound lean ground beef
1/2 medium onion, chopped
1/2 cup ketchup
1 large egg
1 tablespoon brown sugar
1/2 cup skim milk
1 teaspoon mustard
1 packet (1/2 cup) plain oatmeal

Directions
1. Preheat oven to 350° F. Spray a muffin tin with cooking spray.
2. Place carrots & onions in a small bowl; cover & microwave for 2 minutes.
3. In a large bowl, combine carrots, onion, egg, milk, and oatmeal; add the ground beef mixing well.
4. Spoon the meat mixture into 8 of the muffin cups.
5. In a separate small bowl combine the ketchup, brown sugar and mustard, stirring to mix well. Spread over the top of each mini loaf.
6. Bake, uncovered for 25 - 30 minutes or until browned through out. Let stand for 5 minutes before serving.

Makes 4 servings
Nutrition information per serving:
280 calories, 9g fat, 3.5g saturated fat, 120 mg cholesterol, 460 mg sodium, 21g carbohydrate, 2g fiber, 28g protein