

Mini Meatloaf Muffins

Ingredients

10 baby carrots or 1 large carrot, grated or shredded	1 large egg
1 pound lean ground beef	1 tablespoon brown sugar
1/2 medium onion, chopped	1/2 cup skim milk
1/2 cup ketchup	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, 460mg
sodium, 21g carbohydrate, 2g fiber,
28g protein*