

Turkey Meatloaf Muffins with Roasted Broccoli

Servings: 12 muffins, each serving is 3 muffins with ¼ of the broccoli Total Time: 55 minutes

Ingredients:

For the meatloaf:

1 package 99% fat-free ground turkey breast
½ cup bread crumbs
1 cup onions, finely diced
1 egg
2 tablespoons Worcestershire sauce
½ cup barbecue sauce + 1/3 cup for topping
¼ teaspoon salt
Fresh ground pepper, to taste

For the broccoli:

1 bunch broccoli, cut into florets, stems peeled and sliced
2 tablespoons olive oil
3 cloves garlic, sliced
Salt and freshly ground pepper



Chef Notes: Use ½ tablespoon garlic powder in place of fresh garlic on the broccoli. For an added kick to your meatloaf, try adding ½ tablespoon of red pepper flakes.

Storage Tips: Freeze leftover muffins in an airtight container for up to one month, or store in the refrigerator for 5-6 days.

Directions:

Meatloaf: Preheat oven to 350 degrees. Coat a muffin pan with cooking spray or use silicone muffin cups.

In a large bowl, add ground turkey, breadcrumbs, onions, egg, Worcestershire sauce, ½ cup barbecue sauce, salt and pepper. Using your hands or a large spoon, thoroughly mix together until well blended. Add meatloaf mixture to the muffin cups, flattening out the tops. Top each meatloaf muffin with barbecue sauce and spread evenly over top. Bake for 40 minutes. Run a knife around each muffin to loosen it from pan. Remove to a serving plate. **Broccoli:** Preheat oven to 450 degrees F. Toss the broccoli florets with the olive oil, garlic, salt, and pepper on a baking sheet. Spread them out and then roast, without stirring, until the edges are crispy and the stems are crisp tender, about 20 minutes

Nutrition Information per Serving: 466 calories, 12.8g total, 2g saturated fat, 58g protein, 66g carbs, 317mg sodium