

# Turkey Veggie Meatloaf Cups



Rated: ★★★★★

Submitted By: amyappleseed

Photo By: mominml

Prep Time: 20 Minutes

Cook Time: 25 Minutes

Ready In: 50 Minutes

Servings: 10

"Lightly seasoned lean ground turkey meatloaf muffins made with couscous and lots of grated zucchini, onion, and red bell pepper get a topping of barbecue sauce in this easy recipe. The individual servings are perfect for so many eating plans, and it's easy to grab a couple for a quick breakfast, lunch, or snack."

## INGREDIENTS:

- |                                     |                                      |
|-------------------------------------|--------------------------------------|
| 2 cups coarsely chopped zucchini    | 1 egg                                |
| 1 1/2 cups coarsely chopped onions  | 2 tablespoons Worcestershire sauce   |
| 1 red bell pepper, coarsely chopped | 1 tablespoon Dijon mustard           |
| 1 pound extra lean ground turkey    | 1/2 cup barbecue sauce, or as needed |
| 1/2 cup uncooked couscous           |                                      |

## DIRECTIONS:

1. Preheat oven to 400 degrees F (200 degrees C). Spray 20 muffin cups with cooking spray.
2. Place zucchini, onions, and red bell pepper into a food processor, and pulse several times until finely chopped but not liquefied. Place the vegetables into a bowl, and mix in ground turkey, couscous, egg, Worcestershire sauce, and Dijon mustard until thoroughly combined. Fill each prepared muffin cup about 3/4 full. Top each cup with about 1 teaspoon of barbecue sauce.
3. Bake in the preheated oven until juices run clear, about 25 minutes. Internal temperature of a muffin measured by an instant-read meat thermometer should be at least 160 degrees F (70 degrees C). Let stand 5 minutes before serving.

## Nutrition Information

Servings Per Recipe: 10  
Calories: 119

Amount Per Serving

Total Fat: 1g

Cholesterol: 49mg

Sodium: 244mg

Amount Per Serving

Total Carbs: 13.6g

Dietary Fiber: 1.2g

Protein: 13.2g

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