

Turkey Meatloaf Muffins



Nobody will beg for the end pieces anymore, because they all come out like end pieces with these individual serving turkey meatloaf muffins.

Prep: 20 mins

Cook: 45 mins

Total: 1 hr 5 mins

Servings: 12

Yield: 12 servings



Ingredients

cooking spray

2 pounds ground turkey

1 (8 ounce) package Cheddar cheese, cubed (Optional)

1 onion, diced

1 cup seasoned bread crumbs

$\frac{3}{4}$ cup milk

2 eggs

2 tablespoons Worcestershire sauce

2 cloves garlic, diced

1 teaspoon salt

1 teaspoon ground black pepper

Directions

Step 1 Preheat oven to 375 degrees F (190 degrees C). Grease a muffin tin with cooking spray.

Step 2 Combine ground turkey, Cheddar cheese, onion, bread crumbs, milk, eggs, Worcestershire sauce, garlic, salt, and pepper in a large bowl; mix well with your hands.

Step 3 Drop scoops of the turkey mixture into the muffin tin using a large ice cream scoop.

Step 4 Bake in the preheated oven until golden brown, about 45 minutes.

Nutrition Facts

Per Serving: 255 calories; protein 22.9g; carbohydrates 10.5g; fat 13.6g; cholesterol 107.8mg; sodium 574.9mg.