

Chicken Parmesan Meatloaf Cups

Based on the recipe from bevcooks on Tablespoon

Ingredients

- 1 cup panko
- 1/2 cup shredded Parmesan cheese
- 1 Tablespoon olive oil (not pictured)
- 1 egg
- 1 pound ground chicken
- 1/2 cup red bell pepper, diced
- 1/2 cup onion, diced
- 2 cloves garlic, minced
- 1 Tablespoon dried oregano
- 2 teaspoons dried basil
- salt and pepper to taste
- 3/4 cup shredded mozzarella cheese
- 2 cups marinara sauce

In a small bowl, combine panko, Parmesan cheese and olive oil. Toss lightly with a fork or fingers to combine.

Whisk egg in a large bowl, then add chicken, diced pepper, diced onion, minced garlic, oregano, basil, salt and pepper. Take about 1/3 of the panko mixture and add that to the chicken. Mix everything together gently with your hands, taking care not to overwork the mixture.

Spray a muffin pan with cooking spray. Divide half of the meat mixture among the muffin cups, pressing evenly to the bottom of each up. *Note: I used a medium cookie scoop to portion the mixture.*

Place a Tablespoon of shredded mozzarella in the center of each muffin cup. Top with remaining meat mixture, taking care of completely cover the cheese.

Top each muffin with panko mixture, pressing to adhere.

Bake at 400 degrees F for 25-30 minutes until cooked through and the tops are lightly golden. While meatloaf cups cook, warm marinara sauce either in microwave or in a pot over medium-low heat.

Remove from oven and let rest about 5 minutes. Run a knife along the edges of each muffin cup and carefully lift out with a spatula.

Spoon marinara sauce over meatloaf cups to serve.

Makes 12 meatloaf cups.

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