Cheddar Stuffed Mini Meat Loaves with Chipotle Glaze

Servings: 2
Adapted from http://www.eatingwell.com/recipes/cheddar_stuffed_meatloaves.html

Ingredients
½ lb 93% lean ground beef or ground turkey
1/4 cup chopped onion
1/4 cup fine, dry, breadcrumbs
1 egg white
3 tablespoons ketchup, preferably no-salt-added
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/8 teaspoon salt
1/8 teaspoon freshly ground pepper
1/4 cup reduced-fat shredded sharp cheddar cheese
1/8 teaspoon ground chipotle pepper in adobo sauce (*save the rest for another recipe)
1/8 teaspoon sauce from chipotle pepper in adobo sauce

Preparation
1) Preheat oven to 400°F. Coat two 8- to 12-ounce small baking dishes, such as mini loaf pans, with cooking spray and place on a rimmed baking sheet. (Alternatively, make freeform meatloaves and bake directly on the baking sheet.)
2) Combine beef, onion, breadcrumbs, egg white, 1 tablespoon ketchup, chili powder, cumin, salt and pepper in a bowl; mix well. Divide the mixture into2 even portions and place in the prepared baking dishes. Make a 1 1/2-inch-deep indentation with your finger down the length of each meatloaf. Stuff each with 1 tablespoon cheese and pinch the edges closed to seal.
3) Combine the remaining 2 tablespoons ketchup and chipotle in a bowl; spread over each loaf.
4) Transfer the baking sheet to the oven. Bake until an instant-read thermometer inserted in the center of a loaf registers 165°F, 20 to 30 minutes.

Roasted Potatoes

Servings: 2

Ingredients
4 red potatoes, quartered
1 tablespoon extra-virgin olive oil
1/2 teaspoon dried thyme
Kosher salt and ground black pepper

Preparation
1) Heat oven to 400 degrees F.
2) Drizzle 1 tablespoon oil over potatoes and roll to coat. Sprinkle with thyme, salt, and

pepper.
3) Roast potatoes for 15 minutes. Remove from oven, stir, and roast for 15 more minutes or until done.
4) Serve with pork chops and carrots.