

Turkey & Veggie Meatloaf Cups

Servings: 2-3

Adapted from

<http://m.allrecipes.com/recipe/216688/turkey-veggie-meatloaf-cups?crlt.pid=camp.FG8gD6TriAjl>

Ingredients

1 zucchini, coarsely chopped
1/2 onion, coarsely chopped
1/2 green bell pepper, coarsely chopped
1/2 lb lean ground turkey
1/4 cup breadcrumbs
1 egg
1 Tbsp Worcestershire sauce
1/2 Tbsp Dijon mustard
1/4 cup barbecue sauce

Preparation

- 1) Preheat oven to 400 degrees and spray 10 muffin cups with cooking spray.
- 2) Place zucchini, onions, and 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, breadcrumbs, egg, Worcestershire sauce, and Dijon mustard until thoroughly combined. Fill each prepared muffin cup about 3/4 full. Top each cup with about 1 tsp of barbecue sauce.
- 3) Bake in the preheated oven until juices run clear, about 25 minutes. Let stand 5 minutes before serving.

Roasted Potatoes

Servings: 2-3

Ingredients

1 lb 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.