

Cheeseburger Mini Meatloaves

Ingredients

1 lb. extra-lean ground beef
1 cup onion, finely chopped
1/2 cup green bell pepper, finely chopped
2 egg whites
1/4 cup whole-wheat panko breadcrumbs
3 tbsp. ketchup
2 tsp. yellow mustard
1 tsp. garlic powder
1 tsp. onion powder
1/2 tsp. salt
1/4 tsp. black pepper



3/4 cup shredded reduced-fat cheddar cheese

Optional toppings: additional ketchup, additional yellow mustard, dill pickle chips

Directions

1. Preheat oven to 375 degrees. Spray a 12-cup muffin pan with nonstick spray.
2. In a large bowl, mix all ingredients *except* cheese. Evenly fill muffin pan
3. Bake until firm with lightly browned edges, about 35 minutes.
4. Sprinkle with cheese. Bake until melted