



Turkey Mini-Meatloaf - HEALTHY & DELICIOUS!!!  
(I leave off the topping and it's very yummy)

#### Ingredients

1 small yellow onion, coarsely chopped  
1 medium carrot, peeled and coarsely chopped  
1 stalk of celery, coarsely chopped  
2 canned chipotle peppers in adobo sauce  
1 (20-ounce) package lean ground turkey breast  
1/2 cup quick cooking oats  
2 egg whites

#### For Topping

1/4 cup fat free and sugar free ketchup  
1 tablespoon chipotle pepper adobo sauce  
1 tablespoon brown sugar substitute (such as Stevia Brand)

#### Instructions

Preheat oven to 350°F. In the work bowl of a food processor, combine onion, carrots and celery. Pulse until finely chopped. Add chipotle peppers and pulse until just combined.

In a large bowl, combine the ground turkey with the pepper and vegetable mixture. Add egg whites and oats; gently mix until combined. Place about 1/3 cup of the prepared meatloaf mixture into 9 wells of a standard size muffin pan that has been lightly sprayed with nonstick cooking spray. Bake for 20 minutes. Meanwhile, combine all of the topping ingredients in a small bowl; set aside. Remove meat loaves from oven and spoon the topping over each meatloaf. Return meatloaf to the oven and continue to bake for an additional 5-10 minutes or until meatloaf is firm and the internal temperature registers 170°F. Let meatloaf stand for 5 minutes before serving. Makes 9 mini loaves.