

MEATLOAF MUFFINS WITH SWEET POTATO TOPPING

Preparation: **20 mins.** | Cooking: **1 hour** | Servings: **12**

INGREDIENTS

2 sweet potatoes
1 egg
20 ounces lean ground turkey
½ cup cornmeal or oats
⅓ cup onion (small, finely diced)
2 tablespoons ketchup
1 tablespoon margarine
1 tablespoon chili powder
1 teaspoon garlic powder
¼ teaspoon black pepper
Steamed broccoli or vegetable of choice



INSTRUCTIONS

Preheat oven to 425 degrees Fahrenheit. Line a muffin pan with muffin papers. Clean the potatoes and prick them several times with a fork. Bake the potatoes in the oven for 20 minutes. Remove the potatoes from the oven and microwave them for an additional 5 minutes or until soft. Remove the skins from the potatoes, and place the potatoes into a medium bowl. Mash with a potato masher and whisk in the margarine. Mix well. In a medium bowl, mix together the meatloaf ingredients. Scoop about 1/4 cup meatloaf mixture into each lined muffin cup. Bake for 25 minutes. Top each cooked meatloaf muffin with a scoop of sweet potatoes. Pair with steamed broccoli or your favorite vegetable!