

INGREDIENTS

- 1 lb Lean Turkey, Ground
- 1 Zucchini, shredded
- 1 cup Onion, shredded
- 1 cup Bell Pepper, chopped
- 1/3 cup Couscous, uncooked
- 1 Large Egg
- 2 tbsp Worcestershire Sauce
- 1 tbsp Dijon Mustard

DIRECTIONS

1. Preheat oven to 400 F. Spray a muffin pan with cooking spray.
2. Mix all ingredients together in a large bowl and equally divide into the muffin pan.
3. Place BBQ sauce, ketchup or hot sauce on top of muffins.
4. Cook in oven for 25 minutes or fully cooked (165 F).
5. Let sit to cook for 3-5 minutes and enjoy!

Tips:

Add BBQ sauce, hot sauce or ketchup for extra taste.

Add spices like salt, pepper, or chili powder for a kick.

Use Lean Beef as an alternative.

If you do not like couscous, try using whole grain crackers or quinoa.

Mini Turkey Meatloaf

Dairy-Free | High Protein

Yield:
4-6 Servings

Prep Time:
10 Min

Cook Time:
30 Min