

MINI MEAT LOAVES

Makes 10 servings

Each serving has 170 calories, 8 grams (g) fat, 18 g protein, 8 g carbohydrate, 1 g fiber, and 250 milligrams (mg) sodium.

- 1 pound extra-lean ground beef
- 1/2 c. dry bead crumbs
- 1/2 c. old-fashioned whole oats
- 1/4 c. skim milk
- 1/2 tsp. salt
- 1/2 tsp. Worcestershire sauce
- 1/4 tsp. pepper
- 1/4 c. onion, diced
- 1 large egg, beaten
- 1/2 c. cheddar cheese, shredded

Preheat oven to 350 F. Mix all ingredients together. Coat muffin tins with nonstick spray. Scoop beef mixture evenly into 10 portions in muffin tins. Bake for 30 minutes or until internal temperature is 160 F.

