

Parmesan Meatloaf Minis

All of the flavors of Chicken Parmesan without the carbs!

Ingredients

- 1 lb ground turkey (or chicken)
- 1 cup grated Parmesan cheese
- 3 cloves garlic, minced
- ½ small onion, minced
- 1 tsp dried Italian seasoning
- 2 Tbls fresh basil, chopped
- Salt & Pepper to taste
- 1 egg, beaten
- 1 cup marinara sauce
- ½ cup shredded mozzarella cheese for topping



Directions

1. Preheat oven to 350 degrees F. Line baking sheet with foil.
2. Mix together ground turkey, Parmesan, garlic, onions, Italian seasoning, basil, salt & pepper and egg.
3. Divide into 4 equal parts and shape into mini loaves.
4. Bake for 18-20 minutes or until cooked through.
5. Remove from oven and spoon 2-3 Tbls of marinara sauce over each loaf and sprinkle with mozzarella cheese.
6. Return pan to the oven and place under the broiler until cheese is browned & bubbly.

Makes 4 servings

Nutrition Facts:

Calories	305
Total Fat	16g
Total Carbohydrates	11g
Dietary Fiber	2g
Protein	28g