

Beef

Cheesy Meat Loaf Minis

Cooking Light

Omit horseradish for a sweeter meatloaf.

1/2 cup (1 oz) fresh breadcrumbs
cooking spray
1 cup onion, chopped
2 cloves garlic, chopped
1/2 cup ketchup, divided
3 ounces white cheddar cheese, diced
1/4 cup fresh parsley, chopped
2 tablespoons grated Parmesan cheese
1 tablespoon prepared horseradish
1 tablespoon Dijon mustard
3/4 teaspoon dried oregano
1/4 teaspoon salt
1/4 teaspoon freshly ground black pepper
1 1/2 pounds ground sirloin
1 large egg, lightly beaten

Preheat oven to 425 degrees.

Heat a skillet over medium-high heat. Add breadcrumbs; cook 3 minutes or until toasted, stirring frequently.

While breadcrumbs cook, heat a large skillet over medium-high heat. Coat pan with cooking spray. Add onion and garlic; saute' 3 minutes. Combine onion mixture, breadcrumbs, 1/4 cup ketchup and remaining ingredients. Shape into six 4x2-inch loaves on a broiler pan coated with cooking spray; spread 2 teaspoons ketchup over each.

Bake for 25 minutes or until done.

Per Serving (excluding unknown items): 1996 Calories; 127g Fat (57.6% calories from fat); 145g Protein; 65g Carbohydrate; 7g Dietary Fiber; 690mg Cholesterol; 3032mg Sodium. Exchanges: 1 Grain(Starch); 20 Lean Meat; 3 Vegetable; 13 Fat; 2 1/2 Other Carbohydrates.