

Treasure Meatloaf Muffins

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Servings: 4

Yield: 8 muffin-size loaves

1 pound ground pork

*1 can (20 ounce) crushed pineapple,
undrained and divided*

1 cup Minute white rice, uncooked

*1/2 cup Kikkoman Hoisin sauce,
divided*

*1/2 teaspoon Chinese five-spice
seasoning*

4 cloves garlic, finely chopped

4 green onions, chopped

2 eggs, beaten

Preheat the oven to 350 degrees.

In a large bowl, combine the pork, rice, green onions, 1/4 cup Hoisin sauce, one cup crushed pineapple, eggs, five-spice and garlic. Mix well.

Scoop one-quarter cup of the pork mixture into each of eight muffin tins.

Bake for 30 minutes.

In a small bowl, combine the remaining pineapple and Hoisin sauce. Set aside.

Remove the meatloaf muffins from the oven. Top with the sauce.

Broil on HIGH for 5 minutes.

Per Serving (excluding unknown items): 382 Calories; 27g Fat (63.0% calories from fat); 23g Protein; 12g Carbohydrate; 1g Dietary Fiber; 188mg Cholesterol; 102mg Sodium. Exchanges: 3 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 3 1/2 Fat.