



Devin Alexander's Mini-Meatloaves

Ingredients:

- olive oil spray
- 1/3 cup old fashioned oats
- 1/4 cup fat-free milk
- 1 medium carrot, cut into 6 pieces
- 2 small whole green onions, cut in half
- 1 cup (not packed) parsley leaves
- 1 small seeded green jalapeño pepper, or more to taste
- 1 medium garlic clove, minced
- 1 egg white, lightly beaten
- 1 tablespoon Worcestershire sauce
- 1 tablespoon A-1 sauce
- 1/3 cup minced jarred pimentos, drained
- 1/4 teaspoon salt
- 1 pound 96% lean ground beef
- 1/4 cup low-sodium ketchup or ketchup, divided

Instructions:

- Preheat the oven to 350 degrees F.
- Lightly mist 2 small (5 3/4 x 3 1/4 inch) nonstick loaf pans with spray.
- In a medium mixing bowl, stir the oats into the milk. Let them sit for 3 minutes or until the oats are softened.
- Meanwhile, to the bowl of a food processor fitted with a chopping blade, add the carrot, green onions, parsley, jalapeño, and garlic. Process them until the ingredients are minced.
- Transfer the mixture to a fine strainer and stir it with a spoon to remove any excess moisture.
- Add the veggie mixture to the oat mixture.
- Add the egg white followed by the Worcestershire, A-1, pimentos, and salt. Mix them well.
- Add the beef and mix it in until well combined.
- Divide the mixture among the prepared pans and spread it so that the tops are flat.
- Spread 2 tablespoons of the ketchup evenly over the top of each.

- Bake the meatloaves for 30-34 minutes or until they are no longer pink inside.
- Remove them from the oven and let it sit 10 minutes.
- Slice each into 4 slices and serve immediately.

Makes: 4 (1/2 loaf; 2-slice) servings.

Calories per Serving: 210

*Recipe taken from Devin Alexander's THE MOST DECADENT DIET EVER!
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