



Anna Jones, MS, RD, LD

## Mini Spinach & Oatmeal Meatloaf

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These mini meatloaves are tasty and packed with veggies. Cooking them in a muffin tin makes cooking time quicker and is a good way to control portions too. I use an ice cream scoop for even portions. The recipe makes quite a few, so freeze the leftovers and have them for another night.

### Ingredients

1/2 teaspoon salt, divided  
1/2 cup chopped onion  
1/2 cup chopped mushrooms  
1/2 cup shredded or chopped carrots  
1 teaspoon olive oil  
1 1/2 pounds lean ground beef  
10 oz. package frozen chopped spinach, thawed and drained  
1 cup old fashioned oats  
1 small can tomato sauce  
1 egg  
1 teaspoon Italian seasoning  
1/4 teaspoon pepper

### Preparation

Spray muffin tin with cooking spray. Heat oven to 375 degrees. Combine 1/4 teaspoon salt, dash of pepper, onion, mushrooms, and carrots with olive oil in small bowl. Sauté on stove top or cook in microwave. Combine 1/4 teaspoon salt and rest of ingredients in large bowl, add vegetable mixture. Mix thoroughly. Bake for 30 minutes until brown and internal temperature of meat is 165 degrees.

Makes 18 mini loaves.

Serving size: 2 mini loaf

### Nutrition Information

Calories: 170   Fat: 5.6 g   Saturated Fat: 2 g   Cholesterol: 66 mg  
Sodium: 392 mg   Carbohydrate: 10 g   Fiber: 2 g   Sugars: 2 g   Protein: 18 g