



## CHEESY MEAT LOAF MINIS

Intermediate Lifestyle

### Ingredients

1 ounce fresh breadcrumbs (about 1/2 cup)	1 TBS Dijon mustard
Cooking spray	3/4 TSP dried oregano
1 cup chopped onion	1/4 TSP salt
2 garlic cloves, chopped	1/4 TSP freshly ground black pepper
1/2 cup ketchup, divided	3 ounces white cheddar cheese, diced
1/4 cup chopped fresh parsley	1-1/2 pounds ground sirloin
2 TBS grated Parmesan cheese	1 large egg, lightly beaten
1 TBS prepared horseradish	

### Instructions

1. Preheat oven to 425°.
2. Heat a skillet over medium-high heat. Add breadcrumbs; cook 3 minutes or until toasted, stirring frequently.
3. While breadcrumbs cook, heat a large skillet over medium-high heat. Coat pan with cooking spray. Add onion and garlic; sauté 3 minutes.
4. Combine onion mixture, breadcrumbs, 1/4 cup ketchup, and remaining ingredients. Shape into 6 (4 x 2-inch) loaves on a broiler pan coated with cooking spray; spread 2 teaspoons ketchup over each.
5. Bake at 425° for 25 minutes or until done.

**Portion-Per-Serving Information** (Yields 6 servings): 1 serving = 1 meat loaf mini = 1 P