

Meatloaf Cupcakes

Ingredients:

- 1 lb. lean ground turkey
- 1, 10 oz. box frozen Green Giant Broccoli with Cheese Sauce, thawed and chopped into small pieces
- 3/4 cup bread crumbs
- 1 egg
- 1/2 tsp. onion powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- Pam cooking spray
- potatoes (mash potatoes)

Preheat oven to 400 degrees. Mix all ingredients together, except Pam cooking spray and potatoes. Spray a cupcake pan with the cooking spray. Pack meat mixture into the cupcake tins and bake for 25 to 30 minutes. Let cool slightly and decorate the top with mash potato frosting.

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

"I am not a glutton -- I am an explorer of food." - Erma Bombeck