

Yield: 6 servings
Prep: 25 minutes
Cook: 30 minutes
Ready Time: 55 minutes

Mashie-Topped Meatloaf Cupcakes

Ingredients:

Meatloaf

- 1 1/4 lbs. extra-lean ground beef (4% fat or less)
- 1 cup finely chopped green bell pepper
- 3/4 cup finely chopped onion
- 1/2 cup fat-free liquid egg substitute or egg whites
- 1/2 cup quick-cooking oats
- 1/4 cup ketchup
- 2 tsp. garlic powder
- 1/2 tsp. each salt and black pepper

Mashies

- 20 oz. (about 3 medium) white potatoes, peeled and cubed
- 2 1/2 tbsp. light sour cream
- 1 1/2 tbsp. light whipped butter or light buttery spread
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. salt
- 1/8 tsp. paprika
- Optional seasoning: black pepper

Directions:

(1) Preheat oven to 350 °F. Line a 12-cup muffin pan with foil baking cups, or spray it with nonstick spray. (2) In a large bowl, combine all meatloaf ingredients. Thoroughly mix. (3) Evenly distribute meatloaf mixture among the muffin cups, and smooth out the tops with the back of a spoon. Bake until firm and cooked through with lightly browned edges, 20-25 minutes. (4) Meanwhile, bring a medium pot of water to a boil. Add potatoes, and once returned to a boil, reduce heat to medium. Cook until very tender, 15-20 minutes. (5) Drain and transfer potatoes to a large bowl. Add remaining ingredients for mashies except paprika. Thoroughly mash and mix. (6) Evenly top mini meatloaves with mashies, and sprinkle with paprika. Eat up! (One serving is 2 meatloaf cupcakes.)

HG Tip!

Use a piping bag to distribute the mashies. You can even create your own makeshift piping bag! Just transfer mashies to a plastic bag, and squeeze them down toward a bottom corner. Snip off that corner with scissors, creating a small hole for piping. Ta-da!

Recipe courtesy of Hungry Girl.

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Calories: 280, Fat: 6.5g, Sodium: 485mg, Carbohydrates: 29.5g, Fiber: 3g, Sugars: 5.5g, Protein: 25.5g





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About Hungry Girl. Lisa Lillien (a.k.a. Hungry Girl) has turned her appetite for better-for-you food finds, recipes, and swaps into a multimedia phenomenon – from a free daily email service with more than 1.2 million subscribers (hungry-girl.com) to a super-successful book series and a hit cooking show that airs on both Food Network and Cooking Channel. Her realistic approach to eating has shown hungry people everywhere that they can eat the foods they crave and still fit into their favorite jeans. Lisa is not a nutritionist, a dietitian, or a doctor. She's just hungry...



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