 **Mini Stuffed Meatloaves**

*Serves 6*

**Ingredients**

1 large egg

¾ cup milk

½ cup quick cooking oats

½ tsp Italian seasoning

1 tsp salt

¼ tsp pepper

½ medium onion, diced

2 cloves garlic, minced

1 pound lean ground beef or turkey

3 mozzarella cheese sticks, halved or 1 small rectangle mozzarella cut from block

2/3 cup ketchup (natural without HFCS)

1 tbsp brown sugar

1 tsp mustard

**Directions**

1. Preheat oven to 350 degrees F. Prepare baking sheet with aluminum foil and cooking spray or oil.
2. Combine egg, milk, oats, Italian seasoning, salt, and pepper in a bowl; let sit for 5 minutes. Add onion, garlic, and ground beef and mix well.
3. Grab a handful of mixture and form into an oval. Stuff ½ cheese stick into center of meatloaf and cover fully. Place on baking sheet.
4. In a separate bowl, combine ketchup, brown sugar, and mustard. Spoon over each loaf. Bake for 45 minutes.

**Nutrition**

*250 cals, 17g C, 23g P, 10g F*