



SPORTS NUTRITION RECIPES

Turkey-Veggie Meatloaf in a Cup

By Breeze Brown, RD

What You'll Need:

- 2 C. chopped zucchini
- 1 ½ C. chopped onion
- 1 red pepper chopped
- 1 Medium chopped jalapeno pepper (if desired)
- 1 lb. ground turkey or cubed fresh turkey breast
- ½ C. uncooked couscous
- 1 large egg
- 2 Tbsp. Worcestershire sauce
- 1 Tbsp. Dijon Mustard
- ½ C. barbeque sauce or ketchup as desired to taste

Putting it together:

1. Preheat oven to 400 degrees F. & spray 20 muffin cups with cooking spray or gently coat with butter
2. Place chopped zucchini, onions, & both peppers into a bowl, mix in turkey, couscous, egg, Worcestershire sauce, and mustard until thoroughly combined.
3. Fill each muffin cup about ¾ full with mixture.
4. Top each cup with about 1 Tsp. of BBQ sauce and/or ketchup.
5. Bake for 25 min. or until juices from turkey run clear. Internal temp. of a muffin should be 160 degrees F.
6. Let stand for 5 min. before serving.