

# Mini Buffalo Turkey Meatloaves

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## **Servings: 4**

*1/4 onion, roughly chopped  
1 carrot, roughly chopped  
2 carrots, grated  
1 1/2 pounds lean ground turkey  
1 large egg  
1/2 cup panko  
1/4 cup whole milk  
1/3 cup + two tablespoons buffalo hot sauce  
Kosher salt  
freshly ground pepper  
2 tablespoons unsalted butter, melted  
2 cups broccoli florets, finely chopped  
4 stalks celery, thinly sliced  
1/2 cup blue cheese dressing*

## **Preparation Time: 30 minutes**

Preheat the oven to 450 degrees.

In a food processor, combine the onion, chopped carrot and garlic. Pulse until finely chopped. Transfer to a large bowl. Add the turkey, egg, panko, milk, two tablespoons of hot sauce, 1/4 teaspoon of salt and a few grinds of pepper. Mix well with your hands. Form into four 3/4-inch-thick oval patties on a rimmed baking sheet.

Bake the patties until lightly browned, firm and a thermometer inserted into the centers registers 160 degrees, 20 to 25 minutes.

In a bowl, whisk the melted butter and remaining 1/3 cup of hot sauce. Brush the top of the meat loaves with half of the sauce. Return to the oven until the sauce is baked in, about 4 minutes. Remove from the oven and brush with the remaining sauce.

Transfer the meatloaves to plates. Toss the broccoli, grated carrots and celery with the blue cheese dressing. Serve with the meatloaves.

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Per Serving (excluding unknown items): 392 Calories; 20g Fat (44.9% calories from fat); 40g Protein; 15g Carbohydrate; 4g Dietary Fiber; 180mg Cholesterol; 232mg Sodium. Exchanges: 1/2 Grain(Starch); 5 Lean Meat; 2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.