

## Ingredients

1 package  
**UNCLE BEN'S® BISTRO EXPRESS®  
WHOLEGRAIN BROWN RICE**

1 lb (500 g)  
**93% lean ground turkey**

1 cup (250 mL)  
**Shredded sharp cheddar**

12  
**Fat free, low sodium saltine  
crackers, finely crushed**

1/2 cup (125 mL)  
**Finely chopped onion**

1/2 cup (125 mL)  
**Finely chopped carrot**

2  
**Large eggs**

1/2 cup (125 mL)  
**Ketchup**

**Cooking spray**

1/4 cup (60 mL)  
**BBQ sauce**

Vegetarian option  
**Replace turkey with veggie  
ground round, mashed white  
beans or crumbled tofu**

Side option  
**Fresh salad**

# Mini BBQ Rice Meatloaves

These mini-sized meatloaves are as tasty as they are cute – and built on turkey and brown rice, good for you too!

 Makes 6 servings  
(2 mini meatloaves)

 Prep: 15 minutes Cook: 20-25 minutes  
Total: 35-40 minutes



- 1 Preheat oven to 350°. Lightly coat 12 muffin cups with cooking spray.
- 2 Combine the first 8 ingredients in large bowl.
- 3 Spoon the meat mixture into 12 muffin cups – about 1/3 cup each. Brush each mini loaf with BBQ sauce. Bake at 350° for 20-25 minutes. Let stand for 5 minutes. Remove from pan.

Note: Nutrition facts based on ingredients in the recipe description and do not include side dishes shown in photography.

## Nutrition Facts\*

Per serving

<b>Calories</b> 360	<b>Cholesterol</b> 135 mg (45% DV)	<b>Protein</b> 23 g
<b>Calories from Fat</b> 130	<b>Sodium</b> 430 mg (18% DV)	<b>Vitamin A</b> 40%
<b>Total Fat</b> 15 g (23% DV)	<b>Carbohydrate</b> 34 g (11% DV)	<b>Vitamin C</b> 4%
<b>Saturated Fat</b> 6 g (30% DV)	<b>Dietary Fibre</b> 2 g (8% DV)	<b>Calcium</b> 15%
<b>Trans Fat</b> 0 g	<b>Sugars</b> 9 g	<b>Iron</b> 13%

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

