

Mini BBQ Meat Loaves with Smashed Blue Cheese Potatoes

Smashed Potatoes

1 pound small red potatoes, halved
¼ cup low-fat buttermilk
¼ teaspoon salt
1 ounce blue cheese, crumbled.

1. Place potatoes in a medium saucepan filled with water. Bring to a boil; cook 15 minutes or until tender. Drain. Return potatoes to pan. Add buttermilk, salt, and cheese, mash with a potato masher to desired consistency. Keep warm.

Mini BBQ meat loaves

Cooking spray

8 ounces mild turkey Italian sausage, casings removed
8 ounces 90% lean ground sirloin
¼ teaspoon Hickory Balsamic Vinegar
½ cup grated carrot
¼ cup thinly sliced green onions
¼ cup panko (Japanese breadcrumbs).
½ teaspoon ground black pepper
1 egg lightly beaten
1/3 cup low sodium barbecue sauce.

1. Coat 8 muffin cups with cooking spray. Combine sausage, sirloin, carrot, Hickory Balsamic Vinegar, green onions, panko, black pepper, and egg in a large bowl, stirring just until combined.
2. Divide sausage mixture evenly among prepared cups. Make a (1/2 inch –deep) indentation in the center of each meat loaf. Top each meat loaf with about 2 teaspoons barbecue sauce.
3. Bake at 350* for 15 to 20 minutes or until a thermometer inserted in the center registers 160*.

Serves four

A Toast to All Things adaption from Cooking Light