Meat Loaf Muffins
Makes 6 servings (2 muffins per serving)

1 tsp vegetable oil  
1 T worcestershire sauce  
1 c finely chopped onion  
1 T cider vinegar  
1 c finely chopped carrot  
1 Tbsp minced garlic  
2 Tbsp prepared mustard  
2 large eggs  
1 1/2 pounds fresh ground beef, 10% fat  
2 t Mrs. Dash spice blend  
1 c crushed saltine crackers, unsalted (about 20)  
1/4 cup ketchup

Heat the vegetable oil in a large nonstick skillet over medium high heat. Add chopped onions and chopped carrot; sauté covered on medium-high heat for 4-5 minutes.
Combine onion mixture, mustard, beef, crushed crackers, worcestershire sauce, cider vinegar, garlic, eggs, and Mrs. Dash in a large bowl.
Spoon the meat mixture into 12 muffin cups coated with cooking spray. Top each with about 1 tsp ketchup. Bake at 350°F for 20-25 minutes or until thermometer registers 155.
Let stand for 5 minutes.

Nutrition Information per serving (2 muffins): 320 calories, 15g fat (6g saturated fat), 26g protein, 400mg sodium. Excellent source of vitamin A and Iron.