

Meatloaf Sliders

Ingredients:

6 oz extra-lean ground beef (95%)
3 Tbsp ketchup (divided)
1 Tbsp whole-wheat bread crumbs
1 tsp minced flat-leaf parsley
Dash garlic powder

1 egg white, lightly beaten
3 Tbsp finely chopped onion
1/2 tsp Worcestershire sauce
1 tsp minced fresh thyme
8 slider-size whole-wheat or white buns

Directions:

1 Preheat oven to 350°F. Line a baking sheet with parchment paper and place a cooking rack on top. Spray lightly with nonstick cooking spray. **2** In a large bowl, combine beef, egg white, 1 1/2 Tbsp ketchup, onions, bread crumbs, Worcestershire sauce, parsley, thyme, garlic powder, and salt and pepper to taste. Use your hands to mix everything together. **3** Divide meat into 8 thin patties and place on prepared rack. Brush with remaining ketchup. Bake 20 minutes. **4** Place sliders in buns and serve.

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