

Sheet Pan Meatloaf and Roasted Broccoli

Quick (20 minute) meal for mini meatloaf and roasted broccoli. Great flavor, packed with protein and low in carbs for weight loss surgery patients.

Ingredients

Meatloaf

- 1 lb lean ground beef
- 1 egg white
- 1/2 cup grated parmesan cheese
- 2 tsp Worcestershire sauce
- 1 tsp liquid smoke
- 2 tsp barbecue sauce
- 1/4 tsp salt
- 1/4 tsp pepper
- 1 tbsp barbecue sauce optional topping



Roasted Broccoli

- 1 bag chopped broccoli fresh
- 2 tsp olive oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp garlic powder

Instructions

- Heat oven to 425 F.
- Pour the bag of fresh, chopped broccoli on a large sheet pan. Use a knife to cut large pieces smaller. Add 2 tsp olive oil, 1/2 tsp salt, 1/2 tsp pepper and 1 tsp garlic powder. Toss and then spread out. Place in heated oven for five minutes.
- Meanwhile, prep the meatloaves (can also be prepped in and advance and refrigerated). In a large mixing bowl combine ground beef, grated parmesan cheese, egg white, Worcestershire, liquid smoke, 2 tsp barbecue sauce, 1/4 tsp salt, 1/4 tsp pepper. Combine well until mixture is adhering well.
- Form into small meatloaves about 2 ounces in size. After broccoli has been cooking for five minutes, remove from oven. Toss and move to one side of the sheet. Add meatloaves.
- Return to oven for 15 minutes (meatloaf should be 160F internal temperature)
- Remove from oven. Spread a little sauce on each meatloaf and serve

Nutrition Information:

Serving: 3oz meatloaf and 1/4 cup broccoli | Calories: 166kcal | Carbohydrates: 3g | Protein: 20g | Fat: 8g |