

Cheeseburger Mini Muffins



PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

Recipe makes 4 servings
(1 serving = ~9 mini muffins)

POTATO INGREDIENTS

- 8 cups frozen shredded potatoes
- 1 large egg, beaten
- ½ tsp ground sea salt
- ½ tsp black pepper

BURGER INGREDIENTS

- 1 lb. ground turkey, beef, or chicken
- 1 tbsp olive oil
- ½ tsp ground sea salt
- ½ tsp black pepper
- ¼ cup shredded cheddar cheese

INSTRUCTIONS

1. Preheat oven to 450 degrees.
2. In a large bowl, combine the potatoes with the egg, and salt and pepper
3. Divide the mixture between the cups of a 36 mini-muffin tin.
4. Press down with a spoon to create an indentation.
5. Bake until starting to brown, about 10-12 mins.
6. While the potatoes are cooking, prepare the meat.
7. In a large frying pan, heat olive oil over medium heat, cook the meat and season with salt and pepper.
8. Drain any drippings.
9. Divide meat between potato nests. Top with cheese.
10. Bake for 8 minutes, or until cheese is golden brown.
11. Serve immediately.