

THE Doctors

Expert chef from the OWN network's Home Made Simple, Jesse Brune, shares recipes for delicious, healthy alternatives to traditional Thanksgiving fare.

Turkey Meatloaf Cupcakes with Parmesan Mashed Potato Frosting

Servings: 20 – 24

Ingredients:

For Cupcakes:

2 lbs ground turkey meat
2 cloves garlic, minced
1/2 yellow onion, minced
8 oz tomato sauce
4 eggs
1 cup shredded mozzarella cheese
3 slices wheat bread, chopped into small cubes
1/2 cup coconut milk, plain
1 tbsp garlic powder
1 tbsp onion powder
2 tsp sea salt
2 tsp black pepper
24 cupcake wrappers



For Mashed Potato Frosting:

5 heirloom potatoes, chopped
2 tbsp coconut oil
2 eggs
1 1/2 cups coconut milk, plain
1 cup grated parmesan cheese
2 tsp sea salt
1 tbsp black pepper

Cooking Instructions:

- Preheat oven to 400 degrees F.
- In a small bowl, soak the cubes of bread in the coconut milk. Set aside.
- In a large mixing bowl, combine ground turkey, garlic, onion, garlic powder, onion powder, sea salt and pepper. Mix well (don't be afraid to use your clean hands to mix!). Add tomato sauce and eggs and continue to mix until the meat is fully saturated with the

sauce and eggs. Add the soaked bread and continue to mix. Then, add the shredded mozzarella and mix until all the cheese is fully incorporated.

- Place cupcake wrappers in every cup of a muffin tin. Using an ice cream scoop or large metal spoon, begin to fill the cupcake wrappers with the meatloaf, until the wrappers are completely filled, molding the top of each cupcake with your hands, to resemble a small dome or top of a traditional cupcake!
- Place tin on the middle rack of the pre-heated oven. Cook about 20 minutes, until the tops of the cupcakes are a golden brown and a meat thermometer reads 160 degrees from the center of the cupcakes. Remove from oven and slightly cool.

For Frosting:

- Boil potatoes in a large pot until they are soft and ready to smash. Drain potatoes and place back into the warm pot. Add all the ingredients and begin to mash the potatoes with a masher or large spoon. Smash until a silky smooth texture is achieved.
- Remove cupcakes from tin to frost. Using a small metal or plastic spatula, top each meatloaf cupcake with the mashed potatoes, emulating a classic cupcake look. You can also place mashed potatoes in a pastry bag and create a mash potato swirl on top of the cupcakes.
- Set the oven to broil – high.
- When all the cupcakes have been frosted, place and distribute them all evenly on a cookie sheet. Place the cupcakes under the open flame of the broiler, turning the sheet once to evenly distribute the heat. Allow to cook until the tips of the potato frosting get a golden brown tint. Remove quickly, as cupcakes can burn quickly on a broil setting.
- Serve immediately – nice and warm!

Source: Jesse Brune