Northwestern Medicine®

Living Well Cancer Resources

Providing compassionate care and hope to people facing cancer

Mini Meatloaf and Roasted Carrots: Fall 2026 BW IV

Ingredients

Meatloaf:
2 lb ground turkey
2/3 cup quick cooking oats
2/3 cup minced onion
3 garlic cloves, chopped
1 tablespoon grated fresh ginger
2 large eggs
½ cup ketchup
4 tsp Worcestershire sauce

Vegetables:
10 carrots cut lengthwise
4 baby bok choy, halved
1 tablespoon olive oil
½ teaspoon sesame seeds
1 ½ teaspoons fresh ginger, grated

Sauce:
2 tablespoons soy sauce
2 Tablespoons tomato paste
1 Tablespoons honey
1 teaspoon sesame oil
¼ teaspoon black pepper

Serving Size: 1 cup, 4-6 servings

Instructions

1. Preheat the oven to 425 degrees; line a sheet pan of parchment paper.
2. In a small bowl, combine the sauce ingredients. Set aside.
3. In a large bowl, combine garlic, ginger, onion, egg, oats. Then add turkey and mix thoroughly.
4. Divide the turkey into small portions and place in muffin tin. Spoon glaze on top of meatloaves and bake for 20 minutes or until temperature measures 165 degrees.
5. For vegetables, combine olive oil, ginger, sesame seeds. Prepare the carrots and bok choy, dry thoroughly and coat with oil mixture. Place on parchment lined baking sheet in single layer and bake for 20 minutes until fork tender.
6. Serve vegetables and meatloaves together.

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Nutrition Tip

- *Freeze 1 or 2 leftover mini meatloaves with a single serving of vegetables in individual containers – easy to reheat for 1 or 2 people!*