

Make mini versions of your favourites

A serving of vegetables has made its way into these mini chicken meat loaves, but you wouldn't know it. The mushrooms and carrot help keep the meatloaf moist while adding flavour and nutrients. Make a big batch in advance and freeze for up to one month.

Muffin Tin Meat Loaf

Ingredients:

- 8 oz (227 g) cremini mushrooms
- 1 lb (500 g) ground chicken
- 1/4 small onion, finely diced
- 1/4 cup (60 mL) grated carrot
- 1 clove garlic, minced
- 1/2 tsp (2 mL) Worcestershire sauce
- 3/4 cup (175mL) breadcrumbs
- 1 egg
- 1/2 tsp (2 mL) Italian herbs
- 3 tbsp (45 mL) mustard
- 3 tbsp (45 mL) brown sugar
- 1/3 cup (75 mL) ketchup

Directions:

1. Preheat oven to 350°F/175°C.
2. Place mushrooms in a food processor fitted with a metal blade. Pulse until finely chopped.
3. In a large mixing bowl, combine mushrooms, chicken, onion, carrot, garlic, Worcestershire, breadcrumbs, egg and Italian herbs; mix until evenly combined.
4. Spray muffin tin with non-stick spray. Fill each tin cup to the top with meat mixture.
5. In a small bowl, mix together mustard, sugar and ketchup. Spread sauce evenly over top of each meatloaf. Tent tray lightly with foil. Bake for 20 minutes and then remove foil cover. Bake for an additional 10 minutes or until meat thermometer registers 165°F/74°C. Serve with a side of mashed potatoes and steamed green beans.

Find more nutritious recipes online at mushrooms.ca. (NC)

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KATE'S KORNER



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Just moved in: Time to explore

Finally starting to settle into your new home? Now that the headache of hauling boxes back and forth is over and done with, it's time to explore your new surroundings.

First stop: the house next door. Make a good first impression by introducing yourself to your new neighbours. Take the opportunity to ask them where to find the tastiest takeout or who the best hairdresser in town is. They'll appreciate the initiative and gladly offer insider advice.

Next, set off on a voyage of discovery. Tour the neighbourhood to better acquaint yourself with your new environment. Keep an eye out for nearby parks, supermarkets and convenience stores, noting street names and other reference points along the way.

Furthermore, locate buildings that pertain to your interests: a karate school, library, café or shopping centre, for instance. Spending a day playing tourist is the best way to immerse yourself in your new community and discover its hidden gems. If you're interested in uncovering the town's history, many municipalities offer guided or self-guided heritage tours. Visit the local information centre to find out more.

Finally, head online. The city's official website provides valuable information about things like waste collection schedules and overnight parking rules in addition to a schedule of community events for your leisure.

Blogs and forums are also great sources of information, especially when it comes to well-kept secrets only known to locals, like hidden bars and delicious food at crazy-low prices. (NPT)



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