Cheddar-Stuffed Buffalo Chicken Meatloaf

INGREDIENTS:

- 1 organc EGG
- 1 pound organic ground chicken or turkey
- 3 tablespoons your favorite buffalo sauce
- ⅓ cup panko breadcrumbs
- ½ white onion, very finely diced
- 3 cloves garlic, minced
- 1/4 teaspoon salt
- Freshly ground black pepper
- 3 ounces sharp cheddar cheese (or about ¾ cup shredded cheddar cheese)
- For topping:
- 1/2 cup buffalo sauce, divided
- To garnish:
- Diced green onion (green part only) or fresh chopped cilantro
- For serving:
- Ranch or blue cheese dressing

DIRECTIONS:

1. Preheat the oven to 375 degrees F. Line a large baking sheet with parchment paper.
2. In a large bowl combine chicken, egg, buffalo sauce, panko breadcrumbs, garlic, diced white onion, salt and pepper. Use your hands or a large spoon to mix until well combined.
3. Place half of the meat mixture on the prepared baking sheet and shape into a 9x5 inch rectangle. Place cheddar evenly in the middle, leaving about an 1/2 inch of room on the sides. Top with the remaining meat mixture, enclosing the cheese completely and sealing the sides/edges together. You should get a nice oval shape.
4. Spread half of the buffalo sauce on top of the meatloaf (1/4 cup), reserve the other half for brushing on when the meatloaf is finished baking. Remember not to double dip here!
5. Bake meatloaf for 45 minutes to 1 hour or until the meat thermometer reads 165 degrees F. Top with remaining sauce and allow to cool for 5 minutes before cutting into 4 slices. Top with diced green onion and serve with your favorite ranch or blue cheese dressing!

Recipe Notes

5. Freeze unbaked meatloaf: simply shape the buffalo chicken meatloaf, wrap it well with plastic wrap and a layer of tinfoil and place it in the freezer for up to 3 months. To cook from frozen, let the meatloaf thaw in the refrigerator before baking as directed.
6. Freeze baked meatloaf: bake as directed and let the meatloaf cool completely. Then wrap it well and freeze it for up to 3 months. To reheat it simply let it thaw in the refrigerator, remove the wrapping and then bake as directed until heated through.

NUTRITION INFO:

Calories 317, Fat 17g, Sat fat 7g, Carbs 9g, Fiber 1g, Sugar 1g, Protein 29g