

- Prep Time: 15 minutes
- Cook Time: 35–40 minutes
- Total Time: 55 minutes
- Servings: 4 servings (2 mini meatloaves per person, or 4 large portions)
- Intensity Level: Easy / Beginner-Friendly
- Active Effort: Low

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Why You'll Love This Recipe

1. Incredibly Moist: Ground chicken can sometimes dry out, but the combination of parmesan cheese, a touch of milk, and breadcrumbs locks in moisture.
2. Bold Flavor Profile: Packed with roasted garlic notes, Italian herbs, and nutty, umami-rich parmesan cheese.

3. Portion Controlled: Baking these as individual mini meatloaves means faster cooking times and built-in portion control.
4. Freezer Friendly: They freeze wonderfully before or after baking, making them a fantastic option for meal prep enthusiasts.

Ingredients

For the Chicken Meatloaves:

- Ground Chicken: 1.5 lbs (lean ground chicken works best; you can also substitute ground turkey).
- Breadcrumbs: $\frac{3}{4} \text{ cup}$ plain or Italian-style breadcrumbs (use gluten-free if needed).
- Parmesan Cheese: $\frac{1}{2} \text{ cup}$ freshly grated parmesan cheese.
- Egg: 1 large egg, lightly beaten (acts as a binder).
- Milk: 2 tbsp whole milk or plain unsweetened milk.
- Garlic: 4 cloves, minced (or 1 tsp garlic powder if you prefer a milder, smoother flavor).
- Yellow Onion: $\frac{1}{2} \text{ medium}$, finely diced.
- Fresh Parsley: 2 tbsp , finely chopped (plus extra for garnish).
- Italian Seasoning: 1 tsp .
- Salt: 1 tsp kosher salt.
- Black Pepper: $\frac{1}{2} \text{ tsp}$ freshly cracked black pepper.
- Worcestershire Sauce: 1 tsp for depth of savory flavor.

For the Garlic Parmesan Glaze & Topping:

- Unsalted Butter: 2 tbsp , melted.
- Garlic: 2 cloves, minced.
- Parmesan Cheese: $\frac{1}{4} \text{ cup}$ grated.
- Mozzarella Cheese: $\frac{1}{4} \text{ cup}$ shredded (optional, for that extra gooey golden crust).
- Italian Seasoning: $\frac{1}{2} \text{ tsp}$.

Step-by-Step Instructions

Step 1: Prep and Preheat

Preheat your oven to 375°F (190°C). Line a baking sheet or a rimmed baking pan with parchment paper or aluminum foil for easy cleanup. Lightly grease the paper with cooking spray.

Step 2: Sauté the Aromatics (Optional Flavor Boost)

For the best texture and flavor, heat a small skillet over medium heat with a tiny drop of oil. Add the finely diced yellow onion and sauté for 3-4 minutes until translucent and soft. Stir in the minced garlic for the final 30 seconds until fragrant. Remove from heat and let cool slightly. *(Note: You can skip this step and use raw onions and garlic if you are in a rush, but sautéing deepens the savory sweetness of the dish).*

Step 3: Mix the Meatloaf Base

In a large mixing bowl, combine the ground chicken, breadcrumbs, grated parmesan cheese, beaten egg, milk, cooked onion and garlic mixture, chopped fresh parsley, Italian seasoning, salt, black pepper, and Worcestershire sauce.

Gently mix using your hands or a wooden spoon until just combined. Chef's Tip: Avoid overmixing, as this can make the chicken dense and tough. Handle the meat as gently as possible.

Step 4: Shape the Meatloaves

Divide the mixture evenly into 4 equal portions. Shape each portion into a mini oval loaf (roughly 4-5 inches long and 2 inches wide) and place them onto the prepared baking sheet, leaving space between each loaf. Alternatively, you can press the entire mixture into a greased 9x5-inch loaf pan if you prefer one large classic meatloaf (increase bake time by 10-15 minutes).

Step 5: Initial Bake

Place the baking sheet into the preheated oven and bake for 25 minutes. While they are baking, prepare your garlic parmesan glaze.

Step 6: Make the Glaze and Finish Baking

In a small bowl, mix together the melted butter, minced garlic, Italian seasoning, and the remaining parmesan and mozzarella cheeses.

After the mini meatloaves have baked for 25 minutes, remove them from the oven. Spoon or brush the garlic butter cheese mixture generously over the top of each loaf. Return to the oven and bake for another 10-15 minutes, or until the internal temperature reaches 165°F (74°C) on a meat thermometer, and the cheese topping is melted, bubbly, and golden brown.

Step 7: Rest and Serve

Remove the meatloaves from the oven and let them rest on the baking sheet for 5-8 minutes before serving. This crucial resting step allows the juices to redistribute so every bite remains moist. Garnish with fresh chopped parsley and serve hot!

Serving Suggestions

These Garlic Parmesan Chicken Meatloaves pair wonderfully with a variety of side dishes:

- Carb Pairings: Serve over a bed of creamy garlic mashed potatoes, buttery fettuccine pasta tossed in olive oil and herbs, or alongside crusty artisan garlic bread.
- Veggie Sides: Balance the richness with steamed asparagus, roasted broccoli florets, or a crisp green garden salad with a sharp vinaigrette.

Nutritional Information (Estimated Per Serving)

Note: Nutritional values are calculated based on 4 equal servings using standard ingredients and may vary slightly depending on exact brand variations.

- Calories: $\sim 380 \text{ kcal}$
- Protein: $\sim 34 \text{ g}$
- Total Fat: $\sim 20 \text{ g}$
 - Saturated Fat: $\sim 7 \text{ g}$
- Total Carbohydrates: $\sim 12 \text{ g}$
 - Dietary Fiber: $\sim 1.5 \text{ g}$
 - Sugars: $\sim 2 \text{ g}$
- Sodium: $\sim 720 \text{ mg}$