



Turkey Meatloaf – Garden Style

A classic favorite made healthier with lean ground turkey and fresh garden vegetables.

For meatloaf:

2 C assorted vegetables, chopped— such as mushrooms, zucchini, red bell peppers, or spinach

12 oz 99 percent lean ground turkey

½ C whole-wheat breadcrumbs (*or substitute regular breadcrumbs*)

¼ C fat-free evaporated milk*

¼ tsp ground black pepper

2 Tbsp ketchup

1 Tbsp fresh chives, rinsed, dried, and chopped (or 1 tsp dried)

1 Tbsp fresh parsley, rinsed, dried, and chopped (or 1 tsp dried)

For glaze:

1 Tbsp ketchup

1 Tbsp honey

1 Tbsp Dijon mustard

Directions

1. Preheat oven to 350 °F.
2. Steam or lightly sauté the assortment of vegetables.
3. Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well. Spray a loaf pan with cooking spray, and spread meatloaf mixture evenly in the pan.
4. Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
5. Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).
6. Let stand for 5 minutes before cutting into eight even slices.

Yield: 4 Servings. Serving size: 2 slices of meatloaf

Each serving provides:

Calories: 180

Saturated fat: 0 g

Sodium: 368 mg

Protein: 25 g

Potassium: 406 mg

Total fat: 2 g

Cholesterol: 340 mg

Total fiber: 2 g

Carbohydrates: 17 g

