

Garden Turkey Meatloaf

(Makes 4 servings – Serving size: 2 slices)

This classic family favorite is made healthier with lean ground turkey and colorful garden vegetables



For Meatloaf:

- 2 cups assorted vegetables, chopped—such as mushrooms, zucchini, red bell peppers, or spinach (*leftover friendly*)
- 12 oz. 99 percent lean ground turkey
- ½ cup fat-free evaporated milk
- ¼ teaspoon ground black pepper
- 2 tablespoon ketchup
- 1 tablespoon fresh chives, rinsed, dried, and chopped (or 1 teaspoon dried)
- 1 tablespoon fresh parsley, rinsed, dried and chopped (or 1 teaspoon dried)
- Nonstick cooking spray

For Glaze:

- 1 tablespoon ketchup
- 1 tablespoon honey
- 1 tablespoon 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.
- 7) Serve two slices on each plate.

Nutritional Analysis: (per serving – 2 slices of meatloaf)

- Calories: 180
- Total Fat: 2 g
- Saturated Fat: 0 g
- Cholesterol: 34 mg
- Sodium: 368 mg
- Total Fiber: 2 g
- Protein: 25 g
- Carbohydrates: 17 g
- Potassium: 406 mg

Source:

National Institutes of Health (NIH)