



IN *The Villages*[®]
America's Healthiest Hometown

Garden Turkey Meatloaf

Prep Time: 10 minutes

Cook Time: 55 minutes

Yields: 4 servings

Serving Size: 2 slices meatloaf

Ingredients:

For meatloaf:

2 c assorted vegetables, chopped – ex: mushrooms, zucchini, red bell peppers, spinach

12 oz 99% lean ground turkey

½ c whole-wheat 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)

Nonstick cooking spray

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 the glaze. Brush glaze on top of meatloaf.
5. Bake meatloaf in the oven for 45-50 minutes (to a minimum internal temperature of 165°F).
6. Let stand 5 minutes before cutting into 8 even slices.
7. Serve two slices on each plate.

Nutritional Information:

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: Deliciously Healthy Dinners from The National Heart, Lung, and Blood Institute