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.
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*