



Healthy Eating & Weight Loss

Turkey Meatloaf

- 1 tbsp olive oil
- 1 onion, chopped
- 1 and 1/4 pounds ground skinless turkey
- 4 slices whole wheat bread, made into fine crumbs
- 1/2 cup fat-free milk
- 1 egg white, lightly beaten
- 3 tbsp ketchup
- 2 tbsp grated Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme leaves, crumbled
- 1/4 teaspoon freshly ground pepper

Preheat oven to 350 degrees. Spray and 8x5 loaf pan with nonstick cooking spray. In a small, non-stick skillet, heat the oil. Saute the onion until tender, 4-5 minutes.

In a medium bowl, combine the onion, turkey, bread crumbs, milk, egg white, ketchup, cheese, garlic powder, basil, thyme and pepper. Blend well. Shape into a loaf and transfer to the pan.

Bake until browned and cook through. 50-60 minutes. Let stand 10 minutes before slicing. Makes 8 servings

181 calories per serving, 15 g protein

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