BODYELITEFIT

GARDEN TURKEY MEATLOAF

... THIS CLASSIC FAMILY FAVORITE IS MADE HEALTHIER WITH LEAN GROUND TURKEY AND COLORFUL GARDEN VEGETABLES

NUTRITION PER SERVING:

CALORIES	180
PROTEIN	25 G
CARBOHYDRATE	17 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	50-55 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 SLICES MEATLOAF

FOR MEATLOAF:

2 C	ASSORTED VEGETABLES, CHOPPED—SUCH AS MUSHROOMS, ZUCCHINI, RED BELL PEPPERS, OR SPINACH (LEFTOVER FRIENDLY)
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)

NONSTICK COOKING SPRAY

FOR GLAZE:

1 TBSP	KETCHUP
1 TBSP	HONEY
1 TBSP	DIJON MUSTARD

01 Preheat oven to 350 °F.

02 Steam or lightly sauté the assortment of vegetables.

03 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.

04 Combine all ingredients for glaze. Brush glaze on top of the meatloaf.

05 Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).

06 Let stand for 5 minutes before cutting into eight even slices.

Tip: For picky eaters, try chopping vegetables in a food processer to make them smaller (and "hidden").

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