

Turkey Meatloaf

Rating: ★★★★★

Makes: 5 servings

Ingredients

- 1 pound** ground turkey (lean 7% fat)
- 1/2 cup** oats (regular, dry)
- 1** egg (large)
- 1 tablespoon** onion (dehydrated, or one small onion, minced)
- 1/4 cup** ketchup
- 2** celery stalk (chopped)
- 2** garlic clove (minced)
- 1/2** green pepper (seeded and diced)

Directions

1. Preheat oven to 350 degrees.
2. Combine all ingredients and mix well.
3. Bake in loaf pan for 25 minutes or until it reaches an internal temperature of 165 degrees. Check the temperature with a meat thermometer.
4. Cut into five slices and serve.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	170	
Total Fat	6 g	8%
Protein	18 g	
Carbohydrates	10 g	3%
Dietary Fiber	1 g	4%
Saturated Fat	2 g	10%
Sodium	240 mg	10%