



### NUTRITION PER SERVING:

<b>CALORIES</b>	180
<b>PROTEIN</b>	25 G
<b>CARBOHYDRATE</b>	17 G
<b>TOTAL FAT</b>	2 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	50-55 MINUTES

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	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



# GARDEN TURKEY MEATLOAF

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

- 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 processor to make them smaller (and “hidden”).

