



## Garden Turkey Meatloaf

**Preparation Time:**  
10 minutes

**Cook Time:**  
55 minutes

**Yields:**  
4 servings

**Serving Size:**  
2 slices meatloaf

**Amount Per Serving:**

Calories\* 180

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 34mg

Sodium: 368mg

Total Fiber: 2g

Carbohydrate: 17g

Protein: 25g

Potassium: 406mg

\* Percent Daily Values are based on a 2,000 calorie diet.

### Meatloaf

2 cups assorted vegetables, chopped-such as mushrooms, zucchini, red bell peppers or spinach

12 oz – 99 percent lean ground turkey

½ cup whole wheat breadcrumbs (or substitute regular breadcrumbs)

¼ cup 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

### Glaze

1 tbsp ketchup

1 tbsp Dijon mustard

1 tbsp honey

Preheat oven to 350°F. Steam or lightly sauté all vegetables. Combine vegetables with remaining meatloaf ingredients in a large bowl. Mix well. Spray loaf pan with cooking spray, spread meatloaf mixture evenly in pan. Combine all ingredients for glaze. Brush glaze on top of the meatloaf. Bake for 45-50 minutes (minimum internal temperature of 165°F). Let stand for 5 minutes before cutting into eight even slices. Serve two slices on each plate.