



TURKEY MEATLOAF

INGREDIENTS

- 1.5 cups of breadcrumbs
- 1/2 cup ketchup, divided
- 1 onion, chopped
- 1/2 cup of kale, chopped
- 1/4 cup dry red wine
- 1 tbsp low-sodium soy sauce or tamari
- 1 tbsp fresh garlic, minced
- 1 or 2 carrots, diced
- 1 tbsp Dijon mustard
- salt and pepper
- 1 cup shredded cheddar cheese
- 2 lg eggs lightly beaten
- 1 lb ground turkey

NUTRITION

KCAL: 272

SAT FAT: 4 g

FIBER: 4 g

PROTEIN: 23 g

ADDED SUGARS: 0-5 g (depending on condiments used)

DIRECTIONS

1. Preheat oven to 350 F.
2. Combine all ingredients in a large bowl reserving half of the ketchup for later. Mix with your hands gently.
3. Spray a loaf pan, sheet pan or cast iron pan with cooking spray. Place mixture in pan and shape as needed.
4. Bake for 30 minutes. Pull out of oven and coat with the rest of the ketchup. Return to cooking until the thermometer reads 160-it will reach 165 while resting.
5. Let rest for 5 mins and serve.