ITALIAN TURKEY MEATLOAF

Here's a recipe that you can eat throughout the week that will give you a healthy dose of protein along with nutrients from veggies!

Ingredients:



- 2.5 lbs extra lean ground turkey (preferably organic)
- 1 small onion, chopped
- 1 small red or green pepper, chopped
- 2 ribs celery, chopped
- 1/2 cup zucchini (optional), chopped
- 1/2 cup broccoli stems (optional), chopped
- 1 T garlic, minced
- 1 T dried thyme
- 1 T dried basil
- 1 T dried parsley
- 1 tsp fresh ground pepper
- 1 tsp kosher salt
- 4 egg whites
- 2 cups rolled oats
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Directions:

1. Cook all veggies until just done and soft, adding the garlic during the last minute or so of cooking (about 12-15 minutes total). Set aside to cool.
2. Pre heat oven to 425 degrees. Put all ingredients together in a large bowl and mix well with your hands. Rub 2 loaf pans liberally with olive oil or use silicone pans (works best). Fill loaf pans with meatloaf mixture. Place pans on baking sheet to catch any drips and bake for approximately 35-45 minutes or until it reaches 135 degrees with a meat thermometer. Remove from oven and let rest for at least 20-30 minutes. Turn out onto a cutting board and slice into thick slices. Makes 8 servings.

NUTRITION PER SERVING:

Calories 312, Fat 13g, Protein 30g, Carbohydrates 17g, Fiber 1g