



Turkey Meatloaf

TOPPING INGREDIENTS

3 TBS ketchup 1 TBS A1 sauce 1 TBS Worcester sauce
½ teaspoon honey 1 tsp spicy mustard

MEATLOAF INGREDIENTS

1 egg 1 TBS Worcester sauce
¼ zucchini, finely diced 1 TBS A1 sauce
¼ red pepper, finely diced 1 tsp spicy mustard
3 baby bella mushrooms, finely diced A dash (or more) of oregano/cilantro/basil/chives
¼ small yellow onion, finely diced 3 TBSP grated Pecorino Romano cheese
A pinch of salt 2 tsp olive oil
2 TBS ketchup 1 lb 93% lean ground turkey

DIRECTIONS

Preheat the oven to 375F. In a small bowl, combine all of the MEATLOAF TOPPING ingredients. Stir together well and set aside. In a large bowl, combine all of the MEATLOAF ingredients EXCEPT the ground turkey and cheese. Mix together well. Fold in the turkey gently, then fold in the cheese. Move mixture into a Pyrex or other loaf pan. Shape into loaf. Brush or spoon the TOPPING mixture onto the loaf. Bake until meat is thoroughly cooked through. Remove meatloaf from oven and set to cool on a cooling rack for about 5 minutes before slicing. Makes 6 servings; 175 calories each.