

# Turkey Meatloaf Recipe

Here is a healthier version of an old dinner favorite.

1 pound	lean turkey, ground
½ cup	regular oats, dry
1	large egg
1 tablespoon	onion, dehydrated
¼ cup	ketchup
2	celery stalks, chopped
2	garlic cloves, minced
½	green pepper, diced

1. Combine all ingredients and mix well.
2. Bake in loaf pan at 350 °F for 25 minutes, or until the internal temperature reaches 165 °F.
3. Cut into five slices and serve.



## Yield: 5 servings

Serving size: 1 slice (3 oz)

Each serving yields:

Calories: 197

Total fat: 7 g

Saturated fat: 2 g

Cholesterol: 103 mg

Sodium: 218 mg

Total fiber: 2 g

Protein: 23 g

Carbohydrates: 11 g

Potassium: 336 mg

## Quick Fact

This healthy version of an old dinner favorite is prepared with low-fat ground turkey.