

Turkey Loaf

--Revised Oct. 22, 2011--

Servings: ~8

Ingredients:

- 1 cup onion, chopped
- 2 tsp. canola oil
- 2 Tbl. Worcestershire Sauce
- 20 oz. (1 $\frac{1}{4}$ lbs.) ground turkey
- 2 slices whole grain bread toasted, and crumbled
- 1 egg
- $\frac{1}{3}$ cup ketchup

Directions:

1. Preheat oven to 325°.
2. Sauté onions, in 2 tsp. canola oil, in a medium size pan, over medium-low heat, until translucent.
3. Combine remaining ingredients in a large mixing bowl, add onions, and mix well.
4. Press the mixture into a 9x5 loaf pan. (I use this 2-piece nonstick [Norpro meatloaf pan](#) which allows some of the fat to drain off.)
5. Bake for 90-minutes. Internal temperature should be 160° when removed from the oven. Let stand 10-minutes; slice and serve.

Nutrition: (Serving size: $\frac{1}{8}$ th recipe; ~1-inch slice of meatloaf)

calories: 165 protein: 14.4g total carbohydrate: 8.2g total fat: 8.1g
sugars: 4.2g sodium: 270mg dietary fiber: 0.9g saturated fat: 1.9g