



Lifestyle Wellness Academy

NUTRITION PER SERVING:

CALORIES	180
PROTEIN	25 G
CARBOHYDRATE	17 G
TOTAL FAT	2 G

PREP TIME:	10 MINUTES
COOK TIME:	50-55 MINUTES

YIELD:	4 SERVINGS
SERVING SIZE:	2 SLICES MEATLOAF

FOR MEATLOAF:

2 C ASSORTED VEGETABLES, CHOPPED—
SUCH AS MUSHROOMS, ZUCCHINI,
RED BELL PEPPERS, OR SPINACH
(LEFTOVER FRIENDLY)

12 OZ 99 PERCENT LEAN GROUND TURKEY

½ C WHOLE-WHEAT BREADCRUMBS (OR
SUBSTITUTE REGULAR BREADCRUMBS)

¼ C FAT-FREE EVAPORATED MILK

¼ TSP GROUND BLACK PEPPER

2 TBSP KETCHUP

1 TBSP FRESH CHIVES, RINSED, DRIED,
AND CHOPPED (OR 1 TSP DRIED)

1 TBSP FRESH PARSLEY, RINSED, DRIED,
AND CHOPPED (OR 1 TSP DRIED)

NONSTICK COOKING SPRAY

FOR GLAZE:

1 TBSP KETCHUP

1 TBSP HONEY

1 TBSP DIJON MUSTARD



GARDEN TURKEY MEATLOAF

... THIS CLASSIC FAMILY FAVORITE IS MADE HEALTHIER WITH LEAN GROUND TURKEY AND COLORFUL GARDEN VEGETABLES

- 01 Preheat oven to 350 °F.
- 02 Steam or lightly sauté the assortment of vegetables.
- 03 Combine vegetables and the rest of the meatloaf ingredients in a large bowl. Mix well. Spray a loaf pan with cooking spray, and spread meatloaf mixture evenly in the pan.
- 04 Combine all ingredients for glaze. Brush glaze on top of the meatloaf.
- 05 Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).
- 06 Let stand for 5 minutes before cutting into eight even slices.

Tip: For picky eaters, try chopping vegetables in a food processor to make them smaller (and “hidden”).

