

# Mouthwatering Turkey Meatloaf

This very simple yet delicious meatloaf recipe uses ground turkey instead of beef. Serve with a small sweet potato and a salad or cooked vegetables.

## Ingredients

- 1 lb. lean ground turkey
- 1/2 cup regular oats, dry
- 1 large egg, whole
- 1 Tbsp. onion, dehydrated flakes
- 1/2 tsp. garlic powder
- 2 Tbsp. grated parmesan cheese
- 1/4 cup ketchup\*

## Preparation

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350 degrees F for 40-50 minutes or to an internal temperature of 165 degrees F.
3. Cut into five slices and serve.

\*To reduce sodium, use low-sodium ketchup. New sodium content for each serving is 74 mg.



## Nutrition Facts

Yield 5 servings

**Amount Per Serving**

**Calories** 200

**Fat** 8g

Saturated Fat 2g

**Cholesterol** 103mg

**Sodium** 235mg

**Carbohydrate** 9g

Dietary Fiber 1g

**Protein** 23g

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