

SIMPLE AND HEALTHY TURKEY MEATLOAF



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Yields: 5 servings

Ingredients

- 1 pound ground turkey
- 2 tbsp Worcestershire sauce
- 2 egg whites
- 1/2 c salsa
- 1/4 c finely diced red bell pepper
- 1/4 c diced yellow bell pepper
- 1/2 c finely diced onion
- 2 large garlic cloves minced
- 1/2 c dry bread crumbs
- lemon pepper to taste

Directions

1. Preheat oven to 350 degrees F.
2. In a large bowl combine the turkey, Worcestershire sauce, egg whites, salsa, diced red bell pepper, diced yellow bell pepper, diced onion, bread crumbs, minced garlic and lemon pepper. Mix well with hands until blended. Press mixture into a loaf pan.
3. Bake in the preheated oven for 25 minutes.

Tips: For lower sodium recipe, omit Worcestershire sauce and substitute low sodium tomato sauce

Nutritional Information

Serving:	Calories	Fat	Protein	Carbohydrates	Sodium
3 oz	165	1.4 g	26 g	12 g	487 mg

Carbohydrate Exchanges: 1