



Turkey Meatloaf

Basic Lifestyle

INGREDIENTS

1 TBS olive oil	1/3 cup fat-free, less-sodium chicken broth
1 large onion, chopped (1 1/2 cups)	3 TBS ketchup, divided
2 garlic cloves, minced	1 3/4 pounds ground turkey, 97% lean
3/4 TSP salt, divided	3/4 cup dry breadcrumbs
1/2 TSP pepper, divided	1 large egg, lightly beaten
1 1/2 TBS Worcestershire sauce	1 large egg white, lightly beaten

INSTRUCTIONS

—Preheat oven to 375°. Heat oil in medium skillet over medium heat. Add onion and cook, stirring frequently, until soft, about 5 minutes. Add garlic, 1/4 TSP salt, and 1/4 TSP pepper; cook, stirring, 1 minute. Stir in Worcestershire sauce, broth, and 1 TBS ketchup; transfer mixture to a large bowl, and cool.

—Add turkey, breadcrumbs, egg, egg white, and remaining 1/2 TSP salt and 1/4 TSP pepper to mixture in bowl, and mix well. (Mixture will be very moist.)

—Cover a baking sheet with aluminum foil, and coat lightly with cooking spray. Form the turkey mixture into a loaf, and place on the pan. Brush meatloaf evenly with remaining 2 TBS ketchup. Bake 1 hour or until thermometer inserted into center registers 170°. Let meatloaf stand 5 minutes before serving.

SERVING INFO: (Serves 8)

1/8 of loaf = 1 P

See photo of recipe at [Instagram](#) and [Facebook](#).