garden turkey meatloaf

this classic family favorite is made healthier with lean ground turkey and colorful garden vegetables

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

1. Preheat oven to 350 °F.
2. Steam or lightly sauté the assortment of vegetables.
3. 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.
5. Bake meatloaf in the oven for 45–50 minutes (to a minimum internal temperature of 165 °F).
6. Let stand for 5 minutes before cutting into eight even slices.
7. Serve two slices on each plate.

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

* Evaporated milk can be kept tightly sealed in the refrigerator for up to 3 days. Search the Keep the Beat™: Deliciously Healthy Eating Web site (http://hin.nhlbi.nih.gov/healthyeating) for other recipes using evaporated milk.

If you don’t have leftover cooked vegetables, see basic cooking instructions in appendix D (page 103).

prep time: 10 minutes
cook time: 50–55 minutes
yield: 4 servings
serving size: 2 slices meatloaf

each serving provides:
calories 180 carbohydrates 17 g
total fat 2 g potassium 406 mg
saturated fat 0 g vitamin A 50%
cholesterol 34 mg vitamin C 15%
sodium 368 mg calcium 10%
total fiber 2 g iron 15%
protein 25 g

Percent Daily Values are based on a 2,000 calorie diet.