



Southwestern Turkey Meatloaf

Makes 8 servings

½ cup old fashioned oats
2 egg whites, beaten until frothy (or ¼ cup Egg Beaters)
1 can (14oz.) diced tomatoes
1 ¼ pounds lean ground turkey breast
1-2 teaspoons chili powder
1 teaspoon oregano
1 package (10 oz) frozen spinach, defrosted, squeezed dry and finely chopped
½ cup corn kernels (frozen)
¼ cup chili sauce or ketchup

- Preheat oven to 375°.
- In a large bowl, mix together the oats, egg whites and tomatoes. Add the turkey, chili powder and oregano. Mix in the spinach and corn until well blended.
- Season to taste with salt and pepper.
- Transfer mixture to an 8x5x3 inch loaf pan and gently pat down. Bake uncovered for 45 minutes. Remove meatloaf from oven and spread chili sauce (or ketchup) over the top. Return to oven and continue baking for 15 – 20 minutes more (or until meat thermometer temperature reaches 165 degrees).
- Cool 15 minutes before slicing.

Nutritional Information:

Calories: 150

Total Fat: 5g

Saturated fat: 2g

Carbohydrate: 10g

Fiber: 2g

Protein: 17g