

Turkey Meat Loaf (for 5-10)

Source: Light & Tasty Magazine Premiere Issue

Ingredients:

1 medium onion, finely chopped	1 TBS canola oil
2 eggs	1/2 C 2% milk
2 tsps lemon juice	1 tsp salt
1 tsp dried basil	1/2 tsp dried oregano
1/2 tsp pepper	2 1/2 lbs lean ground turkey
2 C soft whole wheat bread crumbs (about 5 slices)	
1 package (10 oz) frozen chopped spinach, thawed & squeezed dry	
1/2 C salsa	1 TBS butter or margarine, melted

Directions:

In skillet, sauté onion in oil till tender; set aside. In bowl, combine eggs, milk, lemon juice, salt, basil, oregano & pepper. Add breadcrumbs, spinach & reserved onion - stir to combine. Crumble turkey over mixture & mix till blended.

Shape into a 12"x5" loaf - place in 13x9x2" baking dish coated with nonstick cooking spray. Spoon salsa over top. Bake, uncovered, 30 minutes at 350°F. Drizzle with butter - bake 30-25 minutes longer or till meat thermometer reads 165.

Yields: 10 slices.