



TURKEY MEATLOAF



3 SERVINGS

CALS - 407 CARBS - 29g PRO - 37g FAT - 16g

INGREDIENTS

1lb ground turkey meat
2 large eggs
1/4 cup lowfat milk
1/2 box crushed stovetop
stuffing mix
2T ketchup
1T minced onion
1T canned diced jalapenos

DIRECTIONS

1. Preheat oven to 325 degrees
2. Crush bag of stuffing (using a rolling pin is easiest)
3. Pour half of stuffing mix into mixing bowl
4. Add the following ingredients to mixing bowl & stir thoroughly: eggs, minced onion, milk, ketchup, jalapenos
5. Once mixed, add raw turkey meat to mixture
6. Pour mixture into loaf pan (spread evenly)
7. Add drizzle of ketchup to top of meatloaf
8. Cook at 325 degrees for 60 min