

Mini Turkey Meatloaves

Recipe Source: Cook Smart Eat Smart Cookbook, pg 22

Ingredients:

½ lb	ground turkey
1½ cups	salsa, divided in half, (Fresh-Made Salsa – recipe included) *half not needed until cooking day
1	egg, lightly beaten
½ cup	dry bread crumbs
¼ cup	onion, finely chopped
½ teaspoon	salt
Dash	black pepper

Directions:

1. Label you freezer container with the name, cooking instructions, and use by date (3 months from today)
2. Combine all ingredients, saving half of salsa for topping.
3. Divide meat mixture into 5 equal portions. Shape into flattened loaves.
4. Place loaves in freezer container, mini aluminum loaf pans work well for this or can place in a freezer bag.
5. The day before cooking move to refrigerator to thaw.
6. If they were frozen in bags, spray a baking dish with non-stick cooking spray. Place loaves in dish. If in loaf pans then cook in the pan.
7. Spoon a light layer of salsa (reserved from prep day) on top of loaves.
8. Bake at 350°F for 20 minutes. Remove from oven and spoon additional salsa to taste over the top, bake an additional 10 minutes or until internal temperature reaches 165°.

Makes 5 servings. Serve with vegetables of your choice and a side salad.

Prep ahead to save time at class: Chop onion, put in plastic bag and refrigerate.

Tips:

- This recipe can be made into one large loaf; increase cooking time to one hour.
- Dish may also be baked before freezing and then thawed and reheated.
- Panko breadcrumbs, crushed saltines or oatmeal can be substituted for the breadcrumbs.
- Recipe can be varied by substituting tomato sauce for the salsa and adding Italian seasoning (1-2 teaspoons).
- Additional herbs such as Italian seasoning, cumin, or chili powder can be added for a flavor variation.
- Ground beef (80/20) can be substituted for the ground turkey.

Nutrition Information per serving: calories 250; total fat 9g; saturated fat 3.5g; sodium 140mg; total carbohydrates 11g; fiber 1g; protein 30g