

Adobo-Glazed Mini Turkey Loaves

Ingredients:

Loaves:

1 slice of light wheat bread, cut into 1/2 inch pieces
1/4 cup unsweetened Almond Milk
1/2 lb ground turkey meat (dark meat)
1/2 lb ground Turkey breast
1/2 cup Onion diced
1 clove garlic minced
1/4 cup Broccoli diced
1/4 cup Red Bell Pepper Mix
1/2 cup frozen peas
2 egg whites
4 1/2 tsp tomato paste
4 1/2 tsp Worcestershire sauce
1 tsp salt
1/2 tsp black pepper
1/2 tsp dry mustard
1/2 tsp chili powder



Glaze:

3 tbsp tomato paste
2 tbsp adobo sauce
1 tsp honey
3 tbsp low-sodium chicken broth
Juice of a 1/2 lime
1/4 tsp salt

Heat oven to 350 degrees

Glaze: mix all glaze ingredients in a bowl and set aside.

Loaves: In a frying pan with 2 Tbsp olive oil sauté onions, peppers, broccoli, and garlic for 3-5 minutes. Soak bread and milk in a bowl for 10 minutes. Combine remaining loaf ingredients in another bowl; add bread and milk; mix well. Scoop a 1/3 cup of mixture into each of 7 non stick muffin tin cups. Bake 10 minutes.

Spread 1 tbsp glaze onto each loaf. Continue to bake until internal temperature reaches 160 degrees, 15-20 minutes more. Remove loaves from oven and let cool.

This recipe courtesy of Self Magazine.