

Turkey Meatloaf

Ingredients:

1 egg
1 cup low fat milk
1 cup bread crumbs
¼ tsp nutmeg
¼ tsp pepper
¼ tsp salt
1 lb ground turkey
8 oz fresh spinach, cut into small pieces
½ onion diced
1 Tbsp olive oil
2 Tbsp barbeque sauce



Directions:

In a frying pan sauté the diced onions in the olive oil for 3-5 minutes. Add the spinach and cook until it wilts. Let cool and set aside.

In a mixing bowl combine egg, milk, bread crumbs, nutmeg, salt & pepper and turkey along with the spinach/onion mixture. It will seem very loose but that's ok.

Pour into bread tin and cook at 375 degrees. After 40 minutes remove the meatloaf and drain the fat; cover the top with the barbeque sauce and cook for another 8 minutes.

Serve with brown rice, a salad or your favorite vegetable.