

## Spinach and Sun-Dried Tomato Turkey Meatloaf



### Ingredients

- 1 ½ lb. lean ground turkey
- 2 egg whites
- 1 cup plain bread crumbs
- 3 gloves garlic, minced
- 1 tsp. Worcestershire
- 1 10 oz. frozen spinach, thawed
- ½ cup reduced-fat shredded mozzarella cheese
- 1 green onion (about 6 stalks), minced
- ¼ tsp. ground pepper
- ½ cup sun-dried tomatoes
- ¼ tsp. thyme

### Directions:

1. Preheat oven to 350 degrees.
2. Bring two cups of water to a boil. Remove pan from stove and add the sundried tomatoes to the water. Allow the tomatoes to sit for 10 minutes. Remove from water and set aside.
3. In a large bowl, combine the ground turkey, egg whites, bread crumbs, green onion, garlic, Worcestershire, spinach, cheese, ground pepper, sun-dried tomatoes and thyme. Knead the items in the turkey until they are well mixed.
4. Place the turkey mixture into a meatloaf pan and cook for an hour.
5. Salt and pepper to taste.
6. Enjoy!

*Yield 6 servings, serving size: 1 serving. Calories: 228.  
Fat: 3.2 g. Cholesterol: 63 mg. Sodium 296 g. Carbohydrates: 17.3 g.  
Fiber: 2.3 g. Sugar: 4.2 g. Protein: 30 g.*

*\*These facts may vary based on size, amount, and brand use. This information is only a guide.*