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Turkey Meatloaf



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1 1/2 cups chopped onion
3 garlic cloves minced
1 pound ground turkey
3/4 cup old fashioned oats

1 egg
3/4 cup ketchup
2 tsp. Worcester sauce
1 tsp salt
1/2 ts pepper
2 tbsp ground flax seed
olive oil spray

Heat oven to 350 degrees. Heat a skillet over medium heat and add 1/2 tbsp olive oil and saute onion, garlic and I added some chopped celery also. Saute until soft and lightly browned. Combine all ingredients in a large bowl and form into your meatloaf. Bake in the oven for 1 hour or until center is no longer pink. I also drizzled some ketchup over the top to keep it moist.

I served this meal with a sweet potato and fresh green beans.