

Lean, Mean Turkey Meatloaf

Makes 18, 4 ounce servings

$\frac{3}{4}$ cup rolled oats
 $\frac{1}{4}$ cup skim milk
3# lean ground turkey
1 medium onion, diced
2 large eggs
6 tablespoons ketchup
4 tsp. Dijon mustard
1 tablespoon salt (optional)
1 teaspoon sage
 $\frac{1}{2}$ teaspoon pepper

Place oats in large bowl with milk, approximately 5 minutes. Add rest of ingredients and mix until well blended. Place in bread pan, or casserole dish (will need to shape mixture into loaf) and bake at 350 degrees until meat thermometer reaches greater than 165 degrees, approximately 90-120 minutes. Enjoy!

Nutrition information per 4 ounce serving:

Calories: 108
Fat: 2 grams
Saturated fat: .5 g
Cholesterol: 53 mg
Sodium: 1160 mg
Carbohydrate: 4 g
 Sugar: 2 g
Protein: 17 g