

# Turkey Meatloaf

5 SERVINGS, ABOUT 1 SLICE (3 OZ.) EACH



## Ingredients:

1 pound ground turkey, lean  
1/2 cup uncooked oats, regular  
1 large egg  
1 Tbsp. onion, dehydrated  
1/4 cup ketchup

## Directions:

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350°F for 25 minutes or to internal temperature of 165°F.
3. Cut into five slices and serve.

*Per Serving: 196 Calories; 7 grams Total fat; 2 grams Saturated fat; 217 mg Sodium*  
3 ounces = 3 protein ounces