

Turkey Meatloaf

1 lb lean ground turkey
1 cup chopped red onion
2 garlic cloves, chopped
1 tablespoon chili powder
1 tsp cumin
¼ tsp sea salt (optional)
1 tsp ground black pepper
½ tsp cayenne
2 egg whites, slightly beaten
2 tablespoons fresh parsley, chopped
1/2 cup whole wheat bread crumbs
2 fresh Roma tomatoes, chopped and seeded
1/8 cup hot sauce
1/8 cup ketchup

Preheat oven to 350°F.

Combine all ingredients, but hot sauce and ketchup in large bowl. Pack mixture into a 9 x 5 loaf pan that has been coated with non-stick cooking spray. Bake uncovered for 45 minutes. Remove from oven. Combine chili sauce and ketchup. Evenly coat mixture over meatloaf. Place in oven for another 10 minutes until juices run clear. Allow to sit for 5-10 minutes before serving.

Serves 6. One serving=3 oz.

Calories 170 Fat 5g Carbohydrate 13g Dietary Fiber 1g Protein 18g Sodium 440mg