

Southwestern Meatloaf

Serves: 8

Ingredients

½ cup rolled oats (not quick cooking or instant)
2 egg whites, beaten until frothy
1 can (14 oz.) diced tomatoes
1 ¼ lbs 93% lean ground turkey
1 Tbsp. chili powder
1 tsp. oregano
1 package (10 oz.) frozen spinach, defrosted, squeezed dry and finely chopped
½ cup small (nibbled) corn kernels (frozen or fresh)
Salt and freshly ground black pepper, to taste
¼ cup chili sauce or ketchup

Preheat oven to 375 degrees. In a large bowl, use a fork to mix together oats, egg whites, and tomato. Add turkey, chili powder, and oregano. Mix in spinach and corn until they are well blended. Season to taste with salt and pepper.

Transfer mixture to an 8 x 5 x 3-inch loaf pan. Bake, uncovered, for 45 minutes. Remove meatloaf from the oven and spread chili sauce (or ketchup) over the top. Return loaf to oven and continue baking until internal temperature of the meatloaf reaches 165 degrees on a meat thermometer.

Transfer the meatloaf from oven to a rack on the counter and let it sit for 15 minutes before slicing.

Per serving: 150 calories, 5 g total fat (2 g saturated fat), 10 g carbohydrates, 17 g protein, 2 g dietary fiber, 360 mg sodium.