

Meatloaf



Serving size: 8 (1 slice)

TOTAL TIME



DIFFICULTY



EASY



GLUTEN-FREE

Preparation

1. Preheat oven to 350° F.
2. Mix all ingredients together and form a loaf.
3. Bake for 50-60 minutes or until cooked through.

Nutrition Facts Per Serving

Calories	177
Fat	7g
Saturated Fat	2g
Cholesterol	75mg
Carbohydrate	10g
Fiber	1g
Protein	17g

Ingredients

- 1 cup fresh spinach, chopped
- 1 cup mushrooms, chopped or sliced
- 1 cup onion, chopped or sliced
- 1 pound 93% lean ground turkey
- 2 tablespoons grated parmesan cheese (optional)
- 1/4 teaspoon salt
- 1/4 teaspoon basil
- 2 dashes parsley
- 2 dashes pepper
- 3/4 cup breadcrumbs or gluten free breadcrumbs
- 1 egg
- 1/2 can tomato sauce (optional)

Substitutions: 95% lean ground beef

