

Terrific Turkey Meatloaf

This meatloaf is a healthier version of a classic American dish. The cranberry glaze enhances the flavor with a sweet and tangy twist!

Serves 6

Ingredients



Meatloaf

- 1 teaspoon olive oil
- 1 medium onion, diced
- 1 large stalk celery, diced
- ¾ teaspoon dried thyme
- ¾ teaspoon dried, rubbed sage
- 1 pound extra-lean ground turkey
- 1 cup whole wheat bread crumbs
- 1½ cups apple, peeled and grated or minced
- 1 egg, beaten
- 1 tablespoon chopped fresh parsley
- 1 tablespoon Dijon mustard
- ½ teaspoon salt
- ½ teaspoon ground pepper

Glaze

- ⅓ cup canned cranberry sauce (with berries)
- 2 tablespoons cider vinegar
- 1 tablespoon brown sugar
- ½ teaspoon mustard powder
- ½ teaspoon ginger
- ¼ teaspoon allspice

Nutrition Facts

Serving Size 1 Slice
Servings Per Recipe 6

Amount Per Serving

Calories 270 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 95mg **32%**

Sodium 330mg **14%**

Total Carbohydrate 24g **8%**

 Dietary Fiber 3g **12%**

 Sugars 11g

Protein 22g

Vitamin A 4% • Vitamin C 6%

Calcium 4% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Preheat oven to 350 degrees.
2. In a skillet, heat oil over medium heat. Add onions and celery and sauté 3 minutes or until soft.
3. Stir in thyme and sage and cook for 1 minute, then remove from heat and let cool.
4. In a large bowl, combine onion mixture with turkey, bread crumbs, apple, egg, parsley, Dijon mustard, salt, and pepper. Mix well.
5. Pack into a greased loaf pan. Bake for 30 minutes, remove from oven and pour off any fat.
6. While loaf is baking, combine glaze ingredients in small bowl.
7. Spread glaze on top of loaf and bake for 20-30 minutes more or until juices run clear when pierced.

Please note: nutritional values are approximate.

