

Healthy Turkey Loaf

Number of Servings: 5

Serving Size: 1

Prep time: 40 min.

Topping:

½ tsp. Brown Sugar

1 tsp. Garlic

¾ c Diced Tomatoes

INGREDIENTS:

½ pound ground turkey

1 egg

1/8 cup salsa

1/8 cup red bell pepper, chopped

1/8 cup yellow bell pepper, chopped

¼ cup onion, chopped

¼ cup bread crumbs, dried

1 tsp. garlic

PREPARATION:



1. Wash all produce.



2. Chop 1/8 cup of red and yellow bell pepper.



3. Peel and chop ¼ cup of onion.



4. Pound garlic with the blade of the knife, peel, and mince finely.



5. Sauté bell peppers, onion, and 1 teaspoon garlic for 10 minutes.



6. Combine all ingredients in a large bowl and mix well with hands.



7. Press into loaf pan and .



8. Combine tomatoes, garlic, and brown sugar into a blender, and blend well.



9. Pour tomato mixture over the meatloaf and bake for 25 minutes at 350°.

Nutrition Facts

Serving Size ½ cup

Servings Per Recipe 5

Amount per Serving
Calories 166.2 Calories from Fat 65.7

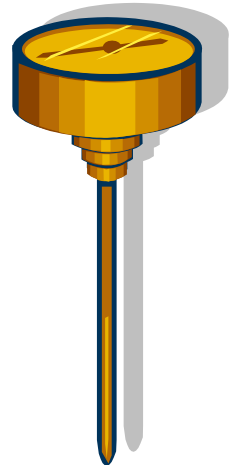
	% Daily Value*
Total Fat 7.3g	11%
Saturated Fat 2.3g	1%
Trans Fat 0g	
Cholesterol 96.6mg	32%
Sodium 185.1mg	8%
Total Carbohydrate 5.6g	2%
Dietary Fiber 0.8g	3%
Sugars 1.1g	
Protein 19.3g	
Vitamin A 2.2%	• Vitamin C 19.3%
Calcium 0.6%	• Iron 9.3%

*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
Sat Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Important Food Safety Tips:

- Properly clean and sanitize all cooking equipment before use
- Keep all produce in the refrigerator until needed, and thoroughly rinse them before cutting
- Cook the meatloaf to an internal temperature of 165 F.



Recipe Cost Per Person

Ingredient	Cost
Garlic	\$0.02
Brown Sugar	\$0.002
Diced Tomatoes	\$0.05
Ground Turkey	\$0.60
Egg	\$0.08
Salsa	\$0.08
Red Bell Pepper	\$0.03
Yellow Bell Pepper	\$0.03
Onion	\$0.08
Bread Crumbs	\$0.02
Total	\$0.95

Cost Comparison

Safeway Meatloaf	\$7.99
Healthy Turkey Loaf	\$3.28
Total Savings per Person	\$4.71

