



Turkey Meatloaf with Feta and Sun-dried Tomatoes

Recipe Source: Giada De Laurentiis, The Food Network

Ingredients:

- ½ cup plain, whole-wheat bread crumbs
- 5 Tbsp chopped fresh flat-leaf parsley
- ¼ cup chopped garlic and herb-marinated sun-dried tomatoes
- 2 cloves garlic, minced
- 2 eggs, lightly beaten
- 2 Tbsp low-fat milk
- ½ cup crumbled feta cheese
- 1 tsp salt
- ½ tsp black pepper
- 1 lb ground turkey

Steps:

- Place an oven rack in the center of the oven. Preheat the oven to 375°.
- Spray a 9x5 inch loaf pan with cooking spray.
- In a large bowl, stir together the bread crumbs, parsley, sun-dried tomatoes, garlic, eggs, milk, feta, salt and pepper. Add the turkey and gently stir to combine until evenly distributed, being careful not to overwork the meat.
- Carefully pack the meat mixture into the prepared pan and bake until internal temperature registers 165°, about 45 minutes.
- Remove from oven and let rest for 5 minutes.
- Transfer to a cutting board and slice. Put on a serving platter and serve.

Tips from the Test Kitchen: Look for ground white meat turkey. Old-fashioned oats can be used instead of bread crumbs.

Nutritional Facts: per serving Calories: 250, Carbohydrates: 11 grams, Protein: 27 grams, Total Fat: 11 grams, Saturated Fat: 3 grams, Cholesterol: 82 mg, Sodium: 855 mg, Fiber: 2 grams, Total Sugars: 3 grams.