

Garden-Style Turkey Meatloaf with Oats

Ingredients

- 1 ½ lbs lean ground turkey breast
- 1 10 oz package frozen chopped spinach, thawed and drained
- 1 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1/2 cup finely chopped onion
- 1/2 cup shredded carrots
- 2 egg whites or 1 egg, lightly beaten
- 1/3 cup fat-free milk
- 1 ½ tsp Italian seasoning blend
- 1 tsp salt (optional)
- 1/4 tsp black pepper

How to make it

1. Heat oven to 350°F.
2. In large bowl, combine all ingredients, mixing lightly but thoroughly.
3. In 13 x 9-inch baking pan or on rack of broiler pan, shape turkey mixture into 9 x 5-inch loaf.
4. Bake 1 hour or until thermometer registers 170°F and center is no longer pink.
5. Let stand 5 minutes before slicing.



PREP
TIME
10 min



COOK
TIME
60 min



TOTAL
TIME
70 min



SERVINGS
8

Made with



Quaker® Oats-Old Fashioned