

# Spinach-Stuffed Turkey Meatloaf with Oatmeal

## Ingredients

- 3/4 cup Quaker® Oats (quick or old fashioned, uncooked)
- 1 cup coarsely chopped mushrooms
- 1/4 cup chopped onion
- 1 10 oz package frozen chopped spinach, thawed and drained
- 1/2 cup (2 oz) shredded part-skim mozzarella cheese, divided
- 1/4 cup grated Parmesan cheese
- 1 lb 99% lean ground turkey breast
- 1/2 cup fat-free milk
- 1 egg white, lightly beaten
- 1 tsp Italian seasoning blend
- 1/2 tsp salt (optional)
- 1/4 tsp black pepper

## How to make it

1. Heat oven to 375°F.
2. Lightly spray medium skillet with cooking spray.
3. Cook mushrooms and onion in skillet over medium-low heat 4 minutes or until onion is tender; remove from heat.
4. Add spinach, 1/4 cup mozzarella cheese and Parmesan cheese; mix well.
5. Set aside.
6. In large bowl, combine turkey, oats, milk, egg white, Italian seasoning, salt and pepper; mixing lightly but thoroughly.
7. Spoon 2/3 of turkey mixture lengthwise down center of 11 x 7-inch glass baking dish.



PREP  
TIME  
10 min



COOK  
TIME  
35 min



TOTAL  
TIME  
45 min



SERVINGS  
8

## Made with



**Quaker® Oats-Old Fashioned**

8. Form a deep indentation down middle of turkey; fill indentation with reserved spinach mixture.
9. Top with remaining turkey, forming a loaf.
10. Seal edges to completely enclose spinach filling.
11. Bake 30 to 35 minutes or until thermometer registers 170°F and juices show no pink color.
12. Remove from oven; sprinkle with remaining mozzarella cheese.
13. Return to oven 1 to 2 minutes or until cheese melts.
14. Let stand 5 minutes before slicing.