

Turkey Meatloaf Recipe

4 Servings:

- 1 lb. ground turkey (or chicken)
- 1 egg
- ½ cup quick-cooking oats
- 2 Tbsp. Worcestershire sauce
- 2 Tbsp. Ketchup
- 2 Tbsp. Low sodium Italian dressing
- 1 tsp. garlic powder
- 1 tsp. onion powder
- ½ tsp. black pepper

Topping:

- 1 Tbsp. ketchup
- 1 Tbsp. Worcestershire sauce
- ¼ cup cold water

Pre-heat oven to 350°.

Lightly spray oven proof pan.

Combine all ingredients except topping in a large bowl, mix until thoroughly combined.

Transfer meatloaf mixture to prepared pan & shape into a loaf.

Combine topping ingredients in same bowl, pour over meatloaf.

Bake at 350° for 1 hour or until at least 165°.

