South Beach Turkey meatloaf  
Ingredients:  
  
Spray cooking pan with pam  
  
1 teaspoon xtra-virgin Oil   
  
1-1/2 cup chopped onion  
  
1/2 teaspoon thyme, dried   
  
1/2 teaspoon cayenne pepper,   
  
1/2 teaspoon paprika   
  
1/2 teaspoon salt   
  
1/2 teaspoon black pepper  
  
3/4 pounds mushrooms   
trimmed and chopped  
  
4 clove(s) garlic   
large, minced  
  
1 can(s) beans, Great Northern   
(15-ounce), drained and rinsed   
  
1 1/4 pounds turkey, lean ground   
  
2 large egg(s)   
  
1/2 cup(s) parsley, fresh   
chopped  
  
4 teaspoon Worcestershire sauce   
divided  
  
2 teaspoon mustard, Dijon   
  
Directions  
1. MAKE-AHEAD: Cooked meatloaf freezes well for up to 3 months. Cut it into individual portions before freezing and thaw in the microwave when ready to eat.   
  
2. Heat the oven to 375ºF. Lightly coat an 8" by 4" by 2 1⁄2" metal or glass loaf pan with cooking spray.   
  
3. In a large skillet, heat oil over medium-high heat. Add onion, thyme, cayenne, paprika, salt, and pepper. Reduce heat to medium-low and cook, stirring occasionally, 5 minutes.   
  
4. Add mushrooms and garlic; cook, stirring occasionally, until onion is softened and mushrooms are incorporated, about 5 minutes longer. Add beans and stir to combine. Transfer mixture to a bowl and let cool, about 5 minutes.   
  
5. In a large bowl, combine cooled bean mixture, turkey, eggs, parsley, and 2 teaspoons of the Worcestershire sauce. Mix well with wet hands to combine. Form into a loaf and place into the prepared pan.   
  
6. Stir together mustard and remaining 2 teaspoons Worcestershire sauce and set aside.   
  
7. Bake meatloaf on the middle rack of the oven for 50 minutes. Remove from the oven and brush with the reserved Worcestershire mixture. Return to the oven and continue baking 10 to 15 minutes longer, or until a thermometer inserted into meatloaf registers 165°F. Let meatloaf stand 5 minutes before serving. Serve with additional Dijon mustard.   
  
[www.successwithcharles.com](http://www.facebook.com/l.php?u=http%3A%2F%2Fwww.successwithcharles.com&h=wAQHI0c_dAQFUBW3512aRD4Z7Q0AJP3vetJ-uMDXgqBLjuw&s=1)