Turkey Veggie Meatloaf  
Serves 4

Ingredients:

• 1 1/2 lb ground turkey breast

• 1/2 red or green bell pepper, diced

• 1/4 onion, diced

• 1/2 cup spinach, chopped

• 1 egg (You can also use an egg substitute like egg beaters or 2 egg whites instead of 1 whole egg.

1/2 cup oats

1/2 t crushed red pepper flakes (or more to taste!)

Preparation:

1. Preheat oven to 325F2. Put all ingredients in a medium bowl and combine (I just got right in there & used my hands.. a little messy but works much better than trying to mix with a spoon!) Mold into a loaf shape and place in the middle of an 8" x 8" square pan.3. Bake for 1 hour or until cooked through.

Nutrients per serving: Calories 213, Total Fats 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 122 mg, Sodium 109 mg, Total Carbs 9 g. Dietary Fiber 2 g, Sugars 1 g, Protein 36 g