



Garden-Style Turkey Meatloaf with Oats



SERVINGS



COOKING TIME

8

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Garden-Style Turkey Meatloaf with Oats is a fresh take on meatloaf made with a variety of veggies and ground turkey. This lunch or dinner option is the perfect way to incorporate veggies into your meal in a new and tasty way.

Ingredients

- 1-1/2 Pound(s) lean ground turkey breast
- One 10-ounce package frozen chopped spinach, thawed and drained
- 1 Cup(s) [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1/2 Cup(s) finely chopped onion
- 1/2 Cup(s) shredded carrots
- 2 egg whites or 1 egg, lightly beaten
- 1/3 Cup(s) fat-free milk
- 1-1/2 Teaspoon(s) Italian seasoning blend
- 1 Teaspoon(s) salt (optional)
- 1/4 Teaspoon(s) Black pepper

Cooking Instructions

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.