

Greek Turkey Meatloaf

INGREDIENTS

- 1 c panko
- 1/4 cup 1% milk
- 1 egg
- 1 lb 93/7 ground turkey
- 5 oz chopped spinach
- 3/4 cup crumbled feta cheese
- 1/3 cup pitted, chopped greek olives
- 14.5 oz canned diced tomatoes, drained
- 1 tbsp Worcestershire sauce
- 1 tsp granulated garlic
- 2 tsp oregano
- 1 tsp salt
- 1 tsp pepper
- 1/2 c marinara sauce

INSTRUCTIONS

- Preheat oven to 400 degrees.
- In a large mixing bowl, combine all ingredients except the marinara sauce. Mix with your hands (I like to wear gloves) until everything is evenly distributed. Try not to over mix.
- Spray a loaf pan or baking sheet with cooking spray, then add the mixture and form it into a loaf.
- Spread marinara sauce on top and cover with aluminum foil.
- Bake for 1 hour 15 minutes.
- Remove the foil and check that the meatloaf is cooked through. If not, cook in additional 10 to 15 minute increments.
- Let cool for 5 minutes, then slice and serve.

- **MAKES 6 SERVINGS**
- **CALORIES:** 405
- **FAT:** 10G
- **CARBS:** 26G
- **PROTEIN:** 31G

