



Beef and Turkey Meatloaf

Makes 9 servings

Ingredients

- 1 medium onion, diced
- 3 ribs celery, diced
- 3 large eggs (whites only)
- 1 pound extra-lean (95 percent) ground beef
- 1 pound lean ground turkey breast
- 1 cup old-fashioned oats
- 1 cup panko bread crumbs
- ½ cup ketchup
- ½ teaspoon freshly ground black pepper
- 1 teaspoon ground sage
- nonstick cooking spray

Directions

1. Preheat oven to 375 F.
2. Combine diced onion and celery into a large mixing bowl.
3. Separate the eggs (throw away yolks or save for another recipe). Add egg whites to onion and celery.
4. Add ground beef, ground turkey, oats, panko bread crumbs, ketchup, black pepper and sage. Mix well.
5. Spray an 8-by-8-inch square pan with nonstick cooking spray. Pour mixture into pan.
6. Bake at 375 F for 45 to 55 minutes, until done.
7. Let cool for 5 to 10 minutes. Cut into 9 pieces.
8. Serve warm.



MAIN DISH



TIP

Don't let your leftovers go to waste! You can use a slice of meatloaf to make a sandwich for lunch the next day or throw together an easy dinner by crumbling up the meat to put in a casserole, soup or spaghetti sauce.

 = low sodium

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Nutrition Facts

Serving Size 1/9 of pan (173g)	
Servings Per Container 9	
Amount Per Serving	
Calories 240	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 260mg	11%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	8%
Sugars 5g	
Protein 24g	
Vitamin A 4%	• Vitamin C 6%
Calcium 2%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
	<small>Fat 9 • Carbohydrate 4 • Protein 4</small>

Recipe contains: wheat, egg
Carb choices per serving: 1