

## **TURKEY VEGGIE MEATLOAF**

**1 ½ LBS Ground Turkey Breast**  
**½ Red Bell Pepper, Diced**  
**¼ Onion, Diced**  
**½ Cup Spinach, Chopped**  
**1 Egg**  
**½ Cup Oats**

### **Instructions:**

- 1. Preheat oven to 325 F**
- 2. Put all ingredients in a medium bowl and combine.  
Mold into a loaf shape and place in the middle of  
an 8" x 8" square pan.**
- 3. Bake for 1 hour or until cook through.**

### **Nutrients Per Serving:**

**Calories: 213, Total Fats: 4g, Saturated Fats: 1g, Trans Fats: 0g,  
Cholesterol: 123 mg, Sodium: 109 mg, Total Carbohydrates 9g,  
Dietary Fiber: 2g, Sugars: 1g, Protein: 36g, and Iron: 2mg.**

**Ready in 1 hour and 10 minutes and makes 4 servings.**