



Health and Wellness

POCKET TOOLS TRAINING

May 2012

Healthy Recipes

Quick, Easy and Delicious Firehouse Cooking

References:

United States
Department of
Agriculture: *National
Nutrient Database.*
<http://ndb.nal.usda.gov/>

Mary B. Grosvenor, L.Smolin.
(2010). *Visualizing Nutrition:
Everyday Choices.* Hoboken, NJ:
John Wiley & Sons, Inc.

Ingredient List:

- 1 ¼ lb 99% lean ground turkey
- 2 egg whites
- ¼ cup old-fashioned oatmeal
- ¾ cup lower sodium ketchup
- 1 green bell pepper, chopped
- 1 cup chopped white onion
- 3 cloves garlic, minced
- 2 tsp lower sodium worcestershire sauce
- ¼ tsp black pepper

for an Italian flavor, add dried basil, oregano and thyme to taste

Turkey Meatloaf

Step 1: Preheat oven to 350.

Step 2: Measure out ½ cup of ketchup and set aside. (will use for topping later.)

Step 3: Spray skillet with non-stick olive oil cooking spray. Cook onion, garlic, and chopped bell pepper until onions are transparent and peppers are soft.

Step 4: Combine turkey, egg whites, oatmeal, ¼ cup of ketchup, worcestershire sauce and black pepper into medium size mixing bowl. Mix ingredients thoroughly, forming into a large ball. If ingredients will not stick together good enough to form a ball, add just a touch more oatmeal until the appropriate consistency is reached.

Step 5: Press mixture into an 8x4 loaf pan.

Step 6: Spread remaining ketchup on top of meatloaf.

Step 7: Bake for 50-55 minutes at 350. (make sure oven rack is in the middle of the oven.)

Nutrition Information

Serving size= 1 slice

Servings per 8x4 pan= 8 slices

Calories: 73
 Total Fat: 1g
 Sat. Fat: .25g
 Sodium: 292 mg
 Cholesterol: 14mg
 Carbohydrate: 7g
 Sugar: 3g
 Fiber: 1g
 Protein: 10g

*Did you know...?
That oatmeal contains a
type of fiber that helps
reduce blood cholesterol*