

TURKEY MEAT LOAF

- 2 cups chopped mushrooms
- 1½ cups finely chopped broccoli florets
- 1 cup finely diced green pepper
- 1 cup finely diced carrots
- ½ cup finely diced onion
- 1 teaspoon minced garlic
- 1 teaspoon oil
- ½ teaspoon celery seed

- 1 pound lean ground turkey (without skin)
- ⅓ cup catsup
- 3 tablespoons soy sauce
- 1 dash Worcestershire Sauce
- 2 tablespoons Dijon mustard
- 3 large egg whites (or Egg Beaters to equal)
- 1 cup dried bread crumbs
- salt and pepper to taste

Preheat oven to 375 degrees Fahrenheit.

In a 12-inch saute pan over medium-high heat, cook first eight ingredients (mushrooms through celery seed) until carrots are tender-crisp, about 8 to 10 minutes. Set aside and allow to cool a bit.

In a large bowl, combine all remaining ingredients and add cooked vegetables. Mix with hands until well blended. Lightly pat into a 4-inch by 8-inch loaf pan, or a 6-cup to 8-cup terrine, gently rounding the top.

Bake at 375 degrees Fahrenheit in the middle of the oven until firm to the touch, about 45 minutes. For a browner top, finish by broiling about 3 inches from heat for a few minutes. Allow meatloaf to stand for 10 minutes before slicing.

Makes 6 to 7 servings, 216 calories each, 17 grams protein, 6.6 grams fat, 21 grams carbohydrates, 725 mg sodium, 47 mg cholesterol.