

## Healthier Meatloaf Option

In the kingdom of comfort food, meatloaf is royalty. Rich in carbs and fat, it fills you up and makes you feel good — that is, until your waistband becomes too tight. Try this version. Cut the fat in half by using 93 percent lean ground turkey instead of ground beef chuck, and opt for fat-free milk, which still keeps the loaf plenty tender. Even more soothing: You don't have to give up the beloved ketchup glaze.

SERVES: 8

### Ingredients

- 1 tbsp. olive oil
- 2 stalk celery
- 1 small onion
- 1 clove garlic
- 2 lb. lean ground turkey
- ¼ c. fresh whole wheat bread crumbs
- ⅓ c. fat-free milk
- 1 tbsp. Worcestershire sauce
- 2 large egg whites
- ½ c. ketchup
- ½ tsp. salt
- ¼ tsp. coarsely ground black pepper
- 1 tbsp. Dijon mustard



### Directions

1. Preheat oven to 350 degrees F. In 12-inch nonstick skillet with olive oil cook celery and onion on medium 10 minutes or until vegetables are tender, stirring occasionally. Add garlic and cook 1 minute. Transfer vegetables to large bowl; cool slightly.
2. To the bowl with vegetables add turkey, bread crumbs, milk, Worcestershire sauce, egg whites, 1/4 cup ketchup, 1/2 teaspoon salt, and 1/4 teaspoon coarsely ground black pepper; mix with hands until well combined but not overmixed. In a small bowl mix Dijon mustard and remaining 1/4 cup ketchup.
3. In 13" by 9" baking pan, shape meat mixture into 9" by 5" loaf. Spread ketchup mixture over top of loaf.
4. Bake meatloaf 55 to 60 minutes or until meat thermometer inserted in center reaches 160 degrees F. (Temperature will rise to 165 degrees F upon standing.)
5. Let meatloaf stand 10 minutes before removing from pan to set juices for easier slicing. Transfer meatloaf to platter and cut into slices to serve.