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Turkey, Carrot, & Mushroom Meatloaf

2 large eggs
2 Tbsp Dijon mustard
1 Tbsp fresh thyme leaves
 $\frac{3}{4}$ tsp kosher salt
 $\frac{1}{2}$ tsp pepper
2 slices whole wheat sandwich bread (torn into small pieces)
8 ounces mushrooms, thinly sliced
4 scallions, thinly sliced
1 medium carrot, grated
1 $\frac{1}{2}$ pounds ground turkey
Salt and pepper to taste

1. Heat oven to 375°F
2. In a large bowl whisk together the eggs, mustard, thyme, salt, and pepper. Stir in the bread. Add the mushrooms, scallions, and carrot. Mix to combine.
3. Add the turkey and mix just until incorporated. Transfer the mixture to a prepared baking sheet and shape into a 9 x 3 $\frac{1}{2}$ inch loaf. Bake until the internal temperature registers 160°F, about 40-45 minutes. Let rest for 5 minutes before slicing.

Makes 6 servings

Per Serving:

Calories: 258

Carbohydrates: 8 g

Fat: 13 g

Cholesterol: 153 mg

Protein: 27 g

Sodium: 518 mg

Source:

http://www.delish.com/recipefinder/turkey-carrot-mushroom-meat-loaf-recipe-122883?click=recipe_sr