

# Turkey Parmesan Meatloaf

**Prep Time:** 10 minutes

**Cook Time:** 50-60 minutes

**Makes:** 8 servings

## INGREDIENTS:

- 1 Tbsp. olive oil
- 1 onion, finely chopped
- 1-1/4 pounds ground skinless turkey
- 4 slices whole wheat bread, made into fine bread crumbs
- ½ cup fat-free milk
- 1 egg white, lightly beaten
- 3 Tbsp. ketchup
- 2 Tbsp. grated Parmesan cheese
- 1 tsp. minced fresh garlic
- 1 Tbsp. finely chopped fresh basil, or ½ tsp. dried
- ¼ tsp. dried thyme
- ¼ tsp. freshly ground pepper 2 cloves garlic

## DIRECTIONS:

1. Preheat the oven to 350°; spray an 8x5 inch loaf pan with non-stick spray. In a small non-stick skillet, heat the oil. Sauté the onion until tender, 4-5 minutes.
2. In a medium bowl, combine the onion, turkey, bread crumbs, milk, egg white, ketchup, cheese, garlic, basil, thyme, and pepper; blend well.
3. Shape into a loaf and transfer to the pan.
4. Bake until browned and cooked through, 50-60 minutes. Let stand 10 minutes, then cut into 8 slices.

**Nutrition Information:** Per serving (1 slice): 181 calories, 9g of fat, 2g saturated fat, 0 trans fats, 53 mg of cholesterol, 247 g sodium, 10 g carbs, 1g fiber, 15g protein

Recipe from: Weight Watchers Cookbook

