

Chicken

Turkey, Carrot and Mushroom Meat Loaf

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Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour 5 minutes

2 large eggs

2 tablespoons Dijon mustard

1 tablespoon fresh thyme leaf

3/4 teaspoon Kosher salt

1/2 teaspoon 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 1/2 pounds ground turkey

Preheat oven to 375 degrees.

Line a rimmed baking sheet with foil.

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 (some of the mushrooms will break).

Add the turkey and mix just until incorporated. Transfer the mixture to the baking dish and shape into a 9x3-1/2-inch loaf.

Bake until the internal temperature registers 156 degrees, about 40 to 45 minutes.

Let rest 5 minutes before slicing.

Per Serving (excluding unknown items): 216 Calories; 11g Fat (48.3% calories from fat); 23g Protein; 4g Carbohydrate; 1g Dietary Fiber; 160mg Cholesterol; 435mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fat; 0 Other Carbohydrates.