



Crazy-Good Turkey Taco Meatloaf



1/5th of loaf: 215 calories, 6.5g total fat (3g sat. fat), 465mg sodium, 10.5g carbs, 1g fiber, 3.5g sugars, 30g protein

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Prep: 10 minutes **Cook:** 50 minutes

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Ingredients

- 1/4 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1 lb. raw extra-lean ground turkey (at least 98% lean)
- 1 tbsp. taco seasoning
- 1/2 cup canned sweet corn kernels, drained
- 1/4 cup (about 2 large) egg whites or liquid egg substitute
- 1/4 cup quick-cooking oats
- 1 cup shredded reduced-fat cheddar cheese, divided
- 1/2 cup salsa

Directions

Preheat oven to 375°F. Spray a 9" X 5" loaf pan with nonstick spray.

Bring a skillet sprayed with nonstick spray to medium heat. Add onion and pepper. Cook and stir until slightly softened, about 3 minutes.

Place turkey in a large bowl. Add seasoning, and mix thoroughly. Add cooked veggies, corn, egg whites/substitute, and oats. Mix thoroughly.

Transfer half of the mixture to the pan, and smooth out the surface. Top with 1/2 cup cheese, followed by remaining meat mixture.

Smooth out the surface, and top with salsa. Bake for 30 minutes.

Top with remaining 1/2 cup cheese. Bake until meatloaf is cooked through and cheese has melted, about 15 minutes.

MAKES 5 SERVINGS

HG FYI: Not all taco seasonings are gluten free, so read labels carefully if that's a concern.

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