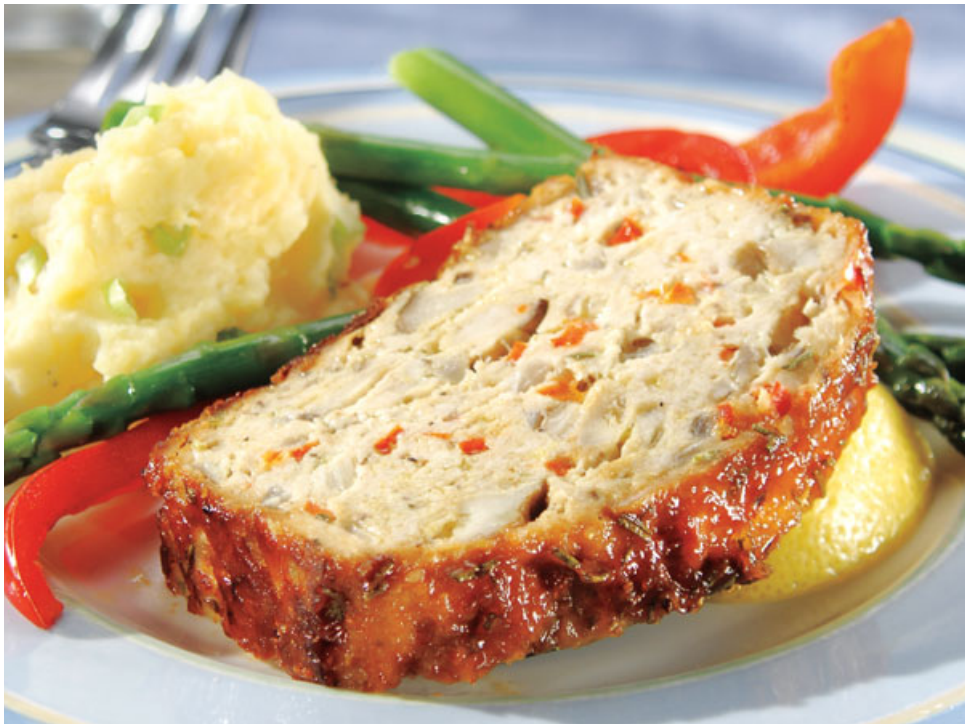

Turkey Meatloaf with Lemon Rosemary Glaze

Prep: 20 minutes plus standing
Bake: 1 hour • Serves: 8

Meatloaf

- Nonstick cooking spray
- 1 large egg
- 2 pounds 93% lean ground turkey
- 4 ounces shiitake mushrooms, stems removed and thinly sliced (about 1 cup)
- 1 small red onion, finely chopped (about ¾ cup)
- ½ red bell pepper, finely chopped
- ½ cup low fat milk
- ½ cup old-fashioned rolled oats
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper

Glaze

- 3 tablespoons light brown sugar
- 1 tablespoon chopped fresh rosemary leaves
- 1 tablespoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 1 teaspoon lemon zest

1. Preheat oven to 350°. Spray 9 X 5-inch loaf pan with nonstick cooking spray. In large bowl, lightly beat egg. Add remaining meatloaf ingredients and gently mix until just combined. With rubber spatula, evenly spread turkey mixture in prepared pan. Bake 30 minutes.

2. In small bowl, whisk together glaze ingredients. Spoon glaze over top of meatloaf. Bake meatloaf 30 minutes longer or until internal temperature reaches 155°. Let stand 5 minutes before slicing.

Approximate nutritional values per serving:
204 Calories, 8g Fat (2g Saturated), 90mg Cholesterol, 311mg Sodium, 11g Carbohydrates, 1g Fiber, 22g Protein