



Turkey Quinoa Meatloaf

*Favorite Healthy Choice Recipe of Jason Woolley,
former Detroit Red Wings defenseman*

INGREDIENTS:

- 1/2 yellow onion diced
- 2 Tbsp avocado oil
- 1/2 cup unsweetened plant milk
- *1 egg
- 1/4 cup quinoa
- 2 lbs ground turkey, extra lean
- 1 tsp Himalayan pink salt
- 2 Tbsp poultry seasoning



DIRECTIONS:

1. Preheat skillet on medium heat with avocado oil. Add onions, stir and cook until onions are translucent, let cool.
2. Combine onions, milk, eggs, quinoa, turkey, salt, and seasoning in a large mixing bowl.
3. Now use your hands and mix well. Take a small amount and form into a ball. Place in a cupcake pan (sprayed with cooking spray).
4. Bake 350° for about 20-25 minutes.
5. Now serve meatloaf with sweet potato mash on top, or with marinara, pesto, just check and make sure if using jarred sauces that all ingredients are real, with no added sugar.

**This recipe can be made vegan by substituting one flax egg and lentils for the turkey. (To make a flax egg, mix 1 Tbsp flaxseed meal and 2-1/2 Tbsp water. Let rest 5 minutes to thicken. Add to recipe.)*

NUTRITION FACTS: Serves 8 | Calories 204

% Daily Value * | **Total Fat** 10.7g (14%), Saturated Fat 1.8g (9%) | **Cholesterol** 105mg (35%) | **Sodium** 395mg (17%) | **Total Carbohydrate** 5.3g (2%), Dietary Fiber 0.8g (3%), Total Sugars 1g | **Protein** 24.6g | Vitamin D 2mcg (10%) | Calcium 32mg (2%) | Iron 2mg (11%) | Potassium 299mg (6%)

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.



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