

BRC Healthy Meal of the Week

Mini Turkey Meatloaf's with Sun Dried Tomatoes - A Healthy-Delicious Meal Under 300 Calories!

Ingredients (Serves 4)

Total Prep Time 25 minutes

1 tablespoon olive oil
1 medium onion, chopped
2 teaspoons chopped garlic
1 teaspoon dried oregano
1/2 cup sun-dried tomatoes, rehydrated
1 1/2 pounds ground turkey
1 cup bread
1 egg
1/2 cup chopped parsley
1/4 cup skim milk
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper
1/4 cup freshly grated Parmesan cheese

Cooking Instructions—Total Cooking Time 30 minutes

1. Preheat the oven to 425°F.
2. Heat the olive oil over medium heat in a skillet. Add the onion and [cook](#) for 5 minutes. Add the garlic and oregano and cook 2 minutes more and set aside to cool.
3. Drain the tomatoes and finely chop them.
4. Combine the [tomatoes](#), turkey, breadcrumbs, egg, parsley, skim milk, salt, pepper and the cooled onion mixture. Thoroughly mix together.
5. Divide the mixture into 4 equal portions. Pack each portion into a 1 1/2-cup [baking](#) dishes, such as a souffle dish or a ramekin. Sprinkle the tops with cheese and bake for 30 minutes. Let stand for 5 minutes before serving.

Nutrition Facts (Serving size is one mini meatloaf)

- Calories 281
- Protein 35 g
- Total Carbohydrate 20 g
- Dietary Fiber 2 g
- Soluble Fiber 0 g
- Sugar 4 g
- Total Fat 6 g
- Saturated Fat 2 g
- Monounsaturated Fat 3 g
- Polyunsaturated Fat 1 g
- Trans Fatty Acid (tfa) 0 g
- Omega-3 Fatty Acid 0 g

