

Low-Fat Spinach-Stuffed Turkey Meatloaf

1 cup coarsely chopped mushrooms
1/4 cup chopped onion (about half of a medium onion)
2 tablespoons butter or low-fat margarine
10 ounces frozen chopped spinach, thawed, drained
1/2 cup shredded low-fat mozzarella cheese
1/4 cup grated Parmesan cheese
1 pound ground turkey breast
3/4-1 cup quick or old-fashioned oatmeal, uncooked
1/2 cup skim milk
1 egg white, lightly beaten
1 teaspoon Italian herb seasoning (optional)
Salt and pepper to taste

- Preheat oven to 375 degrees. Melt butter or margarine in a heavy skillet. Add mushrooms and onion and saute over low heat 4 to 5 minutes, or until onion is tender. Remove from heat and stir in spinach, half of the mozzarella cheese and all the Parmesan cheese.
- Combine turkey, 3/4 cup oatmeal, milk, egg white and herb seasoning in a mixing bowl. (If needed, add more oatmeal to thicken the meat mixture so it can be shaped.) Season with salt and pepper as desired. Mix thoroughly.
- Spoon 3/4 of meat mixture lengthwise down center of a 11x17-inch glass baking dish. Make a deep indentation down center of meat and fill with spinach mixture. Top with remaining meat mixture, sealing edges to completely cover filling.
- Bake 30-35 minutes or until cooked through. Sprinkle with remaining mozzarella cheese and return to oven 1-2 minutes or until cheese is melted. Let stand 5 minutes before slicing. Makes 4 servings.

Selection and Storage

Greens

(beet, spinach, chard, turnip, collard, mustard)

Look for fresh, young, crisp green leaves. Avoid dry, limp, or yellowed leaves. Refrigerate and use within 1–3 days.