

Savory Meatloaf with Mushroom Gravy

Family Circle Magazine

Servings: 12

Preparation Time: 30 minutes

Bake Time: 1 hour 10 minutes

Makes two six-serving loaves.

MEAT LOAF

2 tablespoons canola oil

3 pounds ground turkey

2 cups chopped onions

2 cups chopped carrots

1 cup unseasoned whole-wheat bread crumbs mixed with 1 cup 1% milk

1/2 cup grated Parmesan cheese

1/4 cup ketchup

4 eggs, lightly beaten

1 teaspoon salt

1 teaspoon poultry seasoning

1 teaspoon garlic -pepper blend

GRAVY

1 tablespoon canola oil

1/2 pound sliced mushrooms

1/4 cup all-purpose flour

3 cups low-sodium chicken broth

1/2 cup dry white wine

1/2 teaspoon poultry seasoning

1/4 teaspoon salt

Pre-heat oven to 400 degrees. Coat a large roasting pan with canola oil.

MEAT LOAF. In a large bowl, mix turkey, onion, carrot, bread crumb mixture, Parmesan, ketchup, eggs, salt, poultry seasoning and garlic-pepper. Divide in half; form into two loaf shapes. Place each in prepared pan. Bake for 60 to 70 minutes or until internal temperature registers 160 degrees on an instant read thermometer.

GRAVY. Heat oil in a large skillet over medium heat. Add mushrooms. Cook five minutes. Stir in flour; cook one minute. Gradually whisk in broth, wine, poultry seasoning and salt. Simmer three minutes.

Per Serving (excluding unknown items): 290 Calories; 16g Fat (50.3% calories from fat); 27g Protein; 9g Carbohydrate; 1g Dietary Fiber; 163mg Cholesterol; 472mg Sodium. Exchanges: 0 Grain(Starch); 3 1/2 Lean Meat; 1 Vegetable; 1 Fat; 0 Other Carbohydrates.