

BBQ Turkey Meatloaf

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Servings: 6

1 1/2 pounds ground turkey
1 large egg
1 medium onion, chopped
1 red or green pepper, chopped
1 cup uncooked Quaker Oats (Quick or Old Fashioned)
1/3 cup milk
2 teaspoons garlic salt
1 teaspoon dry mustard
3 tablespoons BBQ sauce

Preheat oven to 350 degrees.

Smear a 9x5-inch loaf pan with vegetable oil.

In a large bowl, combine the turkey, egg, onion, pepper, oats, milk, garlic salt and mustard. Mix well.

Place the mixture in the loaf pan. Top with the BBQ sauce.

Bake for 1 hour, uncovered.

Remove from the oven and let cool for 15 minutes.

Cut into 1/2 inch slices.

Per Serving (excluding unknown items): 199 Calories; 11g Fat (49.9% calories from fat); 22g Protein; 3g Carbohydrate; 1g Dietary Fiber; 127mg Cholesterol; 809mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1/2 Fat; 0 Other Carbohydrates.