

# Mediterranean Meatloaf



## Branch Area Careers Center

### Ingredients

1 ½ lb. lean ground turkey  
1 c. whole grain oatmeal  
½ c. diced, canned tomatoes  
1 egg  
1 Tbsp. low sodium soy sauce  
1 clove garlic, minced  
1 Tbsp. basil (fresh preferred)  
¼ tsp. dried oregano  
¼ sundried tomatoes, diced  
¼ c. Kalamata olives,  
chopped  
¼ c. feta cheese, crumbled  
½ each salt and pepper  
1 cup onion, diced

½ c. tomato sauce

### Directions

Preheat oven to 350 degrees.  
Mix the tomato sauce with two Tbsp. of the basil, set aside.  
Mix all the ingredients together, except the turkey.  
Once thoroughly combined add the turkey.  
Place in a large loaf pan, smoothing the top.  
Spread the tomato sauce over meatloaf.  
Bake until the internal temperature reaches 165 degrees, about 30 minutes.

### Nutritional Information

Calories per serving

Total Fat

Saturated Fat

Cholesterol

Sodium

Total Carbohydrates

Dietary Fiber

Protein

### Servings 8

165

6g

1g

41mg

523mg

41mg

3g

9g