

Cain's Corner

MARY ALICE CAIN, M.S., R.D., L.D.

Nutrition Tips from USAPEEC's
Registered Dietitian



Turkey Meatloaf

- 1 slice sourdough bread, torn into pieces
- 1/2 cup milk
- 1/2 yellow onion, diced
- 2 slices raw bacon, chopped
- 1 clove garlic, minced
- 1 1/2 lbs ground turkey breast
- 1 large egg, beaten
- 1 1/2 Tbsp ketchup
- 1 Tbsp low-sodium soy sauce
- 3/4 tsp salt
- 1/2 tsp red pepper flakes

Glaze:

- 1/4 cup ketchup
- 1 1/2 Tbsp dijon mustard
- 1/8 cup packed light brown sugar

- 1) Preheat oven to 350 degrees F. Lightly spray a loaf pan with cooking oil.
- 2) Soak the bread pieces in a bowl with the milk.
- 3) Over medium heat, cook the onion, garlic, and bacon until deep caramel brown (about 10 minutes). Let cool slightly.
- 4) Combine the turkey, egg, ketchup, soy sauce, salt, and red pepper flakes in a large bowl until well mixed. Add the milk-soaked bread pieces (discard any remaining milk) as well as the bacon mixture. Mix together well.
- 5) Heat the ketchup, mustard, and brown sugar in a saucepan over medium-low heat until sugar dissolves.
- 6) Press mixture into loaf pan then evenly spread glaze over top. Bake about one hour or until internal temperature measures 165 degrees F.

Subbing ground turkey breast for beef is a great way to cut saturated fat and calories from your homemade meatloaf. I also use low-sodium soy sauce to dial back the overall sodium of the dish - you will not miss the extra salt!

