***Barbeque Turkey Loaves***

Serving size: 1 mini turkey loaf

Serves 6

Ingredients:

6 Tbsp. barbeque sauce, divided

2 Tbsp. water

2/3 cup quick-cooking oats or old fashioned rolled oats

2 egg whites, lightly beaten

2 tsps. Chili powder

2 tsps. Worcestershire sauce

½ tsp. salt

1 pound ground turkey breast

1 small onion, chopped

½ red or green bell pepper, chopped

Directions:

1. Preheat oven to 375 degrees. Coat a 9x13- inch baking dish with cooking spray.
2. In a large bowl, combine 3 tablespoons of barbeque sauce and the water.
3. Add oats, egg whites, chili powder, Worcestershire sauce and salt. Mix well. Add turkey, onion and bell pepper; mix well.
4. Form mixture into 6 oval-shaped meat loaves and place in prepared baking dish; bake 30 minutes.
5. Spread remaining 3 tablespoons barbeque sauce over the tops and bake 5 more minutes, or until meat loaves are cooked and juices run clear.

Turkey loaves offer a healthier alternative to the traditional ground beef meatloaf recipes. This turkey loaf recipe offers 222 less calories and 22 grams less fat than the traditional meatloaf recipe. Not only does turkey meatloaf have less calories and fat but it also has the added benefit of fiber thanks to the oatmeal. This recipe also has 2 grams more protein than traditional meatloaf.