

Mediterranean Meatloaf!

1/4 cup sun-dried tomatoes

10-ounce package of chopped spinach

1/2 cup chopped onion

1/4 cup crumbled feta cheese

1 1/2 pounds ground turkey breast

1 cup oats old fashioned, uncooked

2 teaspoon minced garlic

1 teaspoon dried oregano

1/2 teaspoon salt (optional)

1/4 teaspoon ground black pepper

1/2 cup almond milk

Heat oven to 400 degrees

Soften tomatoes according to package directions; coarsely chop and set aside.

In small skillet, caramelize onion over low heat 4 to 5 minutes. Remove from heat; cool slightly. Stir in spinach & cheese; set aside.

In large bowl, combine turkey, oats, garlic powder, oregano, salt, if desired, pepper, almond milk and sun-dried tomatoes; mix lightly but thoroughly. Shape 2/3 of turkey mixture into 9-by-6-inch loaf in 13-by-9-inch baking dish. Now spread your spinach mixture evenly. Top with remaining turkey mixture to completely cover spinach filling. Bake 30 to 35 minutes or until juices run clear when pierced with fork. Let stand 5 minutes before slicing.

Yield: 8 servings

Nutrition information per serving (1/8 of recipe): 160 calories, 3 grams fat (1 gram saturated, 17 percent fat calories), 24 grams protein, 12 grams carbohydrate, 40 milligrams cholesterol.