

Mediterranean Meatloaf

Ingredients

Filling:

1 Tablespoon olive oil
½ cup chopped onion
10 oz. package of chopped frozen spinach, thawed and water squeezed out
4 oz. feta cheese, crumbled
1 egg or 2 egg whites

Meatloaf:

1 1/2 lb. ground turkey
1 cup oats (quick or old fashioned)
1/3 cup chopped sundried tomatoes, rehydrated
1 teaspoon garlic powder
1 teaspoon Italian seasoning (or ½ teas. basil plus ½ teas. oregano)
½ cup milk
1 egg or 2 egg whites
1 teaspoon salt
½ teaspoon pepper
Optional -Glaze- Approximately 1 Tablespoon Gravy Master mixed with 2 Tablespoons oil

Mise en place! (Everything in its place)

Directions

Preheat oven to 350°

1. Compose filling: Sauté onions in olive oil until soft. Cool.
2. Using your hands, combine spinach, feta, onions and egg in small bowl.
3. Compose meatloaf: In large bowl, mix the meatloaf ingredients together with your hands.
4. Divide meatloaf mixture – use 2/3 for bottom and 1/3 for the top.
5. Shape 2/3 of the mixture on roasting pan into an oval shape, creating a cavity in the middle and leaving about 1 ½ inches around the edges of the loaf. Be careful not to make the bottom too thin. The widest part of the loaf should not exceed 6".
6. Gently place the filling in the loaf cavity.
7. Place the remaining turkey mixture on top and seal the edges.
8. Bake for approximately 45 minutes or until food thermometer reaches 165°. If using glaze, remove at 35 minutes, brush on glaze and return to oven for 10 minutes.
9. Important- Run spatula under loaf to loosen from pan. Let rest at least 10 minutes before you slice it.