MEATLOAF

COOK TIME: 60 min | PREP TIME: 10 min | SERVINGS: 4-5

INGREDIENTS

- 1 lb ground turkey
- ¾ cup crushed crackers/breadcrumbs
- ½ cup milk
- 1 small onion, finely chopped
- 1 egg
- 2 cloves garlic, minced or 2 tbsp garlic powder
- 1 tsp salt
- 1 tsp black pepper

For the glaze:

- ½ cup ketchup
- ¼ cup brown sugar
- 2 tbsp Worcestershire sauce

PREPARATION

1. Preheat oven to 350°F. Lightly grease a rimmed baking sheet.
2. Mix turkey, crackers, milk, onion, egg, garlic, salt and pepper until just combined. Shape into a loaf and place on baking sheet.
3. Bake for 30 minutes. Carefully drain excess liquid.
4. Mix glaze ingredients and spread over meatloaf.
5. Bake for another 30 minutes, or until the center reaches 160°F.
6. Let rest for a few minutes before slicing and serving.

