



Dash
of
Wellness

Spinach Stuffed Turkey Meatloaf

I
ILLINOIS
Extension

COLLEGE OF AGRICULTURAL, CONSUMER
& ENVIRONMENTAL SCIENCES

1 Tbsp. olive oil
1 lb. 93% ground turkey
5 oz. baby spinach, washed
1 cup onion chopped
1 egg
¼ cup whole wheat breadcrumbs

1 Tbsp. ketchup
1 Tbsp. Worcestershire sauce
1 tsp. garlic, minced
1 tsp. ground black pepper
½ tsp. ground thyme
¼ tsp. salt

Meatloaf toppings

¼ cup ketchup
2 Tbsp. brown sugar
1 tsp. dry mustard
¼ tsp. nutmeg

Directions

1. Preheat oven to 350°F. Wash hands with soap and water. Spray a 5 X 8 ½ inch loaf pan with cooking spray. Heat olive oil in a medium skillet. Sauté onions for about 5 minutes or until light golden color. Add garlic and continue cooking another minute. Transfer to a bowl.
2. Add spinach to skillet and stir about 3 minutes or until spinach is wilted. Set aside.
3. In a large bowl combine ground turkey, salt, pepper, thyme, Worcestershire sauce, 1 tablespoon ketchup, egg, and breadcrumbs. Mix well.
4. Press turkey mixture onto a plastic wrap in a shape of a rectangle. Spread spinach and onion mixture over the top of the ground turkey.
5. Use plastic wrap and roll turkey and spinach mixture up into a loaf shape. Place seam down in loaf pan. Wash hands with soap and water. Bake for 40 minutes.
6. Mix all remaining ingredients together and set aside. After meatloaf is baked for 40 minutes, carefully remove from the oven spread topping over meatloaf and bake another 20 minutes.
7. Cook until internal temperature reaches 165°F on a food thermometer. Cover and let rest for 10 minutes. Enjoy! **Yield:** 4-4 oz. Servings

Nutrition Facts (per serving): 313 calories, 14 grams fat, 556 milligrams sodium, 23 grams carbohydrate, 3 grams fiber, 25 grams protein

Find more diabetes friendly recipes on [University of Illinois Extension: Recipes for Diabetes.](#)

*University of Illinois Extension provides equal opportunities in programs and employment.
State • County • Local Groups • United States Department of Agriculture Cooperating*