



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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Spinach Stuffed Turkey Meatloaf



1 Tablespoon olive oil
1/2 cup chopped onion
1 teaspoon minced garlic
5 oz. fresh baby spinach
1 lb. lean ground turkey
1/4 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon ground thyme
1 Tablespoon Worcestershire sauce

1 Tablespoon ketchup
1 egg
1/4 cup whole wheat breadcrumbs

Topping:

1/4 cup ketchup
2 Tablespoons brown sugar
1 teaspoon dry mustard
1/4 teaspoon nutmeg



Instructions: Preheat oven to 350 °F. Spray a 5 x 8 1/2-inch loaf pan with cooking spray. Heat oil in a medium skillet. Sauté onions for 5 minutes. Add garlic and stir another minute. Transfer to a bowl. Add spinach to skillet and stir about 3 minutes or until spinach is wilted. Set aside. In a large bowl add ground turkey, salt, pepper, thyme, Worcestershire, 1 tablespoon ketchup, egg, and breadcrumbs. Mix well. Press turkey mixture onto plastic wrap in the shape of a rectangle. Spread spinach and onion mixture over the top of the ground turkey.

Lift plastic wrap and roll turkey and spinach mixture up into a loaf shape. Place seam down in loaf pan.

Mix all topping ingredients together and set aside. Bake at 350 ° F for 40 minutes. Spread topping evenly over turkey loaf. Continue baking in oven for 20 minutes or until internal temperature reaches 165 ° F.

Yield: 4 servings

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