



**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*