



# Dave's Famous Turkey Meat Loaf

Makes 6 Servings

## Ingredients

- 2 lbs of ground Turkey
- 1 teaspoon of olive oil
- 1 diced Onion
- 1 teaspoon of Garlic (optional)
- 1/3 cup Dried Tomatoes
- 1 cup of Whole Wheat Bread Crumbs
- 1 Whole Eggs
- 1/2 cup of Parsley
- 1/4 cup of Low Fat Parmesan
- 1/4 cup Skim Milk
- Salt and Pepper
- 1 teaspoon of Oregano

## Directions

1. Cook the Onion with Olive Oil separately
2. Mix everything together in a big bowl, add the cooked onion
3. Put the mix in a big pan
4. Bake at 375-400 F for about 30mins

## Nutritional Facts

(Per Serving)

- Calories: 393
- Protein: 46
- Carbohydrates: 14
- Fat: 17

**Chicken and Poultry**

