

Bacon-Spinach Turkey Meatloaf with Tomato Jam

Servings: 4

Adapted from Eat Better America

Ingredients

1/2 cup chopped onion

1 tablespoon minced garlic

Meatloaf

1/2 tablespoon tomato paste

1/2 package lean ground turkey

1 cup spinach

1 slice uncooked bacon, chopped

1/8 cup fat-free milk

1/4 cup panko bread crumbs

1/2 teaspoon salt

1/4 teaspoon pepper

2 egg whites

Jam

1 tablespoon packed brown sugar

1/2 tablespoon lemon juice

1 15 oz can whole peeled tomatoes

1 teaspoon grated lemon peel

1/4 teaspoon crushed red pepper flakes

Preparation

- 1) Heat oven to 350°F. In small bowl, place 1/4 cup of the onion and half of the garlic; reserve for jam. Spray 8-inch skillet with cooking spray; heat over medium-high heat. Add remaining onion to skillet; cook 3 minutes, stirring frequently, until tender. Add spinach; cook 2-3 minutes longer or until wilted. Reduce heat to low; add tomato paste. Cook 2 minutes, stirring occasionally. Remove from heat; stir in remaining garlic.
- 2) Spray loaf pan with cooking spray. In large bowl, mix onion mixture and all remaining meat loaf ingredients. Shape into loaf pan and place in oven. Bake 1 hour or until meat thermometer inserted in center of loaf reads 160°F. Let stand 10 minutes.
- 3) Meanwhile, make jam. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Add reserved onion and garlic to skillet; cook 3 minutes, stirring frequently, until golden. Add brown sugar and lemon juice, stirring to

loosen browned particles from bottom of skillet. Stir in remaining jam ingredients; break up tomatoes with spoon. Heat to boiling; reduce heat. Simmer uncovered 20 minutes, stirring occasionally, until mixture begins to thicken. Strain jam through fine strainer; discard liquid.

4) To serve, cut loaf into 4 slices; top each slice with about 3 tablespoons warm jam.

Roasted Asparagus

Ingredients

1/2 lb fresh asparagus, ends trimmed

1 tablespoon olive oil

Garlic salt

Pepper

Preparation

1) Preheat oven to 400 degrees.

2) On a baking pan, toss together asparagus and olive oil. Season with garlic salt and pepper.

3) Roast in oven for 15-18 minutes or until crisp-tender.