

Turkey-Zucchini Meat Loaf

(from the September 1998 issue of Bon Appetit magazine)

Yield: 8 servings

Ingredients:

1.25 pounds ground turkey	1 large egg
1 cup coarsely grated zucchini	1 teaspoon salt
¾ cup finely chopped onion	½ teaspoon each—ground
½ cup dry seasoned breadcrumbs	black pepper and garlic powder
¼ cup chopped fresh parsley	¼ cup peach preserves
	4 teaspoons Dijon mustard

Procedure:

Preheat oven to 350 F. Combine turkey, zucchini, onion, breadcrumbs, parsley, egg, salt, pepper and garlic powder in large bowl and mix well. Shape mixture so it fits into a 9 x 5 x 3-inch loaf pan that's been sprayed with vegetable oil and begin baking. Meanwhile, stir preserves and mustard together in a small bowl. After 45 minutes, remove the meat loaf from the oven, spread the glaze over top and return to oven. Bake until a thermometer inserted into the center registers 165 F, or about 20 minutes longer. Transfer meat loaf to platter and let

contains 230
calories and
10.5 grams of
fat per serving
(about a 1-inch slice)

stand for five or 10 minutes before cutting crosswise into slices and serving. Two tasty accompaniments would be oven-roasted new potatoes and garden-fresh green beans with toasted almond slivers.

A serving of Turkey Zucchini Meat Loaf also contains some vitamins A and C from the added produce. Turkey is an excellent source of protein that's lower in fat than most other types of ground meat.

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