

Basic Turkey Meatloaf



Ingredients:

- 1 pound lean ground turkey
- 1/2 cup old-fashioned oats, uncooked
- 1 egg
- 1/2 cup chunky salsa
- 2 stalks celery, chopped
- 2 cloves garlic, minced

Directions:

1. Preheat oven to 350 degrees F.
2. Combine all ingredients. Mix well.
3. Bake in a loaf pan about 1 hour or until it reaches an internal temperature of 165 degrees with a meat thermometer.

Makes 5 servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>