



- MAIN DISHES -

CRANBERRY TURKEY MEATLOAF

The Ingredients:

2 LB (93% lean) Ground Turkey
2 large Leeks, whites and light
green parts only, rinsed
and finely chopped
4 large Celery Stalks, finely chopped
1 TBSP Extra-Virgin Olive Oil
½ CUP dried Cranberries

1 large Egg, lightly beaten
¾ CUP cooked Bulgur
½ CUP canned Cranberry Sauce
2 TBSP Fresh Sage, chopped
(or 2 TSP dried Sage)
½ TSP Spice of Life
¼ TSP Ground Black Pepper



prep time

1 hour 15 minutes



portion for

4 people



serve

hot

Cooking Steps:

1. Preheat oven to 375°F. Coat a large rimmed baking sheet with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add the vegetables and cook, stirring occasionally, until tender and most of the liquid has evaporated, 5 to 10 minutes. Transfer to a large bowl and let cool for 10 minutes.
3. Add cranberries, sage, Spice of Life and pepper to the vegetables; stir to combine. Stir in egg and bulgur. Add ground turkey and gently knead the mixture into the meat; do not overmix! Pat the meat mixture into a loaf shape (about 12 by 5 inches) on the prepared baking sheet. Spread cranberry sauce on top.
4. Bake the meatloaf until an instant-read thermometer inserted in the center registers 165°F, 40 to 45 minutes. Let rest for 10 minutes before slicing.