



GLASSES
GOES
GLUTEN
FREE



TURKEY & VEGGIE BALSAMIC MEATLOAF

HEALTHIER VERSION OF YOUR FAVORITE COMFORT FOOD

YOU WILL NEED:

- 2 lbs ground turkey
- 1 zucchini, chopped into a fine dice
- ½ red pepper, chopped into a fine dice
- 1 Tablespoon minced garlic
- 1 cup gluten-free oats (Quick oats usually work best)
- 1 teaspoon dried thyme
- ½ teaspoon salt
- 2 large eggs
- ½ cup ketchup
- 2 Tablespoons balsamic vinegar

Topping:

- ¼ cup ketchup
- 1 Tablespoon balsamic vinegar

- 1 Preheat oven to 425 degrees and grease a 9x5 baking dish. Place ground turkey, diced zucchini and pepper, minced garlic, oats, thyme and salt in a large mixing bowl. Mix together until combined.
- 2 In another small bowl, whisk together eggs, ketchup, and vinegar and add to turkey mixture. Stir together until turkey and ketchup mixture are evenly mixed together. (I always use my hands as it works the best!)
- 3 Press mixture into your greased pan and bake for 60 minutes. In a small bowl, stir together your ¼ cup ketchup and 1 Tablespoon of balsamic vinegar.
- 4 After 60 minutes has passed, take out meatloaf and coat top of meatloaf with ketchup and vinegar mixture.
- 5 Place back into oven for an additional 10-20 minutes. Let rest at least 15 minutes before slicing - makes about 8 servings.