

FOOD & DINING

Put a healthy spin on an old family favorite



Meatloaf is a dinnertime staple for many families. A favorite of adults and children alike, meatloaf can be prepared however cooks see fit, making it a versatile dish for family dinners. Parents who want to enjoy meatloaf with their families and do so while promoting healthy diets can try the following recipe for “Turkey, Vegetable & Oat Mini-Meatloaves with Marinara Sauce” from Michelle Dudash’s “Clean Eating For Busy Families” (Fair Winds).

TURKEY, VEGETABLE & OAT MINI-MEATLOAVES WITH MARINARA SAUCE

Serves 6

- Expeller-pressed canola oil spray
- 1 8-ounce package crimini (baby bella) mushrooms (about 2 1/2 cups)
- 1 small yellow onion, cut into eighths
- 4 cloves garlic, minced
- 1 tablespoon extra-virgin oil
- 1 cup dry rolled oats
- 2 large eggs
- 1 pound lean ground turkey (or beef or bison)
- 1 3/4 cups pasta sauce, divided
- 3 tablespoons red wine vinegar
- 1 tablespoon Italian herb seasoning

- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

Preheat oven to 375 F. Coat a 9 x 13-inch baking pan or 6 mini loaf pans with spray. Pulse mushrooms in a food processor until finely chopped and add them to a large bowl. Repeat with onion and garlic.

Place a large frying pan over medium heat and add oil. When oil is shimmering, add vegetables and sauté for 7 minutes or until water releases and evaporates completely, lowering the heat as necessary. Set aside.

Process the oats until they are of a fine consistency. Whisk the eggs in the bowl used for the vegetables. Add processed oats, turkey, 3/4 cup of pasta sauce, cooked vegetables, vinegar, Italian seasoning, salt, and pepper and stir together with a fork until blended.

Scoop the mixture into 6 mounds on the pan or into each mini-loaf pan, about 3/4 cup each. Shape each mound into a 4 x 2-inch loaf. Spread remaining 1 cup of pasta sauce on top of the loaves, distributing evenly. Bake on middle rack for 25 minutes, turning pan midway through cooking, until loaves are firm or a thermometer inserted in the middle reads at least 165 F. Allow loaves

to rest for 5 minutes before serving.

Recipe Notes: You can finely chop vegetables with a knife rather than using a food processor if you prefer. W

Whole oats can be added to the meat mixture for a more rustic texture.

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