

## Turkey Meatloaf

Makes 8 servings @ 4 points or 6 points plus

### Ingredients

- 1 1/4 lbs ground turkey
- 1 1/2 cups onions, chopped
- 1 tablespoon garlic, minced
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons Worcestershire sauce
- 1/3 cup fresh parsley, finely chopped
- 1/4 cup ketchup
- 1 cup quick oats (not instant)
- 1/2 cup plain yogurt
- 1 whole egg, lightly beaten

### Preparation

1. Preheat oven to 400 degrees.
2. In a non-stick skillet, cook onion and garlic in oil over moderate heat.
3. Stir continuously until onion is softened (about 2 minutes).
4. Place onion and garlic in mixing bowl with salt, pepper, Worcestershire sauce, parsley and ketchup.
5. Mix well.
6. Stir in oats, yogurt and egg.
7. Let stand 5 minutes.
8. Add turkey and mix well with your hands.
9. Place turkey mixture in a lightly oiled standard bread pan.
10. Bake 50 to 55 minutes (until meat thermometer inserted into meatloaf registers 170 degrees).
11. Let stand 5 minutes before serving.