Hearty Turkey Meatloaf
Serves 4-6

1 ½ lbs ground turkey, raw
1 large egg white
½ cup quick oats, dry
1 small tomato, chopped (or ¼ cup drained, chopped canned tomatoes)
1 medium onion, chopped
1 tsp minced garlic
½ cup tomato sauce
¼ cup water
¼ tsp hot sauce
½ tsp salt

Preheat oven to 350-degrees. In a large bowl, mix all ingredients together, mashing and kneading with your hands, until well combined. Place in a loaf pan, or use a large baking pan and shape into a loaf. Bake at 350-degrees for 45-50 minutes or until meat is done.

Serving size: 1 slice (about 1/6 of loaf)
215 calories per serving, 22 grams protein, 10 grams fat, 9 gram carbs, 1 gram fiber