



Herbed Turkey-White Bean Meatloaf with Parmesan Crust

Prep: 25 minutes plus standing

Bake: 55 minutes • Serves: 6

- 1 cup reduced fat milk
- ½ cup Italian-seasoned breadcrumbs
- ½ cup quick oats
- 1 pound 85% lean ground turkey
- 1 can (15.5 ounces) cannellini beans, drained and rinsed
- 2 garlic cloves, minced
- 1 medium shallot, finely chopped
- 1½ tablespoons chopped fresh parsley
- 2 teaspoons chopped fresh rosemary and/or sage
- ¾ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- ¼ cup grated Parmesan cheese
- 1 tablespoon olive oil
- Marinara for serving (optional)

1. Preheat oven to 375°. In medium bowl, stir milk, breadcrumbs and oats; let stand 15 minutes.

2. In large bowl, gently mix turkey, beans, garlic, shallot, 1 tablespoon parsley, 1 teaspoon rosemary, salt, pepper and milk mixture. In small bowl, stir cheese and remaining ½ tablespoon parsley and 1 teaspoon rosemary.

3. Line 9 x 5-inch loaf pan with parchment paper. Spread turkey mixture in prepared pan; brush with oil and sprinkle with cheese mixture. Cover pan with aluminum foil; bake 35 minutes. Remove foil; bake 20 minutes or until internal temperature reaches 165° and top is lightly browned. Let meatloaf stand 10 minutes.

4. Cut meatloaf into 12 (¾-inch-thick) slices; serve with marinara, if desired.

Approximate nutritional values per serving (2 slices):

286 Calories, 12g Fat (3g Saturated), 53mg Cholesterol, 646mg Sodium, 26g Carbohydrates, 5g Fiber, 3g Sugars, 19g Protein

Dietitian's Dish

> Using oats in addition to breadcrumbs helps reduce the sodium from the breadcrumbs. You can also use no salt added cannellini beans to cut that down further. Including these items may make your heart and gut healthier.