Turkey Mushroom Loaf

EASY RECIPE

½ cup whole-grain oats

½ cup onion, chopped

2 lbs **ground turkey**

2 eggs, beaten

1 cup fresh **mushrooms**, minced

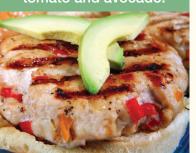
½ tsp salt

¼ tsp **pepper**

¼ tsp paprika

- 1. Preheat the oven to 375°F.
- 2. In a large bowl, combine all ingredients. Transfer mixture to 9- x 13-inch baking dish and shape into a loaf about 5 inches wide and 3 inches high.
- **3.** Bake about 50-60 minutes or until instant-read thermometer registers 165°F.
- **4.** Remove from oven; rest for 10 to 15 minutes before slicing.

Serving idea:
Turn loaf into burgers with
whole-grain buns, sliced
tomato and avocado.



Makes 9 slices. Per slice:

186 calories | 21.8g protein | 9g total fat | 2.4g saturated fat | 3.2g mono fat | 3.5g poly fat 111mg cholesterol | 4.2g carbohydrate | 0.5g sugar | 0.6g fiber | 202mg sodium