

Turkey Mushroom Loaf

- 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.

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

EASY | RECIPE



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