

Savory Home-style Turkey Meatloaf with Brown Basmati Rice

2 1/2 lb. Diestel ground turkey
1 medium onion, chopped
1 stalk celery, chopped
1 t. Spectrum canola oil
2 egg whites
1/2 c. nonfat milk
3/4 c. cooked Lundberg Brown Basmati Rice
1/2 c. Muir Glen catsup
1/2 t. each oregano and thyme
1/2 t. freshly ground black pepper
1 t. sea salt
1/4 t. garlic powder
1 t. paprika
1 t. Worcestershire sauce

Sauté the vegetables in the oil until the onion is translucent. Cool the vegetables and combine them gently with the turkey and breadcrumbs in a large bowl. Add all of the remaining seasoning ingredients to the egg whites and the catsup. Mix well and then pour over the turkey mixture. Using clean hands, gently mix the ingredients together. Over-mixing will result in a tough meatloaf. Form into a loaf on top of a baking sheet lined with parchment paper or use 2 regular meatloaf pans. Cook for 30 minutes, until the top is browned nicely. If using an instant-read thermometer, the internal temperature should register 165° F. Serves 8.