



For Kids! BBQ Turkey Meatloaf and Mashed Potatoes ~ choose one side item to complete your meal

BBQ Turkey Meatloaf

6 servings

1-1/4 lb	Lean ground turkey
3	Carrots, peeled and grated
6	Saltine crackers, crumbled
1 medium	Onion, chopped
1 large	Egg
¼ tsp	Black pepper
½ tsp	Basil, dried (or 1 tsp fresh basil, chopped)
½ tsp	Oregano, dried (or 1 tsp fresh oregano, chopped)
¼ cup	Tomato sauce
1/3 cup	Barbecue sauce



*** Lean Ground Turkey is on sale this week.**

Preheat oven to 350 degrees. Mix together all ingredients except barbecue sauce. Shape into a meatloaf shape and place into a loaf pan, or shape and place in a shallow baking pan. Bake 50 minutes, until meat thermometer reads 165 degrees. Allow cooked meatloaf to rest 5 minutes before slicing. Pour barbecue sauce on top.

Recipe Nutrition per serving

162 calories; 25 gm protein; 10 gm carbohydrate; 2 gm total fat; 1 gm saturated fat; 97 mg cholesterol; 2 gm fiber; 288 mg sodium

To Make Mashed Potatoes: Wash and peel potatoes with a vegetable peeler or sharp knife. Cut into fourths. Place in a saucepan and cover with water. Turn burner to high until the water boils. Then, turn down heat and simmer about 20 minutes until potatoes are soft. Drain water and mash potatoes with a little butter and low fat milk until creamy. Dust lightly with salt and pepper to taste.

Side Items:

- 1. Steamed Fresh Cabbage (red or green)** – Affordable, staple ingredient: Fresh cabbage

To Make: Wash cabbage. Cut cabbage into 2 “ length pieces and place in a saucepan. Add 1/4 - ½ cup water and cover. Cook on medium heat until cabbage is fork-tender. Drain water and dust with salt & pepper to taste.

- 2. Onion Flavored Green Beans or Broccoli** – Affordable, staple ingredient: LFS Frozen Green Beans or LFS Frozen Broccoli Cuts

To Make: Chop up ½ small onion for topping. Cook frozen green beans or broccoli according to package directions. Drain water. Add onions to the top. Dust with salt and pepper to taste.

- 3. Orangey Carrots** – Affordable, staple ingredient: Fresh carrots

To Make: Peel and wash carrots. Cut each carrot into coin-shaped pieces, about ½ “ wide. Place in a saucepan and cover with water. Cook on medium high until carrots are fork-tender. Drain water. Add ¼ cup orange juice and/or 1 tsp orange zest and stir.