

SENIOR ADVOCATE

Prime News for Those in Their Prime

Southwestern Meatloaf

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Did you know that meatloaf grew popular in the United States during the Industrial Revolution when ground beef became much less expensive and more readily available?

Since that time, meat loaf variations have been introduced and promoted by cookbooks, magazines, and restaurants.

This month's recipe takes that old family favorite and gives it a new, healthier twist by using lean ground turkey, iron-packed spinach and lycopene-rich tomatoes.

Southwestern Meatloaf

- ½ cup rolled oats (not quick cooking or instant)
- 2 egg whites, beaten until frothy
- 1 can (14 oz.) diced tomatoes
- 1 ¼ lbs. 93% lean ground turkey
- 1 Tbsp. chili powder
- 1 tsp. oregano
- 1 package (10 oz.) frozen spinach, defrosted, squeezed dry and finely chopped
- ½ cup small (nibbled) corn kernels (frozen or fresh)
- Salt and freshly ground black pepper, to taste
- ¼ cup chilisauce or ketchup

Preheat the oven to 375 degrees. In a large bowl, use a fork to mix together the oats, egg whites and tomato. Add the turkey, chili powder and oregano. Mix in the spinach and corn until they are well blended. Season to taste with salt and pepper.

Transfer the mixture to an 8 x 5 x 3 inch loaf pan. Bake, uncovered, for 45 minutes. Remove the meatloaf from the oven and spread the chili sauce (or ketchup) over the top. Return the loaf to the oven and continue baking until the internal temperature of the meatloaf reaches 165 degrees on a meat thermometer.

Transfer the meatloaf from the oven to a rack on a counter and let it sit for 15 minutes before slicing. Makes 8 servings.

Recipe courtesy of the *American Institute for Cancer Research*.

For more information, contact Texas Cooperative Extension-Travis County at 512/854-9600.

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