

Turkey Meatloaves w/ Cauliflower Purée

1 ¼ lbs. Ground Turkey	¼ tsp. Onion Powder
1 ½ C. Yellow Onion, diced	½ C. Rolled Oats
1/3 C. Sun-Dried Tomatoes, diced	1 Egg
3 C. Fresh Spinach, chopped	1 Tbsp. Extra Virgin Olive Oil
1 tsp. Garlic Salt	3 C. Cauliflower
¼ tsp. Pepper	1 Tbsp. Butter, Unsalted
¼ tsp. Poultry Seasoning	1/3 C. Cheese
¼ tsp. Celery Salt	¼ C. Ketchup

Heat oven to 400°F. Boil the cauliflower in a saucepan for about 5 minutes, until tender. Meanwhile, heat a large skillet over medium heat, and add olive oil. Sauté onions until translucent, about 3 minutes. Add in sun-dried tomatoes, and sauté a minute more. Season with ½ tsp. Garlic salt & some pepper to taste. Add spinach, and cook until just wilted, then turn off the heat. In a large mixing bowl, add the turkey, remaining spices, rolled oats, egg, and cooled veggie mixture. Mix until just combined, shape into loaves, return them to the pan that the veggie mixture was cooked in, top with ketchup if desired, and place in oven for 25-30 minutes, until done. Drain the cauliflower, add the butter, cheese, and salt and

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pepper to taste, and blend with a hand held blender. Place a scoop of the mixture on a plate, and top with one of the meatloaves.

Nutrition Information:

Servings	4
Calories	361
Fat	12.7g
Cholesterol	148.3mg
Sodium	663.1mg
Carbohydrates	23.4g
Fiber	4.7g
Sugars	7.8g
Protein	42.3g

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