



Turkey - Veggie Meat Loaf

Meat

INGREDIENTS

Meat Loaf:

- 1 large red bell pepper
- 1 large green bell pepper
- 1 pounds baby portobello mushrooms, coarsely chopped
- 1 tablespoon olive oil
- 1 cup 1/2-inch asparagus pieces
- 1/2 cup chopped red onion
- 1 cup panko (Japanese breadcrumbs) toasted
- 1 cup walnuts, chopped fine and toasted
- 1 lb ground turkey (7% fat)
- 2 tablespoons chopped fresh basil
- 1 tablespoon ketchup
- 1 teaspoon Dijon mustard
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 4 oz. (half cup) Parmigiano-Reggiano cheese, grated
- 2 large eggs, lightly beaten
- Cooking spray for pan

Topping:

- 2 tablespoons ketchup
- 1 tablespoon vegetable broth
- 1/4 teaspoon Dijon mustard

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DIRECTIONS

1. Preheat broiler to high;
2. To prepare meat loaf, cut bell peppers in half lengthwise; discard seeds and membranes. Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 12 minutes or until blackened. Place in a paper bag; fold to close tightly. Let stand for 10 minutes. Peel and finely chop. Place bell peppers in a large bowl;
3. Reduce oven temperature to 350°;
4. Place about one-half of mushrooms in a food processor; pulse 10 times or until finely chopped. Transfer chopped mushrooms to a bowl. Repeat procedure with remaining mushrooms;
5. Heat a large nonstick skillet over medium-high heat. Add oil to pan; swirl to coat. Add mushrooms to pan; sauté 15 minutes or until liquid evaporates, stirring occasionally. Add mushrooms to bell peppers and put into large bowl.
Wipe pan with paper towels. Add asparagus and onion to pan; sauté 6 minutes or until just tender, stirring occasionally. Add onion mixture to mushroom mixture;
6. Arrange breadcrumbs in an even layer on a baking sheet; bake at 350° for 10 minutes or until golden. Add breadcrumbs and the remaining ingredients (through eggs) to mushroom mixture, stirring well. Spoon mixture into a 9 x 5-inch loaf pan coated with cooking spray; press gently to pack. Bake at 350° for 45 minutes or until a thermometer registers 165°;
7. To prepare topping, combine 2 tablespoons ketchup and remaining ingredients in a small bowl; brush ketchup mixture over meat loaf. Bake an additional 10 minutes. Let stand 10 minutes; cut into 6 slices.

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