



Recipe of the Month – November

Sweet Potato-Turkey Meatloaf

Serves 4

Serving Size 1 slice

Ingredients:

1 large	sweet potato
¼ cup	ketchup
1	large egg
1	small sweet onion, finely chopped
¼ cup	honey barbeque sauce
2	cloves garlic, minced
¼ cup	ketchup
2 Tbsp	dijon mustard
1 pound	ground turkey breast
2 slices	whole what bread, torn into small crumbs
1 Tbsp	black pepper
1 tsp	salt to taste

Directions:

1. Preheat oven to 350°F
2. Lightly grease a 2 quart baking dish.
3. Bring a pot of lightly salted water to a boil.
4. Add sweet potato and cook until soft (about 10 minutes)
5. Drain the sweet potato
6. Mash sweet potato until smooth
7. Put ground turkey, egg, sweet onion, garlic, barbeque sauce, ketchup, dijon mustard, and bread crumbs in a large mixing bowl and mix together
8. Season to taste with salt and pepper
9. Add the sweet potatoes and mix completely
10. If mixture is too wet, add more bread crumbs
11. Use hands to form mixture into a loaf shape, then place in the baking dish
12. Bake for 1 hour. Slice the loaf to serve

NUTRITION FACTS PER SERVING: Calories 200, Total Fat 6g , Saturated Fat 0.5g, Trans Fat 0g, Cholesterol 5mg, Sodium 220mg, Total Carbohydrate 24g, Dietary Fiber 3g, Sugars 6g, Protein 12g