

Turkey and Quinoa Meatloaf

Nutrition Facts:	
Yield	5
Calories	260
Fat	11 g
Sodium	968 mg

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Ingredients Needed:

¼ cup quinoa
½ cup water + 1 tsp.
1 tsp. olive oil
1 small onion, chopped
1 large clove garlic, chopped
20 oz. ground turkey
1 Tbsp. tomato paste
1 Tbsp. hot pepper sauce
2 Tbsp. Worcestershire sauce + 2 tsp.
1 egg
2 Tbsp. brown sugar

Recipe Directions:

- Bring quinoa and water to boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Let cool and set aside.
- Preheat oven to 350 degrees.
- Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and cook for another minute; remove from heat and cool.
- Stir the turkey, cooked quinoa, onions, tomato paste, hot sauce, 2 Tbsp. Worcestershire sauce, egg, salt, and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foiled lined baking sheet. Combine the brown sugar, 2 tsp. Worcestershire sauce, and 1 tsp. water in a small bowl. Rub the paste over the top of the meatloaf.
- Bake in the preheated oven until no longer pink in the center, about 50 minutes. Let the meatloaf cool for 10 minutes before serving.



