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## *Reduced Sodium Turkey Meatloaf*

*Serves 8 to 10*

### *Ingredients:*

#### **Meat mixture:**

2 lbs. turkey breast meat, ground  
1 lb. turkey thigh meat, ground  
1½ medium onions, minced  
3 garlic cloves, minced  
1 green bell pepper, diced  
zest of 1 lemon  
2 carrots, grated  
½ can low sodium tomato paste  
2 TBSP Dijon mustard  
2 or 3 egg whites  
1 cup matzo meal or whole wheat bread crumbs  
½ to ¾ cup milk, broth, or water  
1 tsp dried rubbed sage  
½ tsp dried thyme  
¼ tsp pepper  
1 tsp sea salt, or kosher salt

#### **Optional Sauce:**

½ cup catsup  
4 TBSP Dijon  
1 to 2 TBSP honey or agave

### *Preparation:*

1. Preheat the oven to 350°.
2. Mix all ingredients (except optional sauce ingredients) together in a large bowl with fingers. Fill 12 muffin tins and 3 mini loaf pans, with the meat mixture.
3. If using the optional sauce, mix catsup, Dijon, and honey or agave together and spoon on top of the turkey loaves.
4. Cover with foil and bake the muffins for 30 minutes. After removing the muffins from the oven, leave the loaves in to bake for 15 minutes more.



*Food Fairy Note:*

Adapted from: *Turkey Meatloaf*, The Food Fairy