

Stuffing Meatloaf with Cranberry Glaze

Prep: 10 minutes | Cook: 50 minutes | Total: 1 hour

Yield: 6 servings | Serving Size: 1 slice

Ingredients

⅓ cup cranberry sauce (store-bought or homemade)
2 tablespoons ketchup
1 teaspoon Dijon mustard
⅓ cup cubed whole-wheat bread (about 2 bread slices, or ½ cup panko breadcrumbs)
1 egg, lightly beaten
1 tablespoon unsalted butter
1 tablespoon olive oil
¾ cup finely diced apple (about 1 medium apple)
½ cup finely diced celery (about 2 stalks celery)
½ cup diced onion (about ½ medium onion)
3 cloves garlic, minced (about 1½ teaspoons)
1½ teaspoons dried thyme
1½ teaspoons rubbed sage
½ teaspoon salt
½ teaspoon ground black pepper
1 pound (16 ounces) lean ground turkey (90% lean or higher)

Directions

1. Preheat the oven to 375°F. Line a baking sheet with parchment paper and set aside.
2. Whisk together the cranberry sauce, ketchup, and mustard in a small bowl. Set aside.
3. Add the bread cubes and egg to a medium mixing bowl. Stir to combine and set aside.
4. Preheat a large skillet or sauté pan over medium heat.
5. Add the butter and oil. Heat until melted and shimmering.
6. Add the apple, celery, and onion. Cook until softened, about 8-10 minutes.
7. Add the garlic, thyme, sage, salt, and black pepper. Cook until fragrant, about 1-2 minutes.
8. Remove the pan from the heat and set aside to cool slightly.
9. Add the ground turkey and apple-vegetable mixture to the bowl with the bread mixture. Gently knead to combine.
10. Transfer the turkey mixture to the prepared baking sheet and form into a loaf about 3-4 inches wide and 1½-2 inches tall.
11. Bake for 20 minutes.
12. Brush the cranberry mixture over the meatloaf.
13. Continue baking until cooked through (internal temperature of 165°F), about 15-20 minutes.
14. Cut into six slices and serve warm.

**Nutrition Facts Per Serving: Calories: 210 | Total Fat: 10.5 g | Saturated Fat: 3.5 g
Sodium: 380 mg | Total Carbohydrate: 12 g | Dietary Fiber: 2 g | Protein: 18 g**

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