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Jamie's Monster Meatloaf Recipe

Nutrition Facts:

Single serving: 83 calories, .7 g fat, 3 g carbs, 15 g protein

Ingredients:

- 1 12-oz package chopped onions and peppers, thawed (or 1 - 1 ½ cup fresh)
- 1 tsp salt
- 1 tsp pepper
- ½ tsp dried thyme
- 1 tsp minced garlic (or paste)
- ¼ cup low-sodium soy sauce
- ¾ cup low-sodium chicken broth
- 2 tsp tomato paste (no salt added)
- 3 lbs extra-lean ground turkey (or chicken breast)
- 1 cup quick cooking oats
- 4 egg whites
- 1 cup reduced sugar ketchup (no high fructose corn syrup)

Directions:

Preheat oven to 325 degrees and prep a 9-by-13 Pyrex dish with non-stick spray. In a large sauté pan, cook the onions and peppers with salt, pepper and thyme until onions are translucent (about 5 minutes). Next, add garlic, soy sauce, chicken broth and tomato paste, mixing until heated through. Set aside to cool.

In a large bowl, combine ground turkey, egg whites, oats and sautéed mixture (cooled). Mix by hand until all incorporated and press flat into the 9-by-13 prepared Pyrex dish.

Spread ketchup in an even layer on top of the prepared turkey and place in the oven to bake for 1 hour and 20 minutes.

Makes 24 servings