

Turkey Meatloaf

with Roasted Potatoes & Sautéed Spinach

Meatloaf is a classic dish that has become a staple in many American households. A seemingly simple supper that actually has a rich history dating back to 5th century Rome. Since then, meatloaf has made an appearance nearly everywhere, from low-budget home kitchens to high-end restaurants. In this version, the classic beef dish is made healthier with ground turkey and is served along roasted potatoes and wilted spinach. Enjoy!



Ingredients

- 3 Cloves Garlic
- 1 Lemon
- 1 Russet Potato
- 1 Stalk Celery
- 1 Yellow Onion
- 10 Ounces Ground Turkey
- 1/3 Cup Ketchup
- 1/3 Cup Panko Breadcrumbs
- 2 Teaspoons Herbs de Provence
- 6 Ounces Baby Spinach

Makes 2 Servings
About 650 Calories Per Serving



Instructions



Prepare the ingredients:

Preheat the oven to 425°F. Heat a medium pot of salted water to boiling on high heat. Peel and cut the potato into large pieces. Peel and mince the garlic. Peel and small dice the onion. Small dice the celery. Cut the lemon into quarters and remove the seeds.



Cook the potatoes:

Once the water is boiling, add the **potatoes** and cook for 9 to 11 minutes, or until soft on the outside, but still firm on the inside (insert the tip of a knife to test).



Start the meatloaf:

In a large bowl, combine the **ground turkey, breadcrumbs, celery, Herbs de Provence, 1 tablespoon of olive oil and half each of the onion, garlic and ketchup**; season with salt and pepper.



Roast the meatloaf & potatoes:

On a lightly greased sheet pan, form the mixture into a loaf. Place the **cooked potatoes** around the loaf and roast for 28 to 32 minutes, or until cooked through and a meat thermometer reads an internal temperature of 165°F.



Baste the meatloaf:

Just before the meatloaf is cooked through, cover the loaf with the **remaining ketchup** and stir the potatoes. Roast for an additional 2 to 4 minutes, or until the ketchup is set. Remove from the oven and let stand for at least 5 minutes before slicing, then slice into ½-inch thick pieces.



Cook the spinach:

While the meatloaf rests, in a medium pan, heat a couple teaspoons of olive oil on medium until hot. Add the **remaining garlic and onion** and cook 2 to 3 minutes, until fragrant. Add the **spinach** and cook an additional 2 to 3 minutes, or until the spinach starts to wilt. Remove from the heat and stir in the **juice of 2 lemon wedges**. To plate your dish, divide the meatloaf, potatoes and spinach between 2 plates. Garnish with the **remaining lemon wedges**, if desired. Enjoy!