

Turkey Florentine Mini Meatloaves

Developed by Joy Bauer, RD, for Everyday Health

Ingredients

- 1.25 pounds ground turkey (at least 90% lean)
- 1 10-oz box frozen, chopped spinach (cooked and drained)
- 2 egg whites
- 2 cloves garlic, minced
- 1 teaspoon onion powder
- ½ cup Parmesan cheese, grated

Note: If you're experiencing a flare-up, skip the spinach. Many people experience symptoms of lactose intolerance during a flare-up, however most can eat Parmesan cheese as it has very little lactose in it—less than 1 gram per serving.

Preparation

1. Preheat oven to 425° F.
2. In a large bowl, mix ground turkey with cooled spinach and egg whites.
3. Meanwhile, preheat medium skillet coated with nonstick cooking spray over medium heat.
4. Sauté garlic until slightly brown, approx 1 minute. Cool slightly.
5. Add sautéed garlic, onion powder, and Parmesan cheese to turkey mixture and thoroughly mix.
6. Divide turkey mixture evenly between 8 standard muffin tins. Bake for 23-25 minutes.

Serves 4. Serving Size: 2 mini loaves

Nutrition Information

Calories: 290
Total Fat: 13 g
Saturated Fat: 4 g
Cholesterol: 105 mg
Sodium: 330 mg
Carbohydrate: 5 g
Fiber: 2.5 g
Sugars: 1.5 g
Protein: 27 g