
Asian Glazed Turkey Meatloaf

Total time: 55 min Yield: 6 Servings

Ingredients

1 medium onion
3 lb lean ground turkey
1 tsp extra virgin olive oil (you can substitute vegetable oil)
1/4 cup sweet chili sauce
1/3 cup finely chopped fresh cilantro (garlic chives or green onions can work too)
2 Tbsp Worcestershire sauce
1 large egg (beaten)
1/2 tsp black pepper
1 tsp garlic salt
1/2 cup whole wheat bread crumbs
non-stick cooking spray

Prep Time: 55 min Total Time: 55 min

Instructions

To make the glaze, combine all the ingredients in a small bowl, set aside. Pre-heat your oven to 350° F.

Heat a frying pan over medium heat, add the oil and sauté the diced onion for 5 to 7 minutes, or until browned. Set aside and let cool. In a large mixing bowl, combine the ground turkey with all the other ingredients, folding the mixture thoroughly, not overworking the meat. If you have a rimmed baking sheet, prepare it by spraying liberally with cooking spray. Place the meat onto the sheet and pat into a rectangular shape then put into the heated oven.

After cooking for 25 minutes, use a pastry brush or large spoon to smooth the glaze over the top and sides of the meatloaf. Return to the oven for 10 minutes to complete the cooking process and to set the glaze. Remove from the oven and let rest for 5 to 6 minutes before carving.

Recipe brought to you by:

Chef Michi Holland

Source:

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