



Turkey and Spinach Meatloaves

1 lb ground turkey
½ lb turkey sausage
12 ounces frozen spinach, water squished out of thawed (1 package)
1 1/2 cups fresh mushrooms
3 big cloves garlic, minced
1 onion, chopped (or grated)
1/2 cup fresh parmesan cheese
1/2 cup Italian seasoned breadcrumbs
1 egg + 1 egg white
olive oil (2 tsp. to cook onions and garlic)
1 tsp. Mrs. Dash
1 tsp. garlic salt
1 tsp. Oregano
3 large dashes of Worcestershire sauce

Directions:

Preheat oven to 400 degrees

Chop onions and garlic and cook until soft, then set aside to cool. Drain out the oil used to cook, and set aside to cool.

Chop mushrooms then zap them in a food processor.

In a bowl, add frozen thawed spinach, lean turkey, eggs, parmesan cheese, cooled cooked onion mixture, mushroom crumbs, Italian bread crumbs, Mrs. Dash, salt and Oregano to taste.

Mix them all up like meatloaf.

Scoop into PAM sprayed muffin pan and bake at 400 for half hour.