

# October Recipe of the Month

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## Santa Fe Meatloaf

Spice up traditional meatloaf with this Southwest version. This meatloaf can be prepared the night before so when you get home after work you can just pop it in the oven.

**Serves: 6**

**Serving size: 1 slice**

1 cup chopped onion  
1 cup chopped green pepper  
½ cup finely diced celery  
2 cloves garlic, minced  
1 pound lean ground turkey  
¾ cup grated sharp cheddar cheese  
1 cup bread crumbs  
½ cup picante sauce  
1 tbsp dried parsley  
½ tsp ground cumin  
½ tsp chili powder  
½ tsp dried oregano  
Nonstick cooking spray



### Directions:

1. Preheat oven to 375°F.
2. Spray a skillet with nonstick cooking spray and heat over medium-high heat. Sauté onions, celery, green pepper and garlic until soft.
3. Combine all ingredients in a large mixing bowl mixing just until blended.
4. Place in loaf pan and bake for 45 minutes or until internal temperature reaches 160°F.

Per serving: 270 calories, 20g protein, 12g fat (5g saturated), 70mg cholesterol, 19g carbohydrate, 2g fiber, 4g sugar, 430 mg sodium

% Daily Value: Vitamin A 10%, Vitamin C 40%, Calcium 15%, Iron 10%

