



## TURKEY MEATLOAF (MINI)

This healthy alternative to beef meatloaf is adaptable to those dealing with a variety of treatment-related symptoms. Providing a generous amount of protein and flavored with vegetables, this meatloaf is sure to satisfy. This is a good selection for those dealing with gastrointestinal upset like nausea or diarrhea and for those needing blander flavors and less aroma. If you are looking to spice it up, consider adding red pepper flakes, hot sauce, or your favorite BBQ sauce. If looking for a lower-fat alternative, you can use turkey breast meat and add ¼ cup more broth to this recipe for moistness. **Yield: 8 servings**

### INGREDIENTS:

- 1 Tbsp. olive oil
- 2 lb. ground turkey (for a leaner preference use 1 lb. breast and 1 lb. dark meat or 2 lb. breast meat for most lean option)
- 1 large or 2 small zucchini
- 2 carrots
- ½ medium onion
- 1 cup quick cook oats
- ¾ cup turkey or chicken broth
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. ketchup
- 1 egg
- 1 tsp. salt
- 1 tsp. pepper

**TIP:** you can also make “mini meatloafs” in a muffin pan or miniature loaf pans, or even on a sheet pan shaped into 8 smaller loafs. These are great for freezing and lend themselves well to a leftover meatloaf sandwich.

### DIRECTIONS:

Preheat oven to 375°.

1. Shred zucchini and carrot. Slice onion finely. Alternatively, you can chop ingredients in a mini food processor.
2. Sauté vegetables in olive oil on medium heat until softened, approximately 3 to 4 minutes.
3. While vegetables cook, add broth to oats and let soak.
4. Add cooked vegetables, oats, ketchup, Worcestershire sauce, egg, salt, and pepper to ground turkey.
5. Mix ingredients together, avoid overmixing.
6. Place mixture in a meatloaf shape in a rectangular baking dish and bake for 1 hour and internal thermometer reads at least 165°. For extra crispy top, broil for the last 5 minutes of cooking, watching closely to avoid burning.

### NUTRITIONAL DATA:

324 calories, 16.3 grams fat, 2.8 grams saturated fat, 146 mg cholesterol, 11.6 grams carbohydrate, 2 grams dietary fiber, 37.8 grams protein

*The **Cooking. Comfort. Care. Nourishment for the Pancreatic Cancer Fight** program was created by Celgene Corporation and in collaboration with the Pancreatic Cancer Action Network, Meals to Heal and Chef Michael Ferraro. These recipes were developed by registered dietitians who are board-certified specialists in oncology nutrition affiliated with the Pancreatic Cancer Action Network and at Meals to Heal, along with Chef Michael Ferraro. This content is for information purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis or treatment. Talk to your healthcare team for nutritional advice or specific questions you have about managing your condition or that of a loved one.*