

## Turkey Meatloaf

1 tbsp	olive oil
1	onion, chopped
2	garlic cloves, minced
1 cup	mushrooms, cleaned and chopped
1 lb	ground turkey
1 cup	breadcrumbs
1	egg
1 tsp	Dijon mustard
1 tsp	thyme
1 can	(6oz/156mL) tomato sauce
½ cup	brown sauce
	freshly ground pepper

- Heat oil in non-stick fry pan over medium-high heat; sauté onions, garlic and mushrooms until softened, about 5 minutes.
- In a large bowl; mix together turkey, breadcrumbs, egg, mustard, thyme and mushroom mixture. Season with pepper.
- Mold mixture into a loaf shape, place on lightly greased cookie sheet.
- Mix together brown sauce and tomato sauce and pour over top of meatloaf.
- Bake in preheated 350°F oven until lightly browned on top, about 1 hour. Meat thermometer, inserted into thickest part, should read 170°F. Makes 4 servings.

*Recipe by Gary Barone*