

# Healthy Recipe of the Week

Use Organic ingredients whenever possible.

## Turkey Meatloaf

Originally from "The Barefoot Contessa Cookbook"

This recipe serves 8 to 10. It can be halved to make a smaller meatloaf, or I like to make the full amount and make it into 2 loaves. Bake one now and wrap the other in plastic wrap, and then foil, and freeze it for dinner another time.

- 3 cups chopped yellow onions (2 large onions)
- 2 tablespoons good olive oil
- 2 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon fresh thyme leaves (1/2 teaspoon dried)
- 1 1/3 cup Worcestershire sauce (Look for an organic, or all-natural variety without additives and preservatives)
- 3/4 cup chicken stock (Look for an organic variety that does not contain MSG)
- 1 1/2 teaspoons tomato paste
- 5 pounds ground turkey (Look for free range turkey in the freezer section of the Health Food Aisle at Dierbergs)
- 1 cup plain whole wheat bread crumbs
- 3 large eggs, beaten
- 3/4 cup ketchup (Look for an organic, or all-natural variety that is not sweetened with corn syrup)

Preheat the oven to 325 degrees. In a medium pan, on medium-low heat, cook the onions, olive oil, salt, pepper, and thyme until the onions are translucent but not browned, approximately 15 minutes. Add the Worcestershire sauce, chicken stock, and tomato paste and mix well. Allow to cool to room temperature.

Combine the ground turkey, bread crumbs, eggs and onion mixture in a large bowl. Mix well and shape into a rectangular loaf on an ungreased baking sheet (line it with foil for easy clean up). Spread the ketchup evenly on top. Bake for 1 1/2 hours, until the internal temperature is 160 degrees and the meat loaf is cooked through. (A pan of hot water in the oven, under the meat loaf, will keep the top from cracking.)

If you are running short on time, simply add dried minced onion, salt, pepper, dried thyme, Worcestershire sauce and tomato paste directly to the ground turkey with the other ingredients.