



Spinach Stuffed Turkey Meatloaf

Savannah · 30/09/2024



Prep Time

5 mins

Difficult

Medium

Servings

55 mins

Description

This turkey spinach meatloaf is topped with shredded mozzarella cheese for a delicious weeknight meal

Ingredients

- - cooking spray - 1 cup coarsely chopped mushrooms - ¼ cup chopped onion - 1 (10 ounce) package frozen chopped spinach
- thawed and drained - ½ cup shredded part-skim mozzarella cheese
- divided - ¼ cup grated Parmesan cheese - 1 pound 99%-lean ground turkey breast - ¾ cup Quaker Oats (Quick or Old Fashioned uncooked) - ½ cup fat-free milk - 1 egg white
- lightly beaten - 1 teaspoon dried Italian seasoning blend - ½ teaspoon salt (Optional) - ¼ teaspoon black pepper

Instructions

1. Preheat the oven to 375 degrees F (190 degrees C). Lightly grease a medium skillet with cooking spray and place over medium-low heat. Cook and stir mushrooms and onion in the hot skillet until onion is tender
2. about 4 minutes. Remove from heat. Add spinach
3. 1/4 cup mozzarella cheese
4. and Parmesan cheese; mix well and set aside. Combine turkey
5. oats
6. milk
7. egg white
8. Italian seasoning
9. salt
10. and pepper in a large bowl; mix lightly but thoroughly. Spoon 2/3 of the turkey mixture lengthwise down the center of an 11x7-inch glass baking dish. Form a deep indentation down the middle of turkey mixture; fill indentation with spinach mixture. Top with remaining turkey mixture
11. forming a loaf. Seal the edges to completely enclose spinach filling. Bake in the preheated oven until the juices run clear and an instant-read thermometer inserted into the meat reads 165 degrees F (75 degrees C)
12. 30 to 35 minutes. Sprinkle meatloaf with remaining 1/4 cup mozzarella cheese. Continue baking until cheese melts
13. 1 to 2 minutes. Let rest for 5 minutes before slicing.