

Turkey Meat Loaf

Ingredients

1 lb Ground turkey breast*
2 Containers Pico de Gallo
2 Zucchini shredded or in food processor
2 Carrots shredded or in food processor
2-4 cloves of garlic crushed or added in food processor with veggies
2 Whole eggs or 4 egg whites
½ Cup gluten free breadcrumbs or ground gluten free oatmeal
½ Cup Parmesan or Romano Cheese
Salt and Pepper

Any spices you would like to add, the more the better sometimes. 😊

Incorporate all ingredients together, and then form into loaf. Spread tomato paste on top. Sprinkle more cheese and herbs on top (optional). Bake at 375 – 400 degrees (depending on oven) for 30-40 minutes. Cut slice to check as time will vary based on size of loaf.

*Can use grass fed beef or a mixture of both. Works great as leftover in pasta sauce, tostado salad or gluten free wrap. Can also be grilled for burgers.