

# Parmesan-Turkey Meatloaf

Makes 8 Servings

1 tablespoon olive oil  
1 onion, chopped  
1 ¼ lbs ground skinless turkey  
4 slices whole-wheat bread, made into fine crumbs  
½ cup fat-free milk  
1 egg white, lightly beaten  
3 tablespoons ketchup  
2 tablespoons grated Parmesan cheese  
½ teaspoon garlic powder  
½ teaspoon dried basil  
¼ teaspoon dried thyme leaves, crumbled  
¼ teaspoon freshly ground pepper

1. Preheat the oven to 350° F; spray an 8x5" loaf pan with nonstick cooking spray. In a small non-stick skillet, heat the oil. Sauté the onion until tender, 4-5 minutes.
2. In a medium bowl, combine the onion, turkey, bread crumbs, milk, egg white, ketchup, cheese, garlic powder, basil, thyme and pepper; blend well. Shape into a loaf and transfer to the pan. Bake until browned and cooked through, 50-60 minutes. Let stand 10 minutes before slicing.

Per serving: 181 Calories, 9 g Total Fat, 2 g Saturated Fat, 53 mg Cholesterol, 247 mg Sodium, 10 g Total Carbohydrate, 1 g Dietary Fiber, 15 g Protein, 64 mg Calcium.  
Points per serving: 4.

Source: Weight Watchers® New Complete Cookbook, published 1998, pg. 145