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Savory Meat Loaf

- 1 1/2 Lb ground turkey breast
- 1 Cup fat-free (skim) milk
- 1 Tbsp Worcestershire sauce
- 1 Tsp chopped fresh or 1/4 teaspoon dried sage leaves
- 1/2 Tsp salt
- 1/2 Tsp ground mustard
- 1/4 Tsp pepper
- 1 Garlic clove, finely chopped, or 1/8 teaspoon garlic powder
- 1/4 Cup fat-free egg product
- 3 Slices bread, torn into small pieces
- 1 Small onion, chopped (1/4 cup)
- 1/2 Cup ketchup, chili sauce or barbecue sauce

- 1) Heat oven to 350°F. In large bowl, mix all ingredients except ketchup. Spread mixture in un-greased 8x4- or 9x5-inch loaf pan, or shape into 9x5-inch loaf in un-greased 13x9-inch pan. Spread ketchup over top.
- 2) Bake uncovered 1 hour to 1 hour 15 minutes or until thermometer inserted in center of loaf reads 165°F.
- 3) Let stand 5 minutes; drain. Remove from pan. To serve, cut meat loaf into 6 slices.

Makes 6 Servings

