

Turkey Meatloaf (or Meatballs)

Ingredients	20 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Meatloaf Mixture					
					1. Preheat an oven to 375° F. Spray a baking sheet or roasting pan with cooking spray.
Oil, olive or canola	1/2 oz	1 tbsp	2 1/2 oz	5 tbsp	2. Heat the oil in a large skillet over medium heat. Add the onion and garlic and cook, stirring frequently, until tender and translucent, about 4 minutes.
Onions, yellow, minced	8 oz	1 1/2 cups	2 lb 8 oz	1 qt 3 1/2 cups	
Garlic, minced	1/4 oz	1 tbsp	1 1/4 oz	5 tbsp	
Table salt		1/2 tsp	1 oz	2 1/2 tsp	3. Add the mushrooms, carrots, and celery and cook until the liquid released by the vegetables cooks away, 5 to 6 minutes.
White mushrooms, chopped	10 oz	3 cups	3 lb 2 oz	3 qt 3 cups	
Carrots, peeled, grated	4 oz	1 cup	1 lb 4 oz	1 qt 1 cup	
Celery, minced	3 oz	3/4 cup	15 oz	3 3/4 cups	
Ketchup	1 oz	2 tbsp	5 oz	1/2 cup 2 tbsp	4. Add the 2 tablespoons of ketchup, the soy sauce, mustard, thyme, and pepper and stir to combine with the vegetables. Transfer to a bowl and let the vegetables cool to room temperature.
Soy sauce (reduced sodium if available)	1/2 oz	1 tbsp	2 1/2 oz	1/4 cup 1 tbsp	
Mustard, prepared	1/2 oz	1 tbsp	2 1/2 oz	1/4 cup 1 tbsp	
Thyme leaves, dried		1 tsp		1 tbsp 2 tsp	
Black pepper, ground		1/2 tsp		2 1/2 tsp	<i>(recipe continues on next page)</i>



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(continued)

Cottage cheese, 1%, large curd	8 oz	1 cup	3 lb 2 oz	1 qt 1 cup	5. Combine the cottage cheese and oats and stir until evenly blended. Add this mixture to the cooled vegetables along with the ground turkey and stir until evenly blended and smooth.
Oats, old-fashioned or rolled	1 1/2 oz	1/2 cup	7 1/2 oz	2 1/2 cups	
Ground turkey (85% lean)	2 lb		10 lb		
Glaze					
Ketchup	2 oz	1/4 cup	10 oz	1 1/4 cups	6. Combine the ketchup and vinegar to make the glaze.
Apple cider vinegar	1 oz	2 tbsp	5 oz	1/2 cup 2 tbsp	
					7. Shape the turkey mixture into a loaf on a baking sheet (about 9 inches long and 5 inches wide). (See Recipe Notes for meatball instructions.) Spread the glaze mixture over the top and sides of the meatloaf. Bake until the internal temperature of the loaf is 165° F, 45 to 50 minutes. Let the meatloaf stand at least 10 minutes before slicing and serving.

Recipe Notes:

Turkey Meatballs

The recipe for 20 servings will make about 40 small meatballs; the recipe for 100 servings will make about 200 small meatballs. To shape the meatballs, scoop about 1/4 cup (1 3/4 oz) of the mixture and roll it into balls. Roll the shaped meatballs in the glaze and place them on a lightly oiled baking sheet. Bake at 375° F until the meatballs are cooked through, about 25 to 30 minutes. Serve 2 meatballs per person.



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Serving Notes:

1 serving provides 1 1/4 oz meat/meat equivalent for 1 slice or 2 meatballs
 Slice into 3 1/2-ounce pieces. Serve 1 piece per portion.
 Serve with Hoppin' John, steamed green vegetable, fruit, and skim milk.

Number of Servings	20 Servings	100 servings
Total Weight:	4 lb 10 oz (before cooking)	22 lb (before cooking)
Total Volume		
Serving Size (weight):	3 1/2 oz	3 1/2 oz
Serving Size (volume):	1 slice or 2 meatballs	1 slice or 2 meatballs

Nutrients Per Serving					
Calories	110	Saturated Fat	1 g	Iron	1 mg
Protein	11 g	Cholesterol	36 mg	Calcium	24 mg
Carbohydrate	6 g	Vitamin A-RE	75 mcg	Sodium	322 mg
Total Fat	5 g	Vitamin C	2 mg	Dietary Fiber	1 g

