

Lighter Gluten-Free Meatloaf

Servings: 4 - 6

Prep time: 15 minutes

Cook time: 45 - 55 minutes

Ingredients:

- 1.5 lbs ground turkey
- 1/2 cup gluten-free breadcrumbs (I recommend using panko style)
- 1/4 cup chopped onion
- 2 cloves garlic, minced
- 1 egg
- 1/4 cup milk (any kind)
- 1 tablespoon Dijon mustard
- 1 teaspoon Worcestershire sauce (gluten-free)
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

Directions:

Step 1

Combine Ingredients: In a large bowl, combine ground turkey, gluten-free breadcrumbs, onion, garlic, egg, milk, Dijon mustard, Worcestershire sauce, thyme, salt, and pepper. Mix well until all ingredients are evenly distributed.

Step 2

Form Loaf: Transfer the mixture to a loaf pan (approximately 9x5 inches) and shape into a loaf.

Step 3

Bake: Bake in a preheated oven at 350°F (175°C) for 45-55 minutes, or until an internal temperature of 165°F is reached.

Step 4

Let Rest: Remove from the oven and let rest for 10 minutes before slicing and serving.

Tips and Variations

- **Add-ins:** Stir in chopped vegetables such as carrots, celery, or spinach.
- **Spice it up:** Add a pinch of red pepper flakes or a dash of hot sauce to the mixture.
- **Glaze:** For an extra layer of flavor, brush the top of the meatloaf with a mixture of ketchup and brown sugar during the last 15 minutes of baking.