



Spinach-Stuffed Turkey Meatloaf with Oatmeal



SERVINGS



COOKING TIME

8

37 minutes

Spinach-Stuffed Turkey Meatloaf with Oatmeal is a fresh take on traditional meatloaf. It's made with ground turkey instead of ground beef for a lighter meaty flavor. Each slice is stuffed with a savory spinach filling consisting of mushrooms, onions and cheese for a pleasant surprise in the middle.

Ingredients

- 3/4 cup [Quaker® Oats \(quick or old fashioned, uncooked\)](#)
- 1 cup coarsely chopped mushrooms
- 1/4 cup chopped onion
- One 10-ounce package frozen chopped spinach, thawed and drained
- 1/2 cup (2 ounces) shredded part-skim mozzarella cheese, divided
- 1/4 cup grated Parmesan cheese
- 1 pound 99% lean ground turkey breast
- 1/2 cup fat-free milk
- 1 egg white, lightly beaten
- 1 teaspoon Italian seasoning blend
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon black pepper

Cooking Instructions

1. Heat oven to 375°F.
2. Lightly spray medium skillet with cooking spray.
3. Cook mushrooms and onion in skillet over medium-low heat 4 minutes or until onion is tender; remove from heat.
4. Add spinach, 1/4 cup mozzarella cheese and Parmesan cheese; mix well.
5. Set aside.

6. In large bowl, combine turkey, oats, milk, egg white, Italian seasoning, salt and pepper; mixing lightly but thoroughly.
7. Spoon 2/3 of turkey mixture lengthwise down center of 11 x 7-inch glass baking dish.
8. Form a deep indentation down middle of turkey; fill indentation with reserved spinach mixture.
9. Top with remaining turkey, forming a loaf.
10. Seal edges to completely enclose spinach filling.
11. Bake 30 to 35 minutes or until thermometer registers 170°F and juices show no pink color.
12. Remove from oven; sprinkle with remaining mozzarella cheese.
13. Return to oven 1 to 2 minutes or until cheese melts.
14. Let stand 5 minutes before slicing.