

# Mini Turkey Loaves

**Makes**  
8 mini-loaves

**Prep time**  
20 minutes

**Cook time**  
45 minutes

**Good source of**  
Protein

**Ingredients:**  
1 Tbsp. canola or vegetable oil  
1½ cup celery diced  
1½ cup carrots, diced  
½ medium yellow onion, diced  
3 cloves garlic, minced  
1 lb. ground turkey  
1 large egg  
3 Tbsp. bread crumbs  
¼ tsp. salt  
¼ tsp. black pepper  
2 Tbsp. ketchup

## Nutrition Facts

8 servings per container  
Serving size 1 mini-loaf (122g)

Amount per serving  
**Calories** **130**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 65mg	<b>22%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 1g Added Sugars	2%
<b>Protein</b> 12g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 289mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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## Directions:

1. Preheat oven to 350°F. Lightly grease a 12-cup muffin pan with cooking spray and set aside.
2. Heat oil in pan over medium-high heat. Add all vegetables and cook 5 minutes, or until onions are tender. Remove from heat and set aside.
3. In a large mixing bowl, combine turkey, egg, breadcrumbs, salt, pepper, and 2 Tbsp. ketchup. Mix thoroughly.
4. Add sautéed vegetables to turkey mixture. Combine well.
5. Spoon about ½ cup of mix into each of 8 cups in muffin pan.
6. Bake 35-45 minutes, or until edges are browned. Top with remaining ketchup and serve hot.

