

## Recipe - Gluten Free Turkey Meatloaf

### Ingredients:

- 4 - 4 1/4 pounds of ground turkey or chicken (we used four packages of ground turkey)
- 5 eggs
- salt and pepper to taste
- 2TBS Italian seasoning
- 1TBS chopped garlic
- 1 onion, diced
- 2 zucchini, diced
- 2 carrots, diced
- 1 red pepper, diced

### Directions:

This recipe will make two loaves of meatloaf – one for dinner and one for leftovers or the freezer. If you prefer to make one meatloaf, cut ingredients in half and use three eggs.

Sauté the diced vegetables and garlic in olive oil in a pan until translucent. Cool. Mix all ingredients together and form loaves in a pan or free-form on a baking sheet with sides.

Bake 350 for one hour.

Each loaf serves 6 – 8.