



## Ken Mayer

Cell: 602-750-3678  
Office: 480- 603-3310  
Email: ken@huntrealestateaz.com

One of the best ways to make a house into a home is to invite some friends over for a meal. If you try this recipe, let me know how it turns out for you. And if you have a favorite recipe of your own, send it my way.

---

## Mozzarella-Stuffed Turkey Meatloaf

This recipe comes from SHAPE Magazine, and it is designed to be a high-protein, low-fat version of a classic “comfort food”. It’s an easy meal to prepare, taking about 15 minutes and one dish, and it’s also pretty easy to modify if you want a little variety.

1 1/2 pounds ground turkey breast	2 egg whites
1 10-oz package frozen chopped spinach, thawed & squeezed to remove all the water	1/2 tsp salt
1/2 cup minced onion	1/4 tsp black pepper
1/2 cup seasoned bread crumbs	4 ounces grated part-skim mozzarella cheese
1/4 cup chopped fresh parsley	2 Tbs ketchup
1 tsp dried oregano	2 Tbs Dijon mustard

1. Place all ingredients except cheese, ketchup & mustard in a large bowl. Mix well with a wooden spoon (or use your hands for a faster result and a cool sensation!)
2. Press half the mixture into the bottom of an 8-inch loaf pan. Spread the grated cheese over the mix, making an even layer, and then cover with the remaining mixture and smooth out the top. Whisk together the ketchup & mustard, and spread it on the top.
3. Bake for 1 hour at 375°, until the top is golden and the loaf has pulled away from the sides of the pan. Let stand for 10 minutes, then slice and serve.

Tips: Ground turkey often comes in a 20-oz package, so add some flavor by using about 4 ounces of ground sausage to make your pound and a half of meat. You can also use whole eggs instead of the whites. If the mixture seems too soft, just add some more bread crumbs. Goes well with a spinach salad and mashed potatoes. Serves 6.



### Hunt Real Estate ERA, Lucas Division

4040 W Ray Road  
Suite #8  
Chandler, AZ 85226

---