



## TURKEY-AND-QUINOA MEATLOAF

### Servings: 5

### Ingredients

- 1/4 cup quinoa
- 1 1/2 cups water
- 1 teaspoon olive oil
- 1 cup white onion, diced
- 1 tablespoon garlic, chopped
- 1 tablespoon sage, chopped
- 20 ounces ground turkey
- 1 tablespoon tomato paste
- 1 tablespoon hot pepper sauce
- 2 tablespoons Worcestershire sauce
- 1 egg, beaten
- 1 1/2 teaspoons salt
- 1 teaspoon ground black pepper
- 2 tablespoons brown sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon water

### Directions

Preheat the oven to 350 F.

Bring the quinoa and 1 1/2 cups water to a boil in a saucepan over high heat. Reduce the heat to medium-low and cover. Simmer until the quinoa is tender and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.

Heat the olive oil in a skillet over medium heat. Stir in the onion; cook and stir until the onion has softened and turned translucent, about 5 minutes. Add the garlic and sage. Cook for another minute; remove from the heat to cool.

Stir the turkey, cooked quinoa, onion, tomato paste, hot pepper sauce, 2 tablespoons Worcestershire, egg, salt and pepper in a large bowl until well combined. The mixture will be very moist. Shape into a loaf on a foil-lined baking sheet. Combine the brown sugar, 2 teaspoons Worcestershire and 1 teaspoon water in a small bowl. Rub the paste over the top of the meatloaf.

Bake in the oven until no longer pink in the center, about 50 minutes. Insert a thermometer to ensure the meatloaf is 160 F. Keep hot until ready to serve.

### Side dishes

Mashed Potatoes  
Steamed String Beans

