



Turkey Meatloaf

shared by:
Fire Station 65
3425 SW 103rd Ave., Beaverton



Ingredients

- 1 egg white
- 3 tablespoons ketchup
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon mustard, yellow or Dijon
- 1/2 cup quick cooking oats
- 1 tablespoon olive oil
- 1/2 cup green pepper, finely chopped
- 1/2 cup onion, finely chopped
- 2 garlic cloves, minced
- 1/4 teaspoon celery salt
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon rubbed sage
- 1/4 teaspoon pepper
- 1 pound lean ground turkey

Directions

Preheat oven to 350 degrees. In a skillet heat olive oil. Sauté onions, pepper, and garlic for about 5 minutes. Set aside to cool. In a large mixing bowl, combine the egg white, ketchup, Worcestershire sauce, and mustard. Stir in the onions, peppers, garlic, oats, celery salt, marjoram, sage, and pepper. Crumble ground turkey over the mixture and mix well. Shape into a loaf and place in a baking pan coated with non-stick cooking spray. Bake uncovered for approximately 50-55 minutes or until done.

Station 65 is located in the area known as West Slope . The main response area for this station involves two major highways (26 and 217), both of which carry large volumes of traffic. The light rail line (MAX) for the Oregon Zoo and Barnes Road transit centers and the light rail tunnel are also in their first response area.