Mom's Meatloaf

Meatloaf
1 pound ground turkey
1/4 cup onion, finely chopped
1/2 cup Italian Seasoned Bread Crumbs
1/2 cup low fat cheddar cheese, shredded
1 egg
1/4 cup skim milk
4-5 strips of bacon

Sauce
8 ounce can tomato sauce
2/3 cup brown sugar
2 Tablespoon apple cider vinegar
1 Tablespoon dijon mustard

Preheat oven to 350 degrees F. Combine 1 pound of turkey, 1/2 cup bread crumbs, 1/2 cup cheddar cheese, 1 egg and 1/4 cup of milk together in a bowl. Spray the sides and bottom of a baking dish with cooking spray. Shape the meat mixture into a long rectangle and place in the baking dish. Drape the bacon strips over the meatloaf, tucking the edges under the bottom of the meatloaf. In a separate bowl whisk together 8 ounce tomato sauce, 2/3 cup brown sugar, 2 Tablespoons apple cider vinegar, and 1 Tablespoon mustard. Drizzle 2-3 tablespoons of the sauce over the meatloaf. Cover with aluminum foil and place in the heated oven. Bake for 40 minutes. Remove aluminum foil and bake 10 minutes more until bacon crisps up. Heat the remaining sauce in the microwave for about 50 seconds. Serve additional sauce with meatloaf. Serve warm. Yield 6 servings.

Rylee
Protein
Nacogdoches
Intermediate