



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Good Food Fast...not Fast Food!



The weeks in between holidays can become very hectic. It often feels like there is never enough time to get a quality meal on the table without taking unhealthy shortcuts. Cut down prep time by purchasing pre-cut or prepared items from the produce department.

Or, choose prep it and forget it meals that use a slow cooker, pressure cooker, or sheet pan to minimize hands-on time. It's easier than you think to get dinner on the table during busy weeknights! Plus, it doesn't have to be expensive. Check the fresh veggies and frozen sides with minimal ingredients that are on sale each week.



Mini BBQ Turkey Meatloaf Sheet Pan Dinner

Ingredients:

- 1 lb. lean ground turkey breast
- 1 large egg, beaten
- 4 oz. mushrooms, finely chopped
- 1/2 small sweet onion, finely chopped
- 1/2 cup seasoned panko breadcrumbs
- 1 lb. small potatoes
- 12 oz. green beans
- 2 Tbsps. olive oil
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 1/4 cup BBQ sauce
- 1/4 cup shredded low-fat Cheddar cheese

Directions:

1. Preheat oven to 425°F.
Line baking sheet with parchment paper or foil coated with nonstick cooking spray.
2. Mix turkey, egg, mushrooms, onion and breadcrumbs in large bowl. Divide into fourths. Place on prepared baking sheet and form into 4 mini loaves
3. Toss potatoes, green beans, oil, salt and pepper together. Spread on baking sheet.
4. Bake 20-30 minutes, or until meatloaves reach an internal temperature of 165°F. Top meatloaves with 1 Tbsp. each BBQ sauce and cheese. Return to oven and bake additional 2 minutes, or until cheese melts.



*Recipe and image are courtesy of our friends at Produce for Kids.
Get more quick recipes at produceforkids.com and inseasonzine.com.*