

FETA-STUFFED TURKEY MEATLOAF

(adapted from [All Day I Dream about Food](#))

- 1 large shallot, chopped
- 1 tbsp olive oil
- 1 tsp salt
- 1/2 tsp freshly ground pepper
- 1 package frozen spinach, thawed and drained
- 2 lbs ground turkey
- 1/4 cup coconut flour
- 1/2 cup chicken stock
- 1 large egg, lightly beaten
- 2 tbsp Worcestershire sauce
- 1 cup crumbled feta cheese

Line a baking sheet with parchment paper and heat your oven to 325 F.

Heat oil in a large skillet over medium heat. Stir in shallots, salt and pepper and saute until shallots are translucent but do not allow them to brown. Add in spinach and stir until heated through. Allow it to cool before proceeding with the recipe.

In a large mixing bowl, combine sautéed shallots, ground turkey, coconut flour, chicken stock, egg and Worcestershire sauce. Mix until very well combined. Place half of the turkey mixture on prepared baking sheet and shape into a flat rectangle, about 1 inch thick. Cover with feta cheese, pressing on feta to adhere to meatloaf. Place remaining turkey mixture over top of feta and shape the whole thing into a rough loaf.

Bake for 1 to 1 1/4 hours, or until internal temperature reaches 160 F on an instant read thermometer.

Cut into slices and serve.