

TURKEY MEATLOAF

(inspired by [Life is But a Dish](#))

1 pound ground turkey
1/2 cup almond flour
1 cup shredded carrots (about 2 large carrots)
1/2 cup chopped fresh spinach (not baby spinach)
1/3 cup feta cheese, crumbled
1/4 cup ketchup
1/4 cup chopped parsley
1 egg
1 tablespoon Worcestershire sauce
1 teaspoon salt
1/2 teaspoon chipotle pepper, ground

for glaze:

1/4 cup ketchup
2 tablespoons brown sugar
1 tablespoon Worcestershire sauce

Heat oven to 350 degrees. Add all the ingredients into a large bowl (minus the ingredients for the glaze). Using a fork or clean hands, mix until everything is fully incorporated.

Mix ingredients for the glaze in a small bowl and reserve.

Line a sheet pan with parchment paper and pour meat onto pan. Use your hands to form into a loaf shape, trying to keep it level so it cooks evenly. Bake for 25 minutes, then remove and brush glaze all over. Place back in the oven for another 25 to 30 minutes, or until internal temperature reaches 165 degrees.

Remove and let cool for 10 minutes before serving.