

# Turkey Meatloaf

## made with Heinz® No Salt Added Ketchup

Makes about 15, 3.5 oz. servings

### Ingredients

### Quantity

Quinoa

1/3 cup

Water

2 cups

Ground turkey breast

1 pound

Egg whites, beaten

2 each

Heinz® No Salt Added Ketchup

1/2 cup

Sweet onion, diced small

1/2 cup

Fresh parsley, chopped fine

2 tablespoons

Fresh rosemary, chopped fine

1 tablespoon

Salt, kosher or sea salt

1 teaspoon

Fresh ground black pepper

1/2 teaspoon

Heinz® No Salt Added Ketchup for glaze

1/2 cup



## Instructions:

1. Preheat oven to 350 degrees.
2. Add quinoa to 2 cups of boiling water. Cook 5 minutes. Remove from heat and rinse with cold water. Reserve for next step.
3. In a stainless steel mixing bowl, combine turkey, egg whites, ketchup, onions, parsley, rosemary, salt and pepper and the cooled quinoa from above.
4. Mix by hand until all ingredients are blended together (about 1 minute).
5. Place the mixture on a clean cutting board.
6. Form the mixture into a loaf shape that matches the loaf pan you have chosen.
7. Spray the pan with nonstick spray and place the mixture from above into the loaf pan.
8. Tap the pan on your counter several times to remove any air pockets.
9. Cook in preheated, 350-degree oven for 30 minutes.
10. Carefully remove the meatloaf from oven and top with 1/2 cup Heinz® No Salt Added Ketchup.
11. Return the meatloaf to the oven for another 10 minutes, or until internal temperature reaches 165 degrees.

## Chef's Tips:

- Chill your stainless steel bowl. This will keep the meat fresh while you work.
- Wet your hands with cold water before mixing the meatloaf to keep the mixture from sticking to your hands.
- This meatloaf can be made a day in advance.

## Nutrition Facts

Serving Size 100 grams (100 grams)  
Servings per container 15

### Amount Per Serving

**Calories 77** **Calories from Fat 25**

**% Daily Value\***

**Total Fat 3g** 4%

Saturated Fat 1g 4%

Trans Fat 0g

**Cholesterol 24mg** 8%

**Sodium 40mg** 2%

**Total Carbohydrate 6g** 2%

Dietary Fiber 1g 3%

Sugars 3g

### Protein 7g

Vitamin A 2% • Vitamin C 4%

Calcium 2% • Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Sat Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate		300g	375g	
Fiber		25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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# Balsamic Sweet and Sour Sauce with Pan Grilled Chicken

made with Heinz® Reduced Sugar Ketchup

Makes about 1 cup of sauce

## Ingredients

Heinz® Balsamic Vinegar

Heinz® Reduced Sugar Ketchup

Low Sodium Soy Sauce

Cornstarch

Splenda® brand sweetener

Ice cold water

Boneless, skinless chicken breast

Olive Oil

Black pepper to taste

Salt to taste

## Quantity

1/3 cup

1/4 cup

1 tablespoon

2 teaspoons

2 tablespoons

4 teaspoons

4

2 tablespoons



## Instructions for Sauce:

1. Combine vinegar, ketchup and soy sauce in a small saucepot.
2. Wisk to incorporate the above ingredients over medium heat.
3. Simmer 5 minutes.
4. In a small bowl, wisk together cornstarch, Splenda® and cold water.
5. Slowly wisk into saucepot with ingredients from above.
6. Bring to a boil.
7. Remove from heat and rest 1 minute before using.

## Instructions for Chicken:

1. Wash chicken in cold, running water.
2. Pat dry with clean paper towels.
3. Preheat a skillet to medium-high heat.
4. Rub olive oil on all sides of the chicken.
5. Lightly season to taste.
6. Place chicken breasts shiny side down in skillet and cook for 3 minutes. Turn over and cook three more minutes or until chicken reaches internal temp of 165 degrees.
7. Remove chicken from pan and baste with sauce and serve.

## Chef's Tip:

You can switch vinegars to create new sauces. Try rice wine vinegar or specialty vinegars, such as Heinz® Malt Vinegar, or spicy red pepper vinegar.

## Nutrition Facts

Serving Size 1/4 of recipe 151g (150 g)  
Servings per container 4

### Amount Per Serving

**Calories** 230 **Calories from Fat** 68

**% Daily Value\***

**Total Fat** 8g 12%

Saturated Fat 1g 6%

Trans Fat 0g

**Cholesterol** 41mg 14%

**Sodium** 423mg 18%

**Total Carbohydrate** 20g 7%

Dietary Fiber 0g 1%

Sugars 5g

**Protein** 17g

Vitamin A 0% • Vitamin C 1%

Calcium 2% • Iron 5%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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