

U The Lexingtonienne U

HEART-SHAPED TURKEY MEATLOAF

- 1/2 onion, finely chopped
- 1 red bell pepper, finely chopped
- 1 package lean ground turkey (I use Jennie-O. Make sure it's NOT the 99% fat free -- it has no flavor.)
- 1 carrot, grated
- 2 eggs
- 1/2 C (approx.) oats
- 1/4 C (approx.) Italian-seasoned breadcrumbs, if you happen to have some. Otherwise use more oats.
- 1/4 C (approx.) grated parmesan cheese
- 1/4 C (approx.) ketchup
- 1 big fat squirt of yellow mustard
- Salt & pepper to taste

Preheat oven to 400. Saute onions and bell pepper in olive oil over medium heat until soft. Allow to cool slightly, then transfer to a large mixing bowl. Add remaining ingredients. Take off your rings and mix thoroughly with your fingers. You may want to add more oats or breadcrumbs if the mixture seems too wet; more ketchup if it seems too dry. Do **not** get hung up on measurements here. It's just meatloaf; it will turn out fine no matter what. Eyeball it and have fun.

With your finger, score the meatloaf mixture into four quadrants. Pinch off each quadrant, shape into a heart (or whatever shape you want), and place in a greased casserole or baking dish. Cover with aluminum foil and bake 30-40 minutes or until hearts are firm or reach 170 degrees when a meat thermometer is inserted into the center. Remove foil and bake for about 10 more minutes to get them nice and brown.

Sometimes I make a classy glaze by mixing ketchup, yellow mustard, and brown sugar in a bowl. Spoon the glaze over each heart and bake until glaze is slightly bubbly, about 5 minutes. You can also serve these plain. Serves 4.

