



This has become a mainstay in our home, and of course, the kids slather it with BBQ sauce or ketchup (no HFCS ketchup, mind you!)

## Quinoa Turkey Loaf Lettuce Wraps

### Combine in a large bowl:

- 2-3 eggs
- 1/2 c. ketchup (may use tomato paste or sauce instead if you want to avoid added sugars)
- 2 T. Dijon mustard
- 2 t. Worcestershire
- 1 t. sea salt
- 1/2 t. black pepper
- Dash of cayenne pepper
- 2 cloves mashed garlic
- 1 c. finely diced onion
- 1 c. shredded carrot (or a mix of veggies on hand: celery, shredded zucchini, green onion, etc.)
- 1 c. diced green and/ or red pepper
- 1/3 c. fresh chopped parsley
- 1/2 t. dried thyme
- 1 T. cider vinegar
- 2/3 c. cooked quinoa
- 2 pounds ground turkey meat



Form a large “loaf” in a large baking dish greased with olive oil.

Bake at 375 degrees until internal temperature is 160 degrees, about 75 minutes.

Slice and serve in Romaine lettuce leaves.