



Turkey Couscous Meatloaf with Apple Cranberry Relish

Prep Time: 20 min

Cook Time: 45 min

Serves: 4

NUTRITION FACTS, PER SERVING:

658 calories

16 g fat

725 mg sodium



INGREDIENTS: ** Items not included in kit

- 3/4 cups water**
- 1/2 cup couscous
- Non-stick cooking spray**
- 6 oz. zucchini, grated
- 1/2 cup finely diced red onion
- 1 tsp chopped fresh sage leaves, or to taste
- Salt & pepper, to taste**
- 1 lb. ground turkey
- 1 large egg, beaten
- 1/4 cup light brown sugar
- 2 TB mustard
- 1 TB ketchup
- 4 slices bacon
- 2 lbs. potatoes
- 2 garlic cloves, minced
- 2 TB olive oil**

Apple Cranberry Relish

- 14 oz. whole-berry cranberry sauce
- 1/2 Golden Delicious apple, diced
- 1/2 cup chopped walnuts, toasted
- 2 TB chives, chopped

DIRECTIONS:

1. **Apple Cranberry Relish:** In a large bowl, combine the ingredients listed and stir to combine. Serve relish alongside turkey meatloaves.
2. Bring **3/4 cup water** to a boil in a small saucepan. Stir in **couscous**, cover, and remove from heat; let stand 5 minutes.
3. Spray baking dish with **non-stick cooking spray**. Preheat oven to 425 degrees. Stack **sage leaves**, roll then chop to make 1 tsp or amount to taste, set aside. Beat **egg** in a small bowl, set aside.
4. Transfer **cooked couscous** to a large bowl and fluff with a fork. Stir in **grated zucchini, diced red onion, chopped sage leaves, salt and pepper** to taste and stir to combine. Add in the **ground turkey** and **beaten egg**. Mix well to combine. Shape mixture into 4 oval shaped meatloaves about 2 inches thick and transfer to the prepared baking dish.
5. In a small bowl, mix together **1/4 cup brown sugar, 2 TB mustard** and **1 TB ketchup** until smooth. Brush mixture over meatloaves to coat the outside. Then lay one **bacon slice** over each meatloaf in a V shape to cover the loaf, tucking ends of bacon under if needed. Brush bacon with remaining mixture. Place loaves in prepared baking dish. Bake 30-45 minutes or until meatloaves are cooked through.
6. **Roasted Potatoes:** Mince **2 garlic cloves**, set aside. Scrub **potatoes** clean. Peel if desired and cut into 1 inch pieces; place in a bowl with **2 TB olive oil**, pinch of **salt & pepper**, and **minced garlic**; toss until the potatoes are well coated. Transfer the potatoes to a baking dish coated with **cooking spray** and spread in an even layer. Roast in the 425 degree oven for 30 minutes or until browned and crisp.

Food provided in this meal kit may have come in contact with, or may contain

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