

Please be advised that not all of the recipes are appropriate for all people.  
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

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## Italian Meatloaf

### Ingredients:

- 1 egg
- ½ 14 oz Italian diced tomatoes undrained
- ½ c onion
- 1/3 c parsley
- ½ c oats
- 1/3 c parmesan
- salt and pepper to taste
- ½ lb Italian chicken or turkey sausage
- ½ lb ground turkey breast
- 1/3 cup spaghetti sauce or other ½ of Italian diced tomatoes

### Directions:

- Mix all ingredients except sauce.
- Place in meatloaf pan.
- Top with sauce or tomatoes.
- Bake at 375-400 degrees for 1 hour.
- Serve with roasted cauliflower.