

Easy Turkey Meatloaf
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Total Time: 1 hour 30 minutes
Prep: 10 minutes
Cook Time: 1 hour 20 minutes
Yield: 4 to 6 servings

Ingredients

Nonstick cooking spray
1 large egg
1½ pounds ground turkey (90 percent lean)
1 medium apple, cored and grated (6 ounces)
1 small yellow onion, finely chopped (1 cup)
¾ cup seasoned panko bread crumbs
2 teaspoons Worcestershire sauce
1 teaspoon garlic powder
1¼ teaspoons kosher salt (such as Diamond Crystal)
½ teaspoon black pepper
1 teaspoon Italian seasoning (optional)

For the Sauce

½ cup ketchup
1 tablespoon packed brown sugar
1 teaspoon vinegar (cider, distilled, or white or red wine)
1 teaspoon Worcestershire sauce
¼ teaspoon black pepper

Preparation

1. Heat oven to 350 degrees. Line a sheet pan with parchment paper and coat with cooking spray.
2. Prepare the meatloaf: In a large bowl, beat the egg. Add ground turkey, apple, onion, panko, Worcestershire, garlic powder, salt, pepper and Italian seasoning, if using. Using hands, combine until everything is well mixed. Transfer to the prepared sheet pan and form into a football-shaped loaf, about 9-by-5 inches.
3. Make the sauce: In a small bowl, mix ketchup, brown sugar, vinegar, Worcestershire and pepper until well combined. Pour evenly over the top of the meatloaf, allowing the sauce to drip down the sides.
4. Bake meatloaf until the temperature in the center registers 160 degrees on an instant-read thermometer, 45 to 55 minutes. Let rest for 10 minutes before slicing.