Turkey Meatloaf

1 1/2 Tablespoons butter

1/4 onion, chopped fine

1 garlic clove, minced

1/2 teaspoon thyme

1 Tablespoon Worcestershire sauce

1 1/2 Tablespoons quick oats

1 teaspoon cornstarch

1 egg yolk

1 Tablespoon Dijon mustard

1 pound lean ground turkey

1/4 cup parmesan cheese, grated

3 Tablespoons fresh parsley, chopped

​

Glaze

1/2 cup ketchup

2 Tablespoons brown sugar

1 teaspoon cider vinegar

1/4 teaspoon hot sauce

​

Melt butter in skillet. Stir in baking soda.

Add onion and salt and cook 4 minutes.

Add garlic and thyme and cook 1 minute.

Stir in Worcestershire and cook 1 minute.

Remove from heat and let cool.

Combine oats and pepper.

Whisk together glaze ingredients in saucepan.

Bring to a simmer. Cook 5 minutes.

Stir egg yolks and mustard into cooled onion mixture.

Add turkey, Parmesan, parsley and oats. Combine with hands.

Shape into a 9x5" loaf and place on a foil lined baking rack over a cookie sheet.

Spread half of glaze over loaf.

Bake 40 minutes at 350.

Brush remaining glaze over loaf.

Bake 35-40 minutes longer. Until internal temperature reaches 160.

Let cool 20 minutes before serving.