

VEGETABLE MEATLOAF WITH BALSAMIC GLAZE

Serves: 6-8

Ingredients

2 Tbsp Olive Oil
2 small zucchini, finely diced
1 red bell pepper, finely diced
1 yellow bell pepper, finely diced
5 cloves garlic, smashed to a paste with coarse salt
1/2 tsp. red pepper flakes (split between loaf and sauce)
Salt & Pepper
1 large egg, lightly beaten
1 Tbsp. Finely chopped fresh thyme (note: I find this too much - try 1 t or leave out)
1/4 cup chopped parsley
1.5 pounds ground turkey
1/4 cup Panko (coarse Japanese breadcrumbs)
1/2 cup grated Romano or Parmesan cheese
3/4 cup ketchup (split into loaf and topping sauce)
1/4 cup plus 2 tablespoons balsamic vinegar (also split)

Directions

Preheat the oven to 425 degrees. Heat the oil in a large sauté pan over high heat. Add the zucchini, bell peppers, garlic paste and 1/4 teaspoon red pepper flakes. Season with salt and pepper and cook until the vegetables are almost soft, about 5 minutes. Set aside to cool.

Whisk the egg and fresh herbs in a large bowl. Add the turkey, panko, grated cheese, 1/2 cup ketchup, 2 tablespoons balsamic vinegar and the cooled vegetables; mix until just combined.

Gently press the mixture into a 9-by-5 inch loaf pan. Whisk the remaining 1/4 cup ketchup, 1/4 cup balsamic vinegar and 1/4 teaspoon red pepper flakes in a small bowl; brush the mixture over the entire loaf. Bake for 1 to 1.25 hours. Let rest for 10 minutes before slicing.

Credit/Link (original recipe):

<https://www.foodnetwork.com/recipes/bobby-flay/vegetable-meatloaf-with-balsamic-glaze-recipe-2117815>