



**Turkey Meatloaf with Roasted
Garlic Cauliflower**

Ingredients

- 2 tablespoons [Fustini's Tuscan Herb olive oil](#), divided
- 1 sweet onion, diced
- 2 garlic cloves, minced
- ½ cup fresh chopped parsley, plus more for topping
- 1 pound ground turkey
- ¾ cup seasoned bread crumbs
- ½ cup milk
- 1 large egg, lightly beaten
- 2 tablespoons BBQ sauce
- 1 tablespoon [Black Sheep Worcestershire sauce](#)
- 1 teaspoon kosher salt
- 1 ½ teaspoons [Fustini's Tuscan Spice blend](#)
- ½ teaspoon freshly cracked black pepper
- ¼ cup ketchup
- 2 ½ tablespoons brown sugar
- 1 tablespoon [Fustini's Michigan Apple balsamic](#)

Sharon's Hint

Adapted from howsweeteats.com

Roasted Cauliflower

- 2 heads garlic
- 1 tablespoon + [Fustini's Tuscan Herb olive oil](#)
- 1 large head cauliflower
- 2 tablespoons butter, melted
- ¼ cup cooking liquid from the cauliflower
- Salt and pepper

Directions

Step 1.

Preheat the oven to 375 degrees F. Start by roasting the garlic first. Slice the tops off the garlic heads and drizzle them with olive oil. Wrap the heads in foil and stick them in the oven for 40 minutes or so while you make everything else!

Step 2.

Heat an oven-safe skillet over medium heat and add 1 tablespoon of olive oil. Stir in the onions and garlic, cooking until softened and translucent, about 5 minutes. Stir in the fresh parsley. Remove from the heat and let cool slightly.

Step 3.

In a bowl, combine the ground turkey, onion, garlic, bread crumbs, milk, egg, BBQ sauce, Worcestershire sauce, salt, spices and pepper. Use your hands to bring the mixture together, until just combined and the ingredients are evenly distributed. Form the mixture into mini meatloaves about 1 inch in thickness and 2 inches in length (long meatball size) Heat the same skillet back over medium heat and add another tablespoon of olive oil. Add the meatloaves in the skillet and brown on both sides, about 3 to 4 minutes per side.

Step 4.

Stir together the ketchup, brown sugar and vinegar in a bowl. Spoon 1 to 2 tablespoons on top of each meatloaf. Place the skillet in the oven and bake for 20 to 25 minutes, or until the center of the meatloaves reach 165 degrees F. When finished, sprinkle with fresh parsley and serve with cauliflower mash.

Step 5. Roasted Cauliflower

While the meatloaves are in the oven, make your cauliflower mash. Cut the head of cauliflower into florets. Place it in a large pot or saucepan and cover it with water, just about an inch past the top of the cauliflower. Bring the mixture to a boil and cook until tender, about 10 minutes or so. Drain the cauliflower, reserving about 1/4 cup of the liquid.

Add the cauliflower to a food processor and blend until pureed. Stream in the cooking liquid and the olive oil along with a pinch of salt and pepper. Squeeze the roasted garlic from the paper into the cauliflower puree. Puree again to combine. Taste and season with more salt and pepper if needed. Serve drizzled with additional olive oil.