

MEXICAN TURKEY MEATLOAF *(adapted from Shockingly Delicious)*

1 egg
1 pound ground turkey
1 onion, chopped (I omitted)
1/3 cup almond flour
1 cup (about 4 ounces) grated Mexican blend cheese
1/4 cup green salsa (I used La Victoria)
1 cup finely sliced spinach leaves
2-4 tablespoons chopped fresh cilantro
1 teaspoon chili powder
1/2 teaspoon ground cumin
1/2 teaspoon ground oregano
1/2 teaspoon fine sea salt
A few grinds of black pepper

Spray the basket of the air fryer with nonstick spray. If you have a perforated parchment sheet protector, lay it on the screen.

In a large mixing bowl, crack the egg and use a fork to beat it lightly. Add the turkey, onion (if using), almond flour, cheese, salsa, spinach, cilantro, and all spices. Gently mix with your hands.

Shape the turkey mixture into 4 loaves. Place them in the air fryer, turn the heat to 390F degrees, and set the timer for 20 minutes.

Remove basket from oven, and place each meat loaf on a dinner plate. Top with additional salsa — either salsa verde or red salsa, if you so desire.

You may also shape this into a single loaf and bake it in the oven for about 45 minutes.