

Tantalizing Turkey Loaf Dinner

SERVES

MENU

This dinner is a far cry from the traditional artery-clogging classic. It's fast and tasty, too! The applesauce replaces the moisture lost by using extra-lean ground turkey. Left-overs make great sandwiches!

4

TANTALIZING TURKEY LOAF DINNER

BAKED POTATOES

BROCCOLI

FAT-FREE INSTANT PUDDING

Preheat oven to 350°.

Coat an 8" x 8" baking dish with cooking spray.

4 med baking *or* sweet potatoes

Scrub potatoes, pierce 3 or 4 times with a fork, wrap in foil and place in oven.

1 sm onion

Chop and place in a medium bowl.

1 lb extra-lean ground turkey breast
 2 lg egg whites
 1/2 - 1 tsp Italian seasoning (children prefer less)
 1/4 tsp red pepper flakes (opt)
 1/2 cup applesauce, unsweetened
 1/2 tsp salt (omit if bread crumbs are seasoned)
 1/2 cup dry unseasoned bread crumbs
 2 T grated Parmesan cheese

Add and mix together thoroughly, using your hands if necessary. (*Wash them first!*) Form meat mixture into 4 equal-sized personal loaves and arrange in dish.



1 cup spaghetti sauce*

Pour sauce over top. Place in oven and set timer for 60 minutes.



Head out for 50 or more minutes of exhilarating exercise.

4 cups broccoli

After exercising, place into microwave-safe dish, cover and cook on HIGH 5 minutes. *Stretch!* When oven timer goes off, it's time to eat!

EXCHANGE VALUES

3 Starch 3 Meat 2 Veg. — Fruit — Milk — Fat

* See page 174 for selection guidelines.

Nutrition information for 1 turkey loaf, 1 small potato, 1 cup broccoli

Hands-on Time — 20 min.

Oven / Exercise Time — 60 min.

Calories	415	Fat	3 g	Fiber	7 g	Sodium	780 mg	Total Carbohydrate	58 g
Calories from Fat	7%	Saturated Fat	< 1 g	Cholesterol	56 mg	Protein	38 g	Sugars	13 g