

Tantalizing Turkey Loaf Dinner

Hands-on - 20 min. Oven/Exercise - 60 min.

Serves 4

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. Leftovers make great sandwiches!

Menu

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Baked Potatoes

Broccoli

Fat-Free Instant Pudding

Preheat oven to 350°.

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

4 (4 oz each) baking potatoes or
2 (8 oz each) sweet potatoes

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

1 small onion

Chop and place in a medium bowl.

20 oz 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 all to chopped onions 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. (Can also make into 12 meat balls and bake for only 15 minutes. Serving size equals 3 meatballs per person.)

1 cup spaghetti sauce, no salt added (Eden)[‡]

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!

[‡]See page 174 for an eye-opener about spaghetti sauce.

Nutrition information for 1 turkey loaf, 1 4 oz potato, 1 cup broccoli

Calories	425	Fat	5 g	Fiber	8 g	Sodium	600 mg	Total Carbohydrate	52 g
Calories from Fat	8%	Saturated Fat	1 g	Cholesterol	58 mg	Protein	44 g	Sugars	13 g

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Oven • Exercise • Eat
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