

# Marvelous Meat Loaf

- 1 lb 95% lean ground beef
- 1 lb ground turkey breast
- $\frac{3}{4}$  cup seasoned bread crumbs
- $\frac{1}{2}$  cup fat-free milk
- $\frac{1}{4}$  cup egg substitute
- 1 medium onion, finely chopped (for variety, add  $\frac{1}{4}$  cup shredded carrot, 2 Tbsp chopped green pepper, and/or  $\frac{1}{4}$  cup sliced celery)
- 1 14.5-oz can stewed tomatoes

- 1 Preheat the oven to 350°F.
- 2 In a large bowl, combine all ingredients except tomatoes and form into a loaf. Place into a loaf pan and bake for 1  $\frac{1}{4}$  to 1  $\frac{1}{2}$  hours, until internal temperature registers 165°F. Pour tomatoes over the top during the last 20 minutes of baking.
- 3 Remove from oven, cover with foil, and let stand for 10 minutes before serving.

## NUTRITION FACTS

10 Servings

Serving Size 3 oz

AMOUNT PER SERVING

### Exchanges

$\frac{1}{2}$  Carbohydrate

2 Very Lean Meat

<b>Calories</b>	105	<b>Cholesterol</b>	39 mg
Calories from fat	11	<b>Sodium</b>	198 mg
<b>Total Fat</b>	1 g	<b>Total Carbohydrate</b>	8 g
Saturated fat	1 g	Dietary Fiber	1 g
<b>Protein</b>	16 g	Sugars	3 g

Providing guidance and support to make the "healthy choice the easy choice!"



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