

PIZZA MEAT LOAF

4 Servings, about 1/4 loaf each

Ground turkey	1 pound
Spaghetti sauce	3/4 cup
Mozzarella cheese, part-skim	1/4 cup
Green peppers, chopped	1/2 cup
Onion, minced	1/4 cup

PREPARATION TIME: 15 MINUTES

CONVENTIONAL COOKING TIME: 20 MINUTES

MICROWAVE COOKING TIME: 8 MINUTES

1. Lightly grease 9-inch pie plate with vegetable oil. Pat turkey into pie plate.

CONVENTIONAL METHOD

1. Place turkey in 350° F oven; bake until turkey no longer remains pink, about 17 to 20 minutes.

MICROWAVE METHOD

1. Cover turkey with waxed paper.
2. Cook on high; rotate plate 1/4 turn after 3 minutes.
3. Cook until turkey no longer remains pink, about 5 more minutes. Drain.

TO COMPLETE COOKING

1. Top baked turkey with spaghetti sauce, cheese, and vegetables.
2. Return turkey to either the conventional oven or the microwave oven and heat until cheese is melted, about 1 to 2 minutes.

PER SERVING:

Calories	255
Total fat	14 grams
Saturated fat	4 grams
Cholesterol	88 milligrams
Sodium	376 milligrams