

Pizza Meat Loaf *Makes 4 servings*

¾ cup spaghetti sauce

¼ cup mozzarella cheese, part skim

½ cup green pepper, chopped

¼ cup onions, minced

1 lb. ground turkey

Conventional Method:

1. Lightly grease 9-inch pie plate with vegetable oil. Pat turkey into pie plate.
2. Place turkey in 350 degrees oven. Bake until thoroughly cooked, about 17 to 20 minutes.
3. Top baked turkey with spaghetti sauce, cheese, and vegetables.
4. Return turkey to oven and heat until cheese is melted, about 1 to 2 minutes.

Microwave Method:

1. Lightly grease 9-inch pie plate with vegetable oil. Pat turkey into pie plate.
2. Cover turkey with waxed paper.
3. Cook on high; rotate plate ¼ turn after 3 minutes. Continue cooking until done and drain.
4. Top baked turkey with spaghetti sauce, cheese, and vegetables.
5. Return turkey to microwave and heat until cheese is melted, about 1 to 2 minutes.