

^{FAT.}
Low Calorie Meat Loaf

1/2 lbs ground chicken or turkey

1 egg slightly beaten

1/2 cup milk

3/4 cup dry bread crumbs

1 tea salt

1/2 tea pepper

1 envelope stuffing
such as Stonetop
prepared as directions

Mix meat, egg, milk, crumbs + spices

Pack some on bottom 9x5x3" loaf pan.

Then press some meat along side to form walls
up from 1st layer - about 2" high.

Pack stuffing in cavity, pinch off any meat
that extends above meat walls - add to meat mixture.

On waxed paper press out remaining meat to size of
pan, invert over loaf - seal meat all around so it
seals walls.

350 - 1 hr uncovered