

Mexican Meat Loaf

- 1 package (1 pound) Louis Rich ground turkey
- 1 can (16 ounces) tomato sauce
- 1/3 cup crushed tortilla chips
- 1/4 cup chopped onion
- 2 tablespoons chopped green pepper
- 1 package (1 1/4 ounces) taco seasoning mix

Combine ingredients, reserving 1 cup tomato sauce. Spoon mixture into 9 x 5-inch loaf pan. Bake in 350°F oven 45 to 50 minutes. Heat reserved tomato sauce and serve with meat loaf. 6 servings, 290 calories per serving.

Basic Cooking Directions For Ground Turkey

***Skillet:** Shape turkey into 4 (4-inch) patties. Place in nonstick or lightly greased skillet. Cook on medium 12 to 14 min., turning occasionally. **Or,** crumble turkey in skillet. Cook on medium 8 to 10 min., until no longer pink, stirring occasionally.

Microwave: Shape turkey into 4 (4-inch) patties. Place in microwave-safe dish; cover. Microwave at HIGH 3 min.; turn over. Cover. Microwave 3 min. more. Let stand 2 min. **Or,** crumble turkey in microwave-safe dish; cover. Microwave at HIGH 3 min.; stir. Cover. Microwave 3 min. more until no longer pink.

Serving Suggestion