



WEIGHT ★ NO ★ MORE DIET CENTERSM



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CONFETTI MEAT LOAF

Intermediate Lifestyle

Ingredients

½ cup brown rice
1 TBS olive oil or vegetable oil
1 small onion, chopped
1 cup chopped red and green bell peppers
1 lb. extra-lean ground beef and/or ground turkey breast
1 cup low-sodium chunky salsa
¼ cup liquid egg substitute or 1 egg
¼ TSP salt
½ TSP ground black pepper
¼ TSP celery seeds

Instructions

1. Cook rice according to package directions.
2. Preheat oven to 350°.
3. Warm oil in a small skillet over medium heat. Add onion and bell peppers. Cook 5 minutes, or until tender.
4. In a large bowl, combine meat, salsa, egg substitute or egg, salt, black pepper, and celery seeds. Stir in vegetables and rice. Place mixture in a round baking dish and pat into an oblong loaf. Bake 45 to 50 minutes, or until thermometer inserted in center registers 160° and meat is no longer pink.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1/6 slice meat loaf = 1 P, ½ FT