

**Chicken**

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# **Easy Breezy Turkey Loaf**

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Taste of Home Shortcuts Issue - August/September 2011

**Servings: 6**

**Preparation Time: 10 minutes**

**Bake Time: 1 hour 5 minutes**

**1 cup seasoned bread crumbs**

**1 cup garden-style spaghetti sauce, divided**

**1 medium onion, chopped**

**1 egg**

**1 teaspoon salt**

**1 teaspoon pepper**

**1 1/2 pounds ground turkey**

Preheat oven to 350 degrees.

In a large bowl, combine the bread crumbs, 1/2 cup of the spaghetti sauce, onion, egg, salt and pepper.

Crumble the turkey over the mixture and mix well.

Pat into an ungreased 9x5-inch loaf pan.

Bake, uncovered, for one hour.

Spread the remaining spaghetti sauce over the loaf.

Bake 5 to 10 minutes longer or until a meat thermometer reads 165 degrees and the juices run clear.

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Per Serving (excluding unknown items): 263 Calories; 11g Fat (37.8% calories from fat); 24g Protein; 16g Carbohydrate; 1g Dietary Fiber; 125mg Cholesterol; 1004mg Sodium. Exchanges: 1 Grain(Starch); 3 Lean Meat; 1/2 Vegetable; 1/2 Fat.