

HEART-Y MEAT LOAF



INGREDIENTS

2 pounds ground white meat turkey
½ cup grated zucchini
¼ cup chopped carrots
½ cup chopped onions
½ cup onion flakes ¼ cup chopped red peppers
¼ cup chopped green peppers
3 cloves crushed garlic
1 cup salsa
4 egg whites
1 Squirt Hot Chili or Tabasco Sauce
2 Tablespoons Worcester Sauce
½ tsp pepper
2 tsp sea salt

****Heart-shaped pan—optional!***

TOPPING

¼ c tomato paste
1 packet Artificial sweetener
2 tbsp salsa
1/4 c water

DIRECTIONS

Preheat the oven to 350 degrees. Mix all ingredients together in a large bowl. Press into baking pan. *A heart shaped one for this month would add a special touch! Combine topping ingredients in a small bowl and stir so they are well blended. Spoon mixture on top of meatloaf. Place in oven and bake uncovered for 1 hour. Let it cool for 10 minutes before serving.