



...from our kitchen to yours

Wheatena Meatloaf

- 1/2 lb lean ground beef
- 1/2 lb lean ground turkey
- 1/2 cup uncooked **Wheatena**
- 1/4 cup onion
- 1 can (8 oz) tomato sauce
- 1 egg
- 2 tsp dried parsley
- 1/8 tsp black pepper
- Non cooking spray.

Preheat oven to 350F. Combine all ingredients. Spread mixture in a 9x5x3 inch loaf pan greased with non cooking spray. Bake about 1 hr uncovered. Allow to cool slightly before serving.

Yield 4 servings.

