Food

Thrifty Meals

Pizza Meat Loaf

4 Servings, about 1/4 loaf each
1 pound ground turkey
3/4 cup spaghetti sauce
1/4 cup mozzarella cheese, part-skim
1/2 cup green peppers, chopped
1/4 cup onion, minced
Preparation time: 15 minutes
Cooking time: conventional 20 minutes; microwave 8 minutes

1. Lightly grease 9-inch pie plate with vegetable oil. Pat turkey into pie plate.

Conventional method

1. Place turkey in 350˚ F oven; bake until turkey no longer remains pink, about 17 to 20 minutes.

Microwave Method

1. Cover turkey with waxed paper.
2. Cook on high; rotate plate 1/4 turn after 3 minutes.
3. Cook until turkey no longer remains pink, about 5 more minutes. Drain.

To complete cooking

1. Top baked turkey with spaghetti sauce, cheese, and vegetables.
2. Return turkey to either the conventional oven or the microwave oven and heat until cheese is melted, about 1 to 2 minutes.

Per Serving: calories 255; total fat 14 grams; saturated fat 4 grams; cholesterol 88 milligrams; sodium 376 milligrams

Baked Spicy Fish

4 Servings, about 3 ounces each
1 pound cod fillets, fresh or frozen
1/4 tsp paprika
1/4 tsp garlic powder
1/4 tsp onion powder
1/8 tsp pepper
1/8 tsp ground oregano
1/8 tsp ground thyme
1 tbsp lemon juice 1 tablespoon
1-1/2 tbsp margarine, melted
Preparation time: 15 minutes
Cooking time: 25 minutes

1. Thaw frozen fish according to package directions.
2. Preheat oven to 350˚ F.
3. Separate fish into four fillets or pieces. Place fish in ungreased 13- by 9- by 2-inch baking pan.
4. Combine paprika, garlic and onion powder, pepper, oregano, and thyme in small bowl.

Sprinkle seasoning mixture and lemon juice evenly over fish. Drizzle margarine evenly over fish.

5. Bake until fish flakes easily with a fork, about 20 to 25 minutes.

Per Serving: calories 140; total fat 5 grams; saturated fat 1 gram; cholesterol 51 milligrams; sodium 123 milligrams

Potato Cakes

4 Servings, 1 cake each
2 cups new potatoes, cooked, peeled, mashed
1 egg
1 tbsp
2 tbsp whole milk
1/4 cup vegetable oil
Preparation time: 10 minutes
Cooking time: 5 minutes

1. Mix mashed potatoes, egg, flour, and milk thoroughly.
2. Shape into flat cakes, about 1/2-inch thick.
3. Heat oil in skillet.
4. Add potato cakes to hot skillet. Cook until golden brown and thoroughly heated.

Per serving: calories 210; total fat 15 grams; saturated fat 3 grams; cholesterol 54 milligrams; sodium 222 milligrams

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