

Pizza Meat Loaf (FDD)

Makes: 6 Servings

A different twist on meat loaf. Due to the canned pork added to a mixture of chopped green pepper, chopped onion, low-sodium canned tomato sauce, and low-fat cheese.

Ingredients

- 12 ounces** pork (drained, about 1/2 of a 24-ounce can)
- 1/2 cup** green pepper (chopped)
- 1/4** onion (finely chopped)
- 3/4 cup** low-sodium tomato sauce (canned)
- 1/4 cup** low-fat cheese (shredded)

Directions

1. Preheat oven to 350 degrees F.
2. Place pork in bottom of 9x9-inch baking pan or 9-inch pie pan.
3. Top with green peppers, onion, tomato sauce, and cheese.
4. Heat in oven for about 15 minutes until cheese is melted.

Notes

Tip: Canned pork is ready to eat without heating, or added to your favorite recipe to be served either hot or cold.

Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	140	
Total Fat	8 g	
Protein	14 g	
Carbohydrates	3 g	
Dietary Fiber	1 g	
Saturated Fat	4 g	
Sodium	160 mg	