



## Chicken Loaf

### Instructions:

Preheat oven to 350.

Mix all the ingredients (besides the Pam) in a bowl by hand.

Coat a baking tray with 6 seconds of Pam.

Create a loaf with your hands and place it on the baking tray.

Bake for 45 minutes.

**Unlimited on the lean protein diet**

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**Prep Time:**

5 minutes

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**Cook Time:**

45 minutes

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**Ingredients:**

1 pound ground white meat  
chicken

1 egg

1 onion - chopped finely

1 TBSP. paprika

1/2 tsp. cayenne pepper

salt & pepper to taste

Pam