



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.

1/4 of the recipe counts as 1 dinner main

Prep Time:

5 minutes

Cook Time:

45 minutes

Ingredients:

1 pound ground white meat
chicken

1 onion - chopped finely

1 TBSP. paprika

1/2 tsp. cayenne pepper

1 egg

salt & pepper to taste

Pam