Quick Healthy Meal

Meatloaf Filet
Mashed Potatoes
Mixed Vegetables
Wheat Bread
Milk

30 minutes before serving:
• Wash hands
• Prepare meatloaf and put in oven to bake
• Set table.

15 minutes before serving:
• Prepare instant mashed potatoes.

10 minutes before serving:
• Steam vegetables in the microwave or on the range top.

5 minutes before serving:
• Put out bread and milk
• Put dressing on spinach salad,

Meatloaf Filet
Serves 4 to 6

1 cup oatmeal or dry bread crumbs
1 pkg dry onion soup mix
1 lb ground lean meat (turkey, beef or pork)
1 egg
1 strip of bacon for each pattie

• Mix oatmeal (or bread crumbs) and dry soup mix
• Combine with ground meat and egg
• Divide meat and shape into patties
• Wrap each pattie with a piece of bacon (tie with string or secure with a toothpick)
• Bake on a flat pan in 400° oven for about 20 minutes (it is done when pattie reaches 165° in the middle)
• Remove toothpicks or string before serving.