

Beef, Microwaveable

Cheesy Meat Patties

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Servings: 2

1/2 pound lean ground beef

1/4 cup soft whole wheat breadcrumbs

2 tablespoons reduced-calorie ketchup

1 egg, slightly beaten

1 tablespoon fresh parsley, chopped

1/8 teaspoon garlic salt

1/8 teaspoon dried whole oregano

1/8 teaspoon pepper

1/4 cup (1 ounce) mozzarella cheese, shredded

2 teaspoons Parmesan cheese

In a bowl, combine the beef, breadcrumbs, ketchup, egg, parsley, garlic salt, oregano and pepper. Divide the mixture into four portions. Shape each portion into a 4-inch patty.

Top two of the meat patties with mozzarella cheese. Place the remaining meat patties over the cheese. Press the edges to seal.

Place the meat patties on a microwave-safe bacon rack. Cover with waxed paper.

Microwave at HIGH for 2 to 3 minutes. Turn the patties over. Sprinkle each with one teaspoon of the Parmesan cheese. Cover and microwave at HIGH for 2 to 3 minutes or until the desired degree of doneness.

Per Serving (excluding unknown items): 391 Calories; 30g Fat (70.7% calories from fat); 27g Protein; 1g Carbohydrate; trace Dietary Fiber; 205mg Cholesterol; 327mg Sodium. Exchanges: 0 Grain(Starch); 4 Lean Meat; 0 Vegetable; 3 1/2 Fat; 0 Other Carbohydrates.