

## *Hamburgers Parmigiana*

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- 1 pound lean ground beef
- 1 small onion, chopped
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon garlic salt
- 2 cups chunky-style spaghetti sauce
- 1/2 cup shredded mozzarella cheese
- 4 slices French bread, toasted OR  
2 hamburger buns, split and  
toasted

Mix ground beef, onion, Parmesan cheese and garlic salt. Shape into four patties, each about 1/2-inch thick. Cook in skillet over medium heat until desired doneness; drain off excess fat.

Pour spaghetti sauce over patties; heat until hot. Top each patty with two tablespoons shredded mozzarella cheese; let stand until cheese

begins to melt.

Serve on French bread or toasted hamburger buns. Serve with steamed vegetables or a salad. Makes four servings.

## *Scallops with broccoli and mushrooms*

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- 1 pound scallops
- 1 1/2 cups sliced fresh mushrooms
- 2 tablespoons margarine or butter
- 2 cups chopped broccoli OR
- 1 package (10 ounces) frozen  
chopped broccoli, thawed
- 1 jar (2 ounces) sliced pimentos,  
drained
- 1 can (284 mL) condensed chicken  
broth
- 3 tablespoons cornstarch
- 2 teaspoons soy sauce

If scallops are large, cut in halves. Cook and stir mushrooms in margarine over medium heat until tend-

er, about five minutes. Stir in scallops, broccoli and pimentos. Cook stirring frequently until scallops are white, three to four minutes.

Gradually stir chicken broth into cornstarch until smooth. Stir broth mixture and soy sauce into scallop mixture. Heat to boiling, stirring constantly. Boil and stir one minute.

Serve over hot steamed rice or pasta. Makes four servings.