

to this point. Arrange in single layer on large plate. Refrigerate, covered, up to 24 hours.) * To serve, heat oil in large skillet over medium heat. Fry patties 8 to 10 minutes, turning once, until cooked through and no longer pink inside. Serve at once.

Per patty: 226 calories, 17 g fat.

POTATO and ONION omelette

Serves 6 to 8

Preparation time: 30 minutes

Cooking time: about 45 minutes

This hearty omelette, packed with vegetables and topped with Parmesan, makes a great dish for lunch or supper.

as well as brunch.

1/2 cup	olive oil	125 mL
(approx.)		
4	large potatoes, thinly sliced	4
	salt and pepper	
1	large Spanish onion, thinly sliced	1
1	clove garlic, minced	1
1/2 cup	diced sweet red pepper	125 mL
6	eggs	6
1/4 cup	chopped fresh parsley	50 mL
1/2 cup	grated Parmesan cheese	125 mL

SHEPHERD'S PIE WITH RICE TOPPING. IT'S A PERFECT WAY TO TURN AN OLD FAVOURITE INTO A NEW FAVOURITE.

2 tsp (10 mL) vegetable oil
2 carrots, diced
1 onion, chopped
1 lb (500 g) ground beef
2/3 cup (150 mL) beef stock
1 tbsp (15 mL) tomato paste
1 tbsp (15 mL) Worcestershire sauce

salt and pepper
3/4 cup (175 mL) fresh or frozen green peas
3 cups (750 mL) Uncle Ben's® Converted® Brand Rice
1 egg, beaten
1 cup (250 mL) shredded cheddar cheese
1/2 (125 mL) cup sour cream

In ovenproof 10-inch (25 cm) skillet, heat oil over medium heat. Cook carrots and onion for 3 minutes. Add beef, and cook for about 5 minutes or until browned. Drain off fat. Stir in stock, tomato paste, Worcestershire sauce and salt and pepper to taste. Cook for 5 minutes, uncovered, stirring occasionally. Add peas, cook for 1 more minute. Spread evenly in pan. Stir together cooked rice, egg, cheese and sour cream. Spread evenly over meat. Broil for 7 minutes or until rice is heated through.