

NAME OF RECIPE:

Makes 4 servings

Skillet Burgers

1 1/2 lb ground beef
1 egg

2 Tbsp each drained capers, onion
or

1 Tbsp each Ch. fresh dill, parsley &
Worcestershire sauce.

1/2 tsp salt & gr. sage, pepper.
2 Tbsp oil.

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1 cup sliced mushroom.

2 tbsp lock minced shallots, dry white
table wine

In med bowl combine veal egg, capers
etc & shape into 4 equal patties. Brown
(except mushrooms & onions add wine & bring
to boil.

Each serving provides:

3 pro $3/4$ veg 1 sat 25 cal