Salisbury Steak (Healthy Living)

Prep Time: 10 min **Total Time:** 30 min **Makes:** 8 servings

Ingredients

- 2 lb. extra lean ground beef
- 1 pkg. (6 oz.) *Stove Top* Stuffing Mix for Chicken
- 1 medium onion, finely chopped
- 3 egg whites
- 2 cups water, divided
- 1 Tbsp. oil
- 1/2 cup *Kraft* Original Barbecue Sauce
- 1 tsp. Worcestershire sauce
- 1/4 tsp. black pepper

Salisbury Steak (Healthy Living)(2/2)

Directions

1. **MIX** meat, stuffing mix, onion, egg whites and 1-1/2 cups of the water until well blended. Shape into 8 (5-inch) patties.

2. **HEAT** oil in large nonstick skillet on medium heat. Add patties; cook 6 min. on each side or until cooked through and golden brown on both sides. Drain fat from skillet.

3. **COMBINE** barbecue sauce, remaining 1/2 cup water, the Worcestershire sauce and pepper; pour evenly over patties. Bring to boil. Reduce heat to low; cover. Cook an additional 5 min. or until sauce is slightly thickened and heated through.

NUTRITION (PER SERVING): CALORIES 280, FAT 8 g (SAT 3 g), CHOL 70 mg, SODIUM 630 mg, CARB 22 g, FIBER 1 g, SUGARS 7 g, PROTEIN 27 g, DV VIT A 0%, DV VIT C 2%, DV CALCIUM 2%,
DV IRON 20%

Round Out The Meal
Serve with a mixed green salad tossed with your favorite *Kraft* Dressing and fresh fruit.

Great Substitute
Substitute ground chicken, ground pork or thawed frozen *Louis Rich* Pure Ground Turkey for the ground beef.