Stuffed burgers may be just right for your diet plan

if your dietary plan centers around eating light and right, here's a deficious suggestion for your next cookout your next cookout when the coals are covered with a fire is ready for cooking when the coals are covered with a gray ash and Beciffungers. To the dimers' surprise and delight, these thick, fully burgers conceal a spicy mush-room-noin filling. Calories are kept in check by serying the burgers on rafts of crisp ircoberg lettuce rather than burn.

White stuffed burgers on rafts of crisp ircoberg lettuce rather than burn.

White stuffed burgers are largers lettuce rather them burn.

Because ground beef is so versatile and economic advant to the surface and retard browning.

Because ground beef is so versatile and economic active with the filling in expert two thin beta if often on a well-ball ties with the filling in expert with countless stuffing possibilities to give basic burgers a flavor boost. For the burgers featured here, the filling is easily made by briefly cooking silted mushrooms and green onlon with barbecus sauce.

FOR BURGERS that are nicely browned, yet

rooms
'4 cup thinly sliced green
onion 5 cup barbecue sauce

via cup barbecue sauce Salt Pepper 1 small head iccberg lettuce Cook mushrooms, onlons and barbecue sauce over low heat 8 to 10 minutes. Cool. Divide ground beef into 8 equal portions and form into pattice 4 inches in diameter. Spoon an equal amount of mushroom sauce in center of 4 pattices in the control of the cook of the cook



For a cookout in tune with today's empha-sis on eating light, serve mushroom-

Don't forget lamb

Looking for something special to satisfy hearty outdoor appetites? Don't over look lamb.

Lamb ioin and rib chops are great on the grill as are sirioin chops. Or stretch the budget with thrifty arm and biade lamb chops. Delicious and economical, too, are lamb riblets and patiets made with ground lamb. Kabobs, made with chunks of lamb, are also sure to appeal. If you have a roitsserie unit, treat the outdoor crowd to a boneless shoulder roast or boneless leg roast cooked to a turn over the coals.

stuffed beefburgers on rafts of crisp let-

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