

# Great American HOME COOKING *Made Easy*

5-INGREDIENT  
PASTAS...FAST!

LUSCIOUS LEMON  
MERINGUE PIE

CRISPY GOLDEN  
FRIED CHICKEN  
A DOWN-HOME COOK  
INVITES YOU TO DINNER



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# 5 ways with HAMBURGERS

NEW TWISTS ON AN ALL-AMERICAN FAVORITE

BY DAVID MCCANN

## BASIC RECIPE

Follow Steps 1 and 2 for the perfect basic burger (makes four quarter-pound burgers). Or try the variations at right with their accompaniments.

**TIME TO PREPARE & COOK:** 10 MINUTES

**PER SERVING:** 407 CAL; 25G PROTEIN; 20G FAT (7G SATURATED); 508MG SODIUM; 30G CARB.

- ◆ 1 pound lean ground chuck
- ◆ ½ teaspoon *each* salt and pepper
- ◆ 1 tablespoon vegetable oil or butter
- ◆ 4 kaiser rolls
- ◆ 4 lettuce leaves, 8 tomato slices and 4 onion slices for serving



**1** Crumble the ground beef into a bowl. Season with the salt and pepper. Mix gently without overworking, then shape into 4 patties.

**2** Heat the oil in a large skillet over medium-high heat. Add burgers; cook for 6 minutes, turning once for medium doneness. (Broil or grill the burgers for 5 minutes, turning once.) Split the rolls; fill with burgers and accompaniments. Serve with fresh vegetable sticks.



## PITA PATTY

**TIME TO PREPARE & COOK:** 20 MINUTES

**PER SERVING:** 469 CAL; 29G PROTEIN; 24G FAT (10G SATURATED); 859MG SODIUM; 32G CARB.

- ◆ ½ pound feta cheese, crumbled
- ◆ 2 teaspoons dried oregano
- ◆ 4 pita pockets
- ◆ 2 cups shredded romaine lettuce
- ◆ 1 tomato, diced
- ◆ ¼ cup pitted black olives, rinsed and sliced

◆ Prepare the Basic Recipe, gently mixing the feta cheese and oregano into the meat before forming patties. Cook the burgers as directed.  
◆ Cut off 1 inch from each pita, then stuff with the shredded lettuce. Tuck the burgers into the pita pockets and add the tomato and olives.





## BARBECUED BEEF BURGERS

- ◆ ½ cup plus 2 tablespoons prepared barbecue sauce
- ◆ 4 split sesame-seed sandwich buns
- ◆ 1 cup prepared coleslaw

**TIME TO PREPARE & COOK:** 15 MINUTES  
**PER SERVING:** 525 CAL; 30G PROTEIN; 22G FAT (8G SATURATED); 1,298MG SODIUM; 52G CARB.

◆ Prepare the Basic Recipe, gently mixing 2 tablespoons of barbecue sauce into the meat before forming patties. Cook the burgers as directed.  
 ◆ Meanwhile, warm the buns in the oven. Top each split bun with a burger, some barbecue sauce and ¼ cup of coleslaw. Serve with baked beans.



## PIZZA PATTY MELTS

- ◆ ¼ pound finely diced pepperoni
- ◆ 2 teaspoons dried Italian seasoning
- ◆ ½ cup pizza sauce, heated
- ◆ 4 ounces mozzarella cheese, shredded
- ◆ 1 small loaf (10 ounces) Italian bread

**TIME TO PREPARE & COOK:** 20 MINUTES  
**PER SERVING:** 672 CAL; 38G PROTEIN; 39G FAT (15G SATURATED); 1,424MG SODIUM; 39G CARB.

◆ Prepare the Basic Recipe, gently mixing the pepperoni and seasoning into the meat before forming patties. Cook the burgers as directed, topping with pizza sauce and cheese before the last minute of cooking.  
 ◆ Meanwhile, split the Italian bread lengthwise, then cut into quarters. Toast the bread; place each burger between 2 pieces and serve with sauteed mushrooms.



## TEX-MEX BURGER

- ◆ 1 jalapeno, seeded and minced
- ◆ 1 small onion, minced
- ◆ 4 ounces cheddar cheese, thinly sliced
- ◆ 2 English muffins
- ◆ 1 ripe avocado, thinly sliced
- ◆ ½ cup chunky salsa

**TIME TO PREPARE & COOK:** 25 MINUTES  
**PER SERVING:** 524 CAL; 30G PROTEIN; 35G FAT (14G SATURATED); 832MG SODIUM; 22G CARB.

◆ Prepare the Basic Recipe, gently mixing the jalapeno and onion into the meat before forming patties. Cook the burgers as directed, topping with cheese before the last minute of cooking.  
 ◆ Split and toast the English muffins. Top each half with a burger, avocado and salsa. Serve with chips and cherry tomatoes.

