

Superfast Salisbury Steak

from **Cooking Light**

We used a blend of two kinds of ground meats for the patties. The turkey breast brings the total fat down while the ground round adds moistness and flavor. Serve with roasted vegetables, such as potatoes and carrots.



Randy Mayor; Jan Gautro

- 3/4 pound ground turkey breast
- 3/4 pound ground round
- 1/3 cup dry breadcrumbs
- 2 large egg whites
- Cooking spray
- 3/4 cup water
- 3 tablespoons tomato paste
- 2 tablespoons Madeira wine or dry sherry
- 1 1/2 teaspoons Worcestershire sauce
- 1/4 teaspoon freshly ground black pepper
- 1 (10 1/2-ounce) can condensed French onion soup (such as Campbell's)

Combine first 4 ingredients. Divide meat mixture into 6 equal portions, shaping each into a 1/2-inch-thick patty. Heat a large nonstick skillet coated with cooking spray over medium-high heat. Add patties; cook 6 minutes or until browned, turning after 3 minutes. Remove patties from pan; keep warm. Stir in water and remaining ingredients. Bring to a boil; add patties. Cover, reduce heat, and simmer 10 minutes. Uncover and cook until wine mixture is reduced to 3/4 cup (about 10 minutes).

Yield: 6 servings (serving size: 1 patty and 2 tablespoons sauce)

CALORIES 210 (25% from fat); FAT 5.9g (sat 2g, mono 1.9g, poly 0.8g); IRON 2.4mg;
 CHOLESTEROL 64mg; CALCIUM 38mg; CARBOHYDRATE 10g; SODIUM 621mg; PROTEIN 27.4g;
 FIBER 0.9g

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