



Salisbury Steak with Mushroom Gravy

INGREDIENTS

- 1 ½ pounds ground round
- 1 ¾ cups of soft breadcrumbs (about 4 slices bread)
- ½ cup chopped onion
- ¼ cup chopped green pepper
- 2 tablespoons steak sauce
- 1 egg white
- ½ teaspoon salt
- ½ teaspoon pepper
- Mushroom Gravy

DIRECTIONS

1. Combine first 8 ingredients in a large bowl; stir well
2. Shape into 6 patties, Place patties on a rack in boiler pan.
3. Broil for 5-6 minutes; turn patties, broil for 6 additional minutes or until done. Serve with Mushroom Gravy, Yield: 6 servings (1 patty and ¼ cup gravy per serving)

Mushroom Gravy

YIELD: 1 ½ CUPS

INGREDIENTS

- 2 teaspoons reduced-calorie margarine
- 2 cups sliced fresh mushrooms
- 1 shallot, finely chopped
- 2 tablespoons all-purpose flour
- 1 (14.25-ounce) no salt added beef broth
- ¼ teaspoon pepper
- ¼ teaspoon dried thyme *(cont. on back)*

DIRECTIONS

Melt margarine in a nonstick skillet over medium high heat; add mushrooms and shallot and cook 3 to 5 minutes or until golden, stirring constantly. Add flour and cook 1 minute, stirring constantly. Reduce heat, and simmer, uncovered 2 minutes. Add beef broth, pepper, and thyme; simmer, uncovered 7 minutes or until mixture is reduced by ¼ stirring occasionally.

Cheesy Garlic Green Beans

YIELD: 4 TO 6 SERVING

INGREDIENTS

- 1 pound green beans, ends trimmed
- ¼ cup olive oil
- 2 tablespoons fresh parmesan cheese, shredded
- 1 tablespoon minced garlic (or 4 cloves garlic, minced)
- ¾ teaspoon Kosher salt
- ¼ teaspoon fresh cracked black pepper
- 1 ¼ cup mozzarella cheese shredded

DIRECTIONS

1. Preheat oven to 425 degrees Fahrenheit. Lightly grease a baking sheet with nonstick cooking oil spray.
2. Arrange green beans on baking sheet in a single layer. Set aside.
3. In a small bowl mix together olive oil, parmesan, garlic, salt and pepper. Drizzle the oil mixture over the green beans and toss to evenly coat.
4. Bake for 20 minutes until vibrant and tender crisp.
5. Remove from oven and top with mozzarella cheese. Return to oven and broil (or grill) until the cheese melts and becomes golden (about 4-5 minutes).
6. Season with salt and pepper, if desired. Serve immediately.



SUPPORTED BY LELAND MEDICAL CLINIC

To view the recipe segments, please visit lelandmedicalclinic.org/deercreekdinners