

New Ways with Burgers

Liven up your burger repertoire with this pair of tasty ground meat ideas.

Hamburger-Bobs are skewered with vegetables, enveloped in foil and grilled in buttery barbecue sauce. They make a dinner that requires little watching. And the foil acts as a serving container, as well.

Burgers Italiano are "spoon-burgers" with saucy pizza seasonings, likely to be particular favorites with the ever-hungry younger set.

BURGERS ITALIANO

- 1/4 cup (1/2 stick) butter
- 1 pound ground beef
- 1 can (4 oz.) sliced mushrooms, drained
- 1/4 cup chopped green pepper
- 1/2 cup chopped onion
- 1/4 teaspoon garlic powder
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- 1/4 cup flour
- 1 cup milk
- 1 can (8 oz.) tomato sauce
- 6 hamburger buns, toasted
- Grated Parmesan cheese

Melt butter in a large skillet. Add ground beef, mushrooms, green pepper, onion, garlic powder, salt, pepper, basil and oregano. Cook over medium heat, breaking meat into small pieces with a fork, until meat is well browned. Remove from heat. Sprinkle flour evenly over mixture and stir to blend in smoothly. Stir in milk. Return to low heat and cook until thickened, stirring occasionally. Stir in



Basil, oregano and tomato lend lively flavor to Burgers Italiano. They're topped with a bit of Parmesan cheese at serving time. Salad, chips and milk make them a meal.

tomato sauce. Heat thoroughly. Spoon serving size portions over toasted buns and top with a little Parmesan cheese. Makes 6 servings.

HAMBURGER-BOBS IN BARBECUE SAUCE

- Barbecue Sauce:
- 1/4 cup (1/2 stick) butter
 - 1/4 cup chopped onion
 - 1/2 cup chili sauce
 - 2 tablespoons lemon juice
 - 2 tablespoons brown sugar
 - 1 tablespoon Worcestershire sauce
 - 1 teaspoon salt
 - 1 teaspoon dry mustard

Hamburger-Bobs:

- 1 1/2 pounds lean ground beef
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 3 medium potatoes, pared and sliced 1/4-inch thick
- 4 medium carrots, pared and cut into thirds

To prepare sauce: In a small skillet melt butter; sauté onion until tender. Add chili sauce, lemon juice, sugar, Worcestershire sauce, salt and mustard. Simmer 15 minutes; set aside. To prepare Hamburger-Bobs: In a bowl combine beef, salt and pepper; mix lightly, shape into 18 meat balls. On each of 6 skewers alternate 3 meat balls, 2 slices potato and 2 pieces carrot. Place each skewer on double thick 12-inch square of aluminum foil; top with 2 tablespoons sauce. Double fold over top; twist ends. Place on grill over medium coals folded side up (do not turn) for 40-50 minutes or until desired degree of doneness. To serve: Open package; remove skewer and use foil as serving container. Makes 6 servings.



Doctor in the Kitchen®

by Laurence M. Hursh, M.D.
Consultant, National Dairy Council

Executives Who Weigh More Make Less

Not long ago a report was issued that a much higher percentage of executives making \$10,000 to \$20,000 a year were overweight than executives making \$20,000 to \$50,000. In other words, the more successful men generally were slimmer types.

Last week's column ended just as we were getting into behavioral aspects of weight control. This is an exciting field of research and perhaps a most promising one. For we all know pretty well that "losing weight isn't hard — we've done it dozens of times."

Humor aside, the specific way to reduce — eating less but eating a balanced diet, and exercising more — is apparent. What we don't seem to be able to accomplish is doing it. The most serious aspect of the overweight problem in America is the fact that we fail so miserably in correcting it.

Ways To Succeed

Well, new ways to succeed at weight reducing are being suggested. Progress in the

areas of education, the behavioral sciences, nutrition, biochemistry and physiology has led to a better understanding of the obesity problem.

Part of the behavioral approach to weight control involves an understanding of what people eat, when and where they eat it, and how much. These factors have been grouped under what is referred to as "situational control." It means that eating behavior is not solely controlled by the person himself but by others and the places in which he spends his life.

Some of the "situation controls" are out in the open, some are hidden. In their book, *Slim Chance in a Fat World: Behavioral Control of Obesity*, Richard B. Stuart and Barbara Davis point out as obvious influences: 1) TV commercials selling super-delicious cakes; 2) a family's insistence that potato chips (or other goodies) be kept within reach of the TV set; and 3) the idea that a good host must always serve food.

Control Eating Situations

So what we must do is control eating situations. Other, subtler ideas include eating in one room only, so as to never associate eating with somewhere else in the house, especially a regular spot like near the television set. The reason for this is that we have learned to be hungry in places where we have eaten and in doing things that have been paired with eating. Another idea is to do grocery shopping after you have eaten and to take

along only enough money for what you have sensibly planned to buy.

Others in your family can also help by telling you if you are over-eating and to compliment you when you are not. And don't skip meals. This simply makes you over-hungry when you do eat. And eat slower. It takes about 20 minutes for your brain to get the message that enough has been eaten. If you eat slower the message will get there before you have eaten all you might otherwise have downed.

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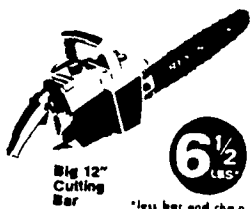
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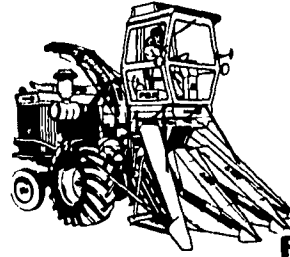
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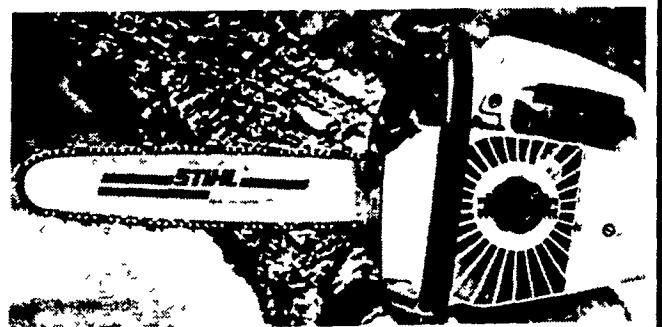
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