**SALISBURY STEAK**

1 lb. ground beef

1/2 pkg. stove top stuffing mix for chicken

1/2 medium onion, diced

2 egg whites

1 c. water

1/2 Tbsp. oil

1/4 c. barbecue sauce

1/2 tsp. Worcestershire sauce

1/8 tsp. black pepper

1. Mix meat, stuffing mix, onion, egg whites and 3/4 c. of water until well blended. Shape into 9 small patties.
2. Heat oil in large nonstick skillet on medium heat. Add patties; cook 6 min. on each side or until cooked through and golden brown on both sides. Drain fat from skillet.
3. Combine barbecue sauce, remaining 1/4 c. water, the Worcestershire sauce and pepper; pour evenly over patties. Bring to boil. Reduce heat to low; cover. Cook an additional 5 min. or until sauce is slightly thickened and heated through. Make sure there is no pink in the middle of the meat!