



**Fashion and Racing
Swimwear
Specialists
Men • Women • Kids
Summer Sale...**



**Woolrich &
Royal Robbins**
Mens &
Women's Wear

30% OFF

T-Shirts

Domini, Tyr, Speedo,
Instinct, Arima, Asics

25% OFF

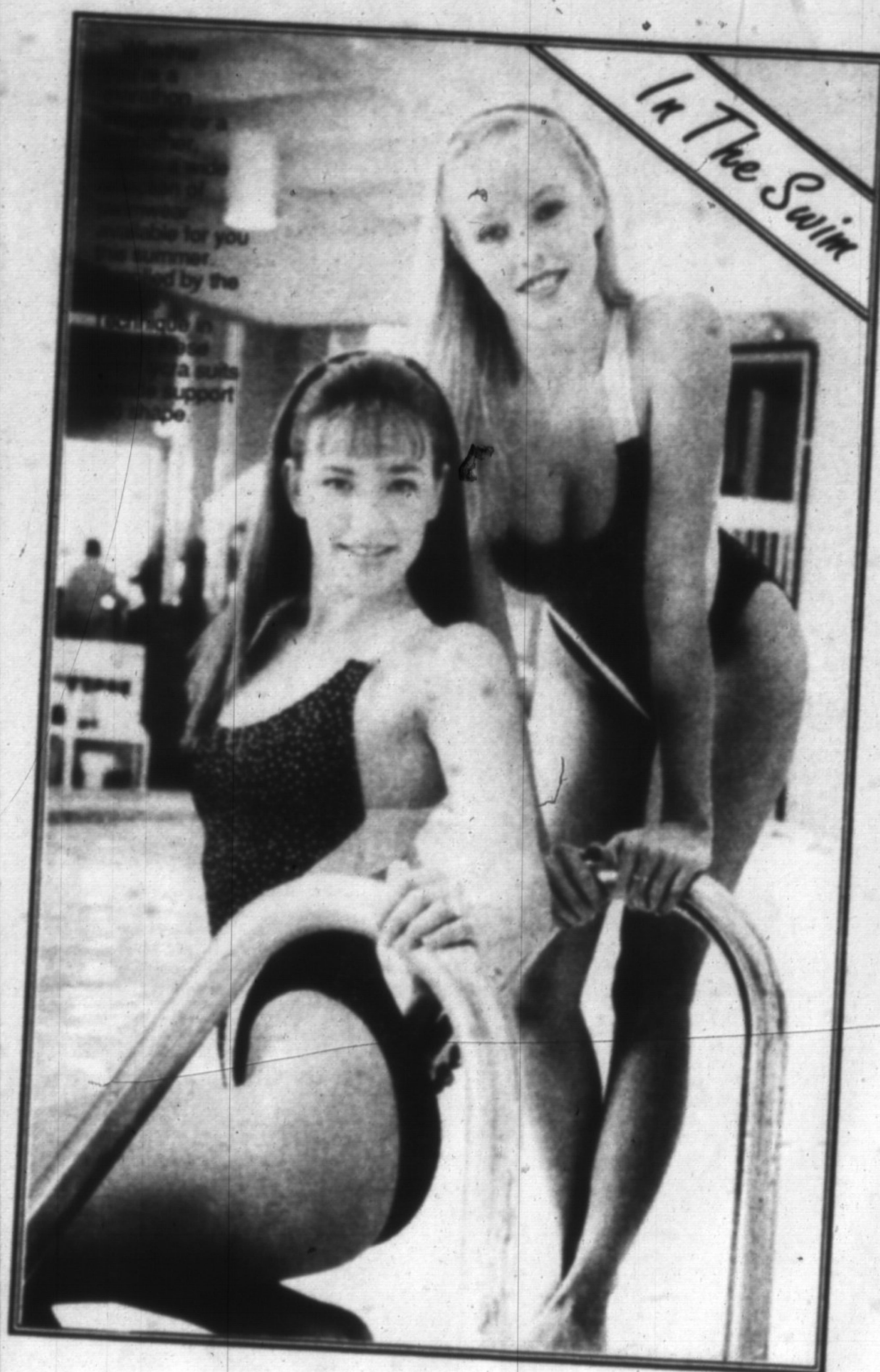
Selected other clothing and footwear on sale.

**THE
FITNESS
Technique**

190A Main St.
Downtown Milton

M-F 10-9
SAT 7-6

878-8622



When the recipe calls for mushrooms. . .

Make it LEAVER'S
Canada's Finest Mushrooms
Fresh or Canned

BARBECUED MUSHROOM BURGERS

Tired of the same old hamburgers? Here is a new taste treat! The addition of chopped sauteed mushrooms and Parmesan cheese makes juicy, moist and flavourful burgers. The egg and bread crumbs ensure that your burgers will never fall through the grill.

2 tbsp	butter or margarine	25 mL
1-2/3 cups	chopped LEAVER MUSHROOMS	400 mL
	(about 6 oz./175 g)	
1	small onion, finely chopped	1
1 lb.	medium ground beef	500 g
1/4 cup	fine dry bread crumbs	50 mL
1/4 cup	grated parmesan cheese	50 mL
1	egg	1
1/2 tsp	dried oregano leaves	2 mL
1/4 tsp	salt	1 mL



In frying pan melt butter over medium-high heat. Saute mushrooms and onions for 2 minutes. Cool slightly.

In large bowl, combine remaining ingredients and stir in mushroom mixture mixing well. Form into 4 patties.

Grill over medium coals for 6 to 8 minutes on each side or until desired doneness. Serve on hamburger buns, topped with sliced tomato if desired.

Makes 4 servings Preparation time: 15 minutes

MUSHROOMS CO. LIMITED

7399 Guelph Line

2 km North of Derry Rd. 6 km South of 401 Hwy.

Leaver Mushrooms are available FRESH daily
from the farm 9:00 a.m. - 4:00 p.m.

878-9375