





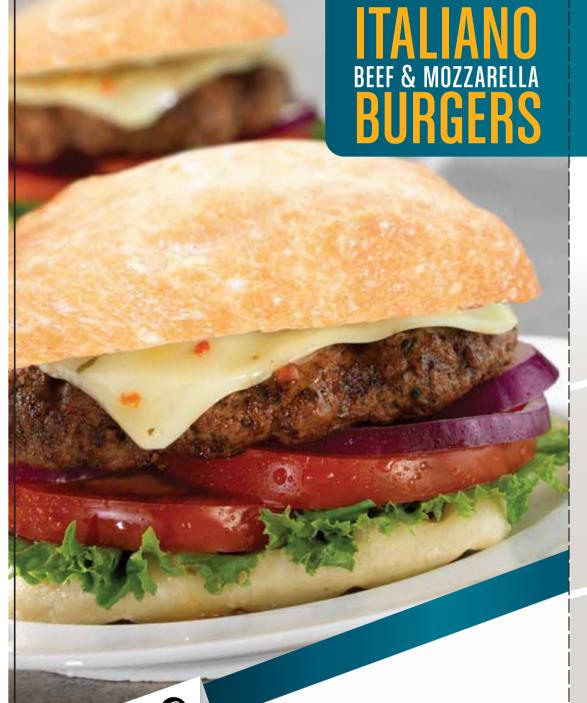
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I pound lean ground chuck 1 teaspoon dried Italian seasoning

1 teaspoon ground oregano 1 medium garlic clove, minced 1/4 cup low-fat Italian

salad dressing 4 slices Ciabatta bread, lightly toasted

4 lettuce leaves 1 tomato, sliced

4 slices Mozzarella cheese ½ red onion, thinly sliced In a large bowl, combine beef, Italian seasoning, oregano, egg white and garlic; shape into 4 oregano, egg white and garlic; shape into 4

patties. Place the burgers on the preheated grill and cook for 4 minutes or to desired doneness. and cook for 4 minutes or to desired doneness.

Drizzle the Italian salad dressing on the Ciabatta bread and top each with the lettuce, tomato, cheese and onion. Place the cooked hamburger patties on top and serve.





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