



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Beef



Onion



Oatmeal



Whole Wheat Buns



Lettuce



Tomatoes

Handmade Hamburgers

By Jenny & Rosie

Serves 6-8

Ingredients

1 lb (454 g)
 1/3 Cup (80 mL)
 3/4 tsp (4 mL)
 1/4 tsp (1 mL)
 1 small
 1/4 lb (100 g)
 6-8
 6-8 leaves
 1

Lean **ground beef**
Oatmeal, ground to a powder in the food processor
 Salt
 Ground black pepper
Onion, minced
Mushrooms, finely minced (optional)
Whole wheat hamburger buns or **English muffins**
Lettuce
Tomato, sliced

Directions

Note: Wash all produce well.

1. In a bowl, combine the beef, ground oatmeal, salt, pepper, minced onions and optional minced mushrooms. Use your hands to combine thoroughly.
2. Form the mixture into 6-8 patties.
3. Heat a large heavy frying pan on medium-high heat. Cook the patties, in batches if necessary, flipping once, until no longer pink in the middle.
4. Place in the buns with lettuce, tomato, and any toppings.



Create Your Plate!

Veg It Up

Add ¼ Cup (60 mL) dried green lentils, cooked, drained, and mashed in Step 1 for extra colour, fibre and flavour. Yield will be higher.

Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Condiments: Ketchup, mustard, relish, mayo
- ★ Home fries or wedges (**potato** or mix of **potato, sweet potato** and **turnip**)
- ★ Natural **cheese slices** or **grated cheese**
- ★ **Onions** - fried or raw
- ★ **Mushrooms** - fried or raw
- ★ **Coleslaw** or **broccoli slaw**
- ★ **Lettuce**
- ★ **Tomato**
- ★ Sliced **pickles**
- ★ **Veggie sticks:**
 - ★ **Carrots**
 - ★ **Cauliflower**
 - ★ **Cucumbers**
 - ★ **Radish**
 - ★ **Turnip**
- ★ **Beets** - roasted or pickled
- ★ **Dulse**
- ★ **Kale chips**
- ★ **Fruit**

Note from the Authors

"Through our salad bar experience in schools, we have heard from many parents and volunteers that they have tried a mini 'Create Your Plate' Bar for dinner at home and their 'picky kids eat more veggies than ever and get excited about dinner!' It just might be worth a few extra bowls to clean! 😊"

- Jenny & Rosie



Potato



Sweet Potato



Turnip



Cheese



Onion



Mushroom



Lettuce



Tomato



Pickles



Carrot



Cauliflower



Cucumber



Radish



Beets



Kale Chips



Fruit