

# 26 Halloween Hamburger



## Thematic

Butternut squash, finely sliced	1.5 L	6 cups	1.3 kg
Canola oil	30 ml	2 tablespoons	30 g
<b>Ground turkey, extra lean (97272)</b>	2 lbs.		900 g
Eggs	2		100 g
Dijon mustard	10 ml	2 teaspoons	10 g
Garlic cloves, chopped	2		5 g
Ketchup	30 ml	2 tablespoons	30 g
Green peppers, chopped	2		330 g
Multigrain hamburger buns	10		690 g
Yellow cheddar cheese slices	10		310 g
Lettuce leaves	10		250 g

: 10  
 : 10 minutes  
 : 8 minutes  
 : yes

Nutrition Facts	
For 1 hamburger (305 g)	
Amount	% Daily Value
<b>Calories</b> 430	
<b>Fat</b> 15 g	23%
Saturated 5 g	
+ trans 0.1 g	26%
Polyunsaturated 3.5 g	
Omega-6 1.5 g	
Omega-3 0.4 g	
Monounsaturated 5 g	
<b>Cholesterol</b> 105 mg	35%
<b>Sodium</b> 620 mg	26%
Potassium 580 mg	17%
<b>Carbohydrates</b> 41 g	14%
Fibre 3 g	12%
Sugar 7 g	
<b>Protein</b> 33 g	
Vitamin A 75 RE	8%
Vitamin C 23 mg	40%
Calcium 340 mg	30%
Iron 4 mg	30%
Phosphorus 345.4 mg	30%

- Sauté butternut squash slices in oil for several minutes until crispy.
- Mix other ingredients, except buns and cheese slices.
- Shape into patties that are slightly bigger than the buns.
- On the grill or in a frying pan, grill patties for 4 minutes on each side.
- Open each bun and place meat, yellow cheese slice and lettuce leaf.
- Serve with crispy squash chips.

### Chef's Remarks

replacement product : you may replace the turkey with ground pork (97262).

### Canada's Food Guide Portions

1 2/3 servings of vegetables and fruit + 2 servings of grain products + 2/3 serving of milk and alternatives + 1 1/3 servings of meat and alternatives.



### Olymel Product Allergens

\*Contains : none

### Food Exchange System

2 servings of starch  
 + 2 servings of vegetables  
 + 3 servings of meat and alternatives  
 + 1 serving of fat.

\*Verified allergens : peanuts, nuts, sesame seeds, milk, egg, grain containing gluten (wheat, barley, rye, oats, spelt, Kamut, triticale), soy (excluding refined soybean oil), fish, crustacea, mollusks, sulfite (max. 10 ppm). (Source: CFIA)