

LaRue County

Hungry Hawk Hamburger Assembly

Servings Per Recipe/Yield: 6

Hawks Sweet Saucy Garlic Mayo

Ingredients:

1 each	Garlic, Head
¼ tsp	No Salt Seasoning
1 cup	Almond Oil
½ Tbsp	Lemon Juice
¼ tsp	Yellow Mustard
1 tsp	White Vinegar
1 Tbsp	Large Egg
1 Tbsp	Sweet Relish

Directions:

1. Pre Heat oven to 425°
2. Cut the top off a head of garlic
3. Drizzle top of garlic with oil and a pinch of No salt Seasoning
4. Wrap garlic with aluminum foil and bake for 40 mins
5. While garlic is cooking mise en place the rest of the ingredients
6. Once garlic is cooked, allow to cool and then squeeze cloves into a small container
7. In the same small container add egg, lemon juice, white vinegar, mustard, oil, and relish.
8. Using an immersion blender or food processor, blend ingredients until mixed thoroughly and it begins to thicken.

*Cover and store in the fridge until ready to use.

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Hungry Hawk Hamburger

Servings Per Recipe/Yield: 6

Ingredients:

1 lb.	Lean Gound Beef (93/7)
1 lb.	Ground Chicken (92/8)
4 Tbsp	Panko Italian Breadcrumbs
2 Tbsp	Garlic (minced)
1 tsp	Basil, Dried
1 tsp	Oregano, Dried
1 tsp	No Sodium Salt Alternative
½ tsp	Black Pepper
As needed	Nonstick Cooking Spray
12 Each	American Cheese, sliced

Directions:

1. In a small bowl measure out all the dry ingredients and set aside.
2. Open the ground beef and chicken into a large bowl.
3. Sprinkle the dry ingredients in with the ground beef and chicken and mix thoroughly.
4. Weight out six, 5.3oz portions of mixture and shape into a ball.
5. Flatten into desired thickness (thicker burgers may take longer)
6. Preheat skillet
7. Spray skillet with cooking spray and then place patties into the pan (meat should sizzle)
8. Cook 7-8 mins per side or until desired doneness (for school service this should be 165 degrees) and top with cheese.
11. Keep warm until serving.

LaRue County**Sweet Summer Corn Salad**

Servings Per Recipe/Yield: 8

Portion Size ½ Cup

Ingredients:

3 cups	Corn on the Cob
1 cup	Quartered Cherry Tomatoes
1 cup	Cucumbers (Small Dice)
¼ cup	Red onion (Finely Chopped)
3 Tbsp	Apple Cider Vinegar
1 Tbsp	Almond Oil
2 Tbsp	Fresh Basil (Finely Chopped)
1 tsp	No Sodium Salt Alternative
1 tsp	Garlic Powder
½ tsp	Black Pepper

Directions:

1. Preheat oven to 425°
2. Put aluminum foil on a baking sheet and spray pan with nonstick cooking spray
3. Shuck corn and remove any silks and wash all produce
4. Cut corn off the cob and place corn on the baking sheet that has been sprayed with pan spray. Roast for 20 mins stirring ½ way through.
5. While corn is cooking prep the tomatoes, cucumbers, red onions, fresh basil, along with the rest of the dry ingredients and place in bowl.
6. Measure out the vinegar and olive oil and place in the bowl with the rest of the ingredients and mix thoroughly
7. When corn is done remove from oven and cool for 5-10 minutes.
8. Add corn to the rest of the vegetables.
10. Mix thoroughly and place in the fridge until ready to use.

*Cover and store in the fridge up to 3 days

For service:

Ingredients:

6 each	Whole Wheat Bun
6 each	Hungry Hawk Hamburger Patties (See Recipe Below)
6 each	Tomato Slice
18 each	Red Onion Ring
6 each	Green Leaf Lettuce
6 Tbsp	Sweet Garlic Mayo (See Recipe Below)

Directions:

1. Warm a skillet up on the burner
2. Separate buns and spray with nonstick spray and place flat side down on the skillet
4. Toast for 2 mins.
5. Slice the tomatoes and onions 1/4". Set aside until ready to assemble burger
6. Once the hamburger patties have been cooked place ingredients in order building the burger up, hamburger, tomato, 3 rings of red onion, lettuce, spread mayo on the top bun and complete assembly.
7. Plate hamburger, Serve