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Humburger patties stuffed with Tapenade

Ingredients

65 ml	Black olives, pitted	1/4	cup
1 clove	Garlic	1	clove
7.5 ml	Capers	1/2	Tbsp
5 ml	Dijon mustard	1	tsp
1 ml	Oregano, thyme, parsley or other herb. Use a bit more if adding fresh herbs	1/4	tsp
65 ml	Flax flour	1/4	cup
65 ml	Water	1/4	cup
	Pepper, to taste		
30 ml	Olive oil	2	Tbsp
454 g	Ground beef	1	lb
4	Whole wheat hamburger buns	4	
4 pieces	Lettuce	4	pieces
4	Tomato slices	4	
1/4	Small onion	1/4	

1. Combine the olives, garlic, capers, mustard, and herb of your choice, flax flour, water, pepper and olive oil in a blender and puree.
2. Place in a container and refrigerate for use.

Build a burger with Tapenade

1. Form the meat into 4 equal portions and shape into patties. Cut the patties in 2 pieces as if you were slicing a bun. Place ¼ of the Tapenade on the bottom half of the burger, place the top on and seal the edges.
2. Barbeque or fry the patties to an internal temperature of 71°C (160°F).
3. Fry the onions and toast the buns.
4. Place the lettuce on the bottom half of the bun, then the tomato, onion, cooked burger and any condiment you use.
5. Place the top of the bun over the burger and enjoy possibly the most delicious burger you have ever eaten!

Yield: 4

Tapenade can be used as a spread or dip as well as a flavour enhancement. Try it on toast points, crackers as a spread on pizza, or, as in the following recipe, as a stuffing for meat.

Nutrient Facts Per

Calories / Calories.	459	kcal
Fat / Lipides	29	g
Saturated / Saturés	9	g
Trans / Trans	0.7	g
Cholesterol / Cholestérol	67	mg
Sodium / Sodium	397	mg
Carbohydrate / Glucides	26	g
Fibre / Fibres	4.6	g
Sugar / Sucres	4.7	g
Protein / Protéines	26	g
Vitamin A / Vitamin A	0	%
Vitamin C / Vitamin C	8	%
Calcium / Calcium	8	%
Iron / Fer	22	%

