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Day 7 Challenge - Greenest

Where I got my food: Whole Foods

Recipe for Burger Bun (yields 12 buns):

Ingredients:

2 Tbsp. active dry yeast
1 cup, 2 Tbsp warm water
½ cup organic olive oil
¼ cup organic cane sugar
1 large happy egg
1 tsp pink salt
3-3 ½ cup all-purpose flour

Procedure:

1. In a bowl, dissolve yeast in warm water. Add oil and sugar. Let stand for 5 minutes. Add egg, salt, and 3 cups of flour to form a soft dough.
2. Turn dough onto floured; knead until smooth and elastic, about 3-5 minutes. Divide into 12 pieces and shape into a ball shape. Place 3 in. apart on greased baking sheets.
3. Cover and let rest for 10 minutes to rise. Bake at 425°F for 8-12 minutes. Remove from pans and cool on wire rack.

Recipe for Potato Chips:

Ingredients:

2 medium potatoes
Olive oil
Salt and pepper

Procedure:

1. Preheat oven to 450°F and line a baking sheet with parchment paper.
2. Slice potatoes into ⅛ inch slices, and arrange in single layer on the baking sheet. Sprinkle with olive oil, salt and then pepper.
3. Bake slices for 15-20 minutes or until brown and crispy.

Recipe for the Quadruple B (Black Bean Better Burger):

Ingredients:

16 oz black beans
1/2 green bell pepper
1/2 small onion
2 cloves garlic peeled
1 egg beaten
2/3 cup bread crumbs
1 Tbsp chili powder
1 tsp cumin

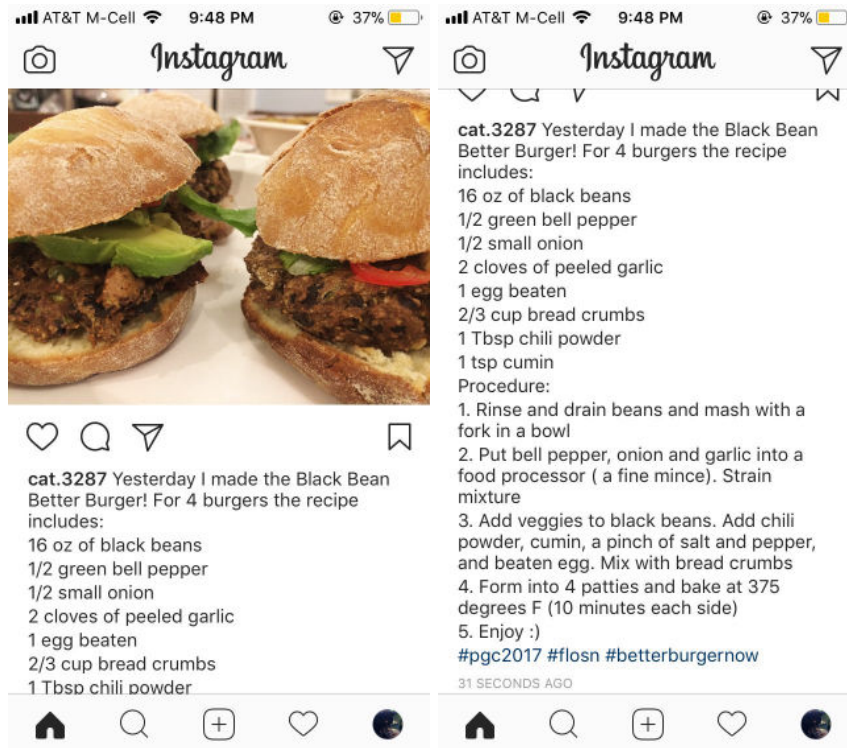
Procedure:

1. Rinse and drain black beans and place in a large bowl. Mash well with a fork.
2. Place the bell pepper, onion and garlic in a food processor and process until finely minced. Transfer mixture to a fine mesh strainer to remove the excess water.
3. Add the strained vegetable mixture to the bowl with the black beans. Add the chili powder, cumin and salt and pepper and stir to combine. Add beaten egg and mix. Stir in bread crumbs. Form mixture into 4 patties.
4. Bake at 375°F for 20 minutes (Flip burger after 10 minutes)

Plans for Leftovers/Waste:

For my waste, I am planning to take them to the compost bin at College of Marin where my mom takes classes. For my leftovers, I will just refrigerate and eat them again!

Screenshots from Instagram:



**My Photo Essay:
The Buns:**





The Potato Chips:



The Burgers:





My Food Waste:



My Menu:

Better Burger Menu

Entree



The Quadruple B
Black Bean Better Burger



Sides



Homemade Potato Chips



Drinks



Fruit Smoothie