## LAKESHORE RECYCLING SYSTEMS

# TRASH TALK

**Lupus is a long-term autoimmune disease that causes the immune system to attack healthy cells.** There is currently not a cure for lupus, but treatment can help control symptoms. About 5 million people live with lupus worldwide, however, lupus is a disease that is not very well known. For the fifth consecutive year, Lakeshore is sponsoring our annual raffle to help raise money benefitting Lupus Society of Illinois (LSI). All proceeds go towards research to find the causes and possible cure of lupus as well as providing resources to healthcare professionals that work to fight the disease. This year there will be five amazing prizes that you could win on September 25. To enter the raffle and help those battling lupus, donate to our team page on the LSI website.

### LRS TEAM DONATION PAGE

### RESOURCES TO LEARN
# MORE ABOUT LUPUS

**Not sure how Lupus affects someone?** With the autoimmune disease being difficult to diagnose, many people are unaware of how it impacts the daily life of those who live with Lupus. Click any of the below links to learn more about Lupus!

**LUPUS RESEARCH ALLIANCE**

**LUPUS FOUNDATION OF AMERICA**

**UTILIZE INFORMATION FROM LRS' CHARITABLE PARTNER, LUPUS SOCIETY OF ILLINOIS**

### WAYS TO HELP PEOPLE WITH LUPUS THROUGH
# LUPUS SOCIETY OF ILLINOIS

**Lakeshore is no stranger when it comes to helping out with Lupus Society of Illinois!** Spread the word and let your family and friends know about donating to the cause. Click any of the below links to learn more on the LSI website!

**DONATE TO LRS' SOCIETY OF ILLINOIS' TEAM PAGE**

**LEARN MORE AND HELP RAISE AWARENESSABOUT THE DISEASE**

**GET MORE INVOLVED WITH LUPUS SOCIETY OF ILLINOIS**

### RECIPE OF THE
## WEEK

### SPICKED PATTY MELT
Try this spin on a classic sandwich! With the the help of the chipotle mayonnaise, this gives the orginal patty melt a punch of flavor and pure deliciousness!

**INGREDIENTS**
- 1 pound 80% lean ground beef
- 1 bunch scallions (6 to 8 scallions), root ends trimmed
- 1 tsp. olive oil
- 1 tsp. plus a pinch of kosher salt
- 1 tsp. plus a pinch of black pepper, divided
- 1/2 cup mayonnaise, divided
- 2 tsp. minced canned chipotle chiles plus 3 teaspoon adobo sauce from can
- 2 tbp. unsalted butter
- 1 (12-ounce) bakery white or rye sandwich bread loaf, cut into 8 (1/2-inch) slices
- 8 ounces Oaxaca cheese (quesillo) or Monterey Jack cheese, cut into 8 slices

**INSTRUCTIONS**
1. Shape ground beef into 4 thin patties to match the size and shape of bread slices. Set aside.
2. Toss together scallions, oil, a pinch of salt, and a pinch of black pepper in a bowl. Heat a large skillet over medium-high. Add scallions; cook, turning occasionally, until charred in spots and tender, about 4 minutes. Transfer scallions to a cutting board, and coarsely chop. Stir together chopped scallions, 1/4 cup mayonnaise, chipotle chiles, and adobo sauce in a small bowl; set aside.
3. Add butter to skillet; melt over medium-high. Add beef patties, and sprinkle evenly with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Cook patties, pressing tops occasionally using a spatula until bottoms are well browned. Flip patties; repeat with adding salt and pepper. Cook patties until a crust forms on bottoms and beef is cooked to desired degree of doneness. Transfer patties to a plate lined with paper towels. Wipe skillet.
4. Spread about 1 tablespoon scallion-chipotle mayo on 4 bread slices. Top each with 1 cheese slice, 1 patty, and 1 additional cheese slice. Cover with bread slice remains.
5. Return skillet to heat over medium. Spread 1 outer side of each sandwich with 1/2 tablespoon mayo; place sandwiches, mayon side down, in skillet. Cook sandwiches, pressing tops with a spatula, until bottoms are golden, 1 minute and 30 seconds to 3 minutes. Spread top of each sandwich with 1/2 tablespoon mayonnaise; flip sandwiches. Cook sandwiches, pressing tops occasionally with spatula, until bottoms of sandwiches are toasty and cheese is melted, 2 to 3 minutes. Cut sandwiches in half, and serve.