

LOOK FOR THE

*harvest*

Buda Dental Professionals 20  
20



DR. CARLYON



DR. STRICKLAND



JAMIE



SILINA



BLANCA



KRISTIN



SAM



KIMBERLY



MONICA



GAYLE



MARLA



TIANA



JANNETTE

*A time of harvest marks the end of a growing season, a time to gather what we've sown into.*

It represents a time of celebration & thanksgiving for the provision that's taken place. Many of us may look at 2020 and think, "Where's the harvest?" as finding a reason to celebrate seems impossible. But when we step back and take a broader look, more often than not we'll discover that the many seeds planted long ago are producing a beautiful harvest now...**we just have to look for it!** The seeds of time, money, hope, etc., that were planted with a pure heart have grown into things like unshakable family bonds, financial provision, and deepened relationships. But perhaps one of the most important things to remember when looking for our present harvest is that the seeds we are sowing now - in this season - will be what we reap in the future. So let's be intentional about what we're planting, be sure to water it, and keep "weeds" from stifling its growth. Sowing in **joy** will reap a bountiful harvest in the days ahead!

Please enjoy all the **recipes** our team has shared, along with some **special words** from each of us about the harvest we're finding as 2020 continues to unfold.

Warmly,

*your Buda Dental family*

# 2020

## Dr. Carlyon

During the down time this spring, we were very appreciative for the opportunities we got to spend together as a family. Marci, Stella, Nora and I went for walks with our dog Penny around the neighborhood daily, meeting new neighbors and saying hello to old friends. We also hiked the Barton Creek Greenbelt often, and even rode our bikes along the Mopac/45 extension to 1626, which was really enjoyable to do as a family! In the evenings, we would unwind with a game of Uno or Skip-Bo and watch old Disney movies with a big bowl of popcorn. It was some of the best quality time we've had with the kids in years, and that is what I will always remember about 2020!



## Dr. Strickland

As I reflect on 2020, I am overwhelmed with gratitude in how God positioned my family leading up to this year. When I made the difficult decision to cut back my clinical time at BDP in 2019, we knew in part that it was to lower my stress and allow me to be more present with my family, especially since the kids were getting older! We felt led to downsize our home, eliminate debt (can you say no more student loans?!), move to San Marcos, and just slow down. My husband, Kasey, and I trusted God as He led us down a path of simplifying life. . . but little did we know that part of what He was doing was preparing us for the curve ball that 2020 threw at us! When Covid hit, my initial reaction was fear, but it didn't take long for me to pause and recognize that God had truly gone before us, and we had been positioned in a secure place for such a time as this. Fear left and peace came! I was able to fully enjoy being "mom" and the caretaker of my family when they needed me most. And, one of the most memorable parts of that time was our ability to welcome two young women into our home who needed a place to stay due to the pandemic. . . that's them in the picture! My kids instantly gained two big "sisters" (and two more dogs!) to hang with while stuck at home, and they have been such a blessing to our family. Lastly, I continue to be in awe of the wonderful gift of my BDP family. Our tribe grew stronger this year, and I believe 2020 will be a year that all of us will look back on as one that strengthened our faith in one another, our families, and most importantly, God!

When Covid hit, we found ourselves in an extraordinary time. I could no longer go to work, and my children's school was closing...but thankfully, my husband could still work, as he was building a home on a ranch isolated from most folks. The first few weeks at home were honestly really long, but we adapted! We found ourselves surrounded by nature on our 10 acres, and began to make new friends right in our backyard. My family watched as baby calves were born, and how their mothers fearfully protected them. It was incredible! One of the calves was born on Easter Day; we called her "Easter." We also met "Simon the lizard," "Chippy the squirrel," all the song birds you could imagine! We saw wild turkeys and numerous sets of whitetail fawns be born. We watched the bucks grow from not having any horns to now having beautiful horns...the wildlife never missed a beat! Our family found a silver lining by spending time together enjoying the Blanco River that runs right through our property, and really all of God's creation that surrounded us. I feel that our family unit is stronger now, and for that I am forever thankful. I must have run/walked nearly 100 miles over the quarantine time, and thought about a lot of different things during that time to myself. One of my greatest realizations was that it is only in the darkest skies that we can see the brightest stars...and my stars are my family ~ Stella, Leo, Jamie and Andrew.

## Jamie



## Marla

While it's been a challenging year, I am forever grateful in how it has changed so many of us in positive ways. Although I haven't been able to travel as much this year (which is something I LOVE to do!), I have been able to spend extra time with my close family circle and my work family. Because of this, I feel that my relationships with them have deepened and bonds have grown stronger, and for that I am so thankful! This fall, I also welcomed my 5th grandchild, a little girl named Mina Rose. She is perfect! The slow down in life also allowed me to spend more time outdoors with my boxer, Oliver, and the two of us also made a trip to the Texas beach this summer! Life is good.



Tiana

I can remember everyone saying before 2019 ended, "2020 is gonna be the best yet." I also thought that until it blind-sided us all. Through two moves, a job change, trying to finish my degree, and lots of mental health construction, 2020 has definitely been a year that will stay with me for my lifetime. It has been the most challenging year, however, one that has exercised my relationship with God. It has taught me that you are truly never alone. Spiritually, I have grown so much in my faith and have truly learned what hope is. Hope sometimes seems so difficult to grasp, but becomes very real when you feel there is nothing else. Through the tragedies, God's prevalence has shown up greater than ever. I have seen His hand turn the worst situations into the greatest victories. Overall, I can say 2020 has taught me resilience, and with Him always by my side, to never give up the fight. And not to forget...my best friend through it all, my pride and joy ~ my dog Levi!



Kristin

Wow, 2020 where do I begin? I must admit this has been a challenging year for me. Initially, it was difficult for me to look past the very real hardships so many were faced with when the pandemic began. It was hard not to worry if my family would also experience illness, financial strain, or suffer from the loss of connection with others. So, to help myself work through that, I set my focus on writing a "Pros Before Quarantine Life" and a "Pros During Quarantine Life" list. I have to say – it helped so much! What I realized is that life is too busy. Busy in part with important things, but also with things that can wait. During this time, I learned that listening and creating space for what can seem like "small" conversations with my babies opens doors for when it's time to have deeper ones. I recognized that having my hands in the dirt and the sun on my shoulders refuels me. I have learned that there's joy in the process and not just the finished product. I was reminded that even on the hardest of days, God still has His hand in all of it. Here's to finishing 2020 strong and embracing 2021 with open arms!



"2020" – the year everyone will remember! As trying as this year has been, I am thankful for the experiences it has brought me. I'm thankful for the slow-down, taking it back to what's important, and being able to embrace my family in a very intentional way. My husband and I spent most afternoons at our arena riding horses and roping with our 3-year old son, Kooper. We also caught lots of fish at the river! I'm also very grateful that we were able to sell our home, and with that move onto our forever property! I'm thankful for an amazing husband who lives each day, not only for his family, but to follow his dreams. I'm thankful for my son, who keeps me on my toes and has such a love for life! I have family and friends, whose love and support is immeasurable. I am lucky enough to love my career and the people I work for and with. So yes, 2020 has been a year to remember! A year to embrace the blessings I have, offer grace to people around me, and live a life I'm proud of.

Sam



Monica

During the start of the shutdowns in March, there was a lot of uncertainty and fear about so many things. What would our finances look like if I'm not working? What if my husband (an essential worker) gets exposed to Covid-19? Will my toddler be okay? What happens if I get Covid-19 while I'm pregnant? I tried to not focus on the negative and really lean on God's peace. And sure enough, each step of the way, my God has provided. Not only has He provided, but He did so in abundance! When we went into the shutdown, my family had been blessed by BDP to make sure we had some of our monetary needs met. In addition, my husband was able to pick up additional shifts at work to offset the impact of me not working – and without getting sick! And, probably my favorite blessing...getting to see my daughter take her first steps and really grow our mother-daughter bond (she's truly a daddy's girl). God has given me a work family that I know I can rely on to be there for me. He has provided me with such a diligent and caring husband that does not mind putting in the extra hours to insure our family's financial needs are met. He has blessed me with a sweet and spunky toddler who is turning out to be the biggest social butterfly I know! And on October 9, we welcomed our son to this world! These things have affirmed my heart that my husband will continue to be an amazing father, that our daughter is going to be a caring and loving big sister, and that God is able to do more than I can ever imagine, guess, or request in my wildest dreams. Ephesians 3:20-21



## Gayle

*We had so many blessings come our way during my time off from Buda Dental during the office closure. Even though we were not able to be with our grandson and kids, my husband and I spent our free time making a larger vegetable garden, which yielded plenty of fresh produce! Having more time to get my hands in the dirt and soak in the sun was good for my soul. But perhaps the most exciting addition to our home was building our very first chicken coop and run. We added 11 baby girl chicks to our little farm and found out later that one of those chicks wakes us up in the morning with a “cock-a-doodle-do!” A rooster must be just what we needed in year 2020! The rest of the chickens are keeping things “Sunny Side Up” as they give us fresh eggs daily. 2020 has a lot of things to be thankful for!*

## Blanca

*As I look back on 2020, one of the things I am most grateful for is extra time with my two beautiful daughters, Lexi and Abby, who have grown into such amazing young women. Lexi is currently in flight school and lives out of state, so when the shutdowns began, she was able to come home and spend so much time with us! Even though we FaceTime every single day, it’s just not the same as having her in my arms. Abby was disappointed when her trade school was cancelled due to Covid-19, but she ended up finding a lot of joy in being at home more with the family over the break. My husband, the girls and I spent time creating amazing recipes from scratch, but perhaps our favorite memory of that time was building a swing that hangs from our tree (notice it in my picture). Having time to work on projects like this without the interruptions of the world was priceless. My heart will be eternally grateful for this time we spent together.*



## Silina

*As the boys are getting older, time seems to become more and more precious to me. So when I look back on 2020, I feel extremely grateful to have had extra time at home to really connect with my kids and focus on our family. We also added a new family member to our squad, our pup Baylee! She had been a nice addition to the house and a happy distraction for us during this crazy time. . . well, when she is not chewing on someone’s toy, marker, or shoe! ;) I am also thankful that 2020 marked my 20-year anniversary at BDP - that’s nearly half of my life! What a special celebration it was for me. I look at my life and see that amid the chaos of this year, I am grounded and so grateful for everything I have!*



## Jannette

*As we think about the events of the past 6 months and the stress of the pandemic, it can be so easy to overlook the good and special things that we have experienced through it all. Truly, there are things we can be thankful for. What am I thankful for, you ask? I’m thankful for each new day of life. One more day that I have to glorify our great God, Jehovah. One more day that my family is here; for that, I’m deeply thankful. I’m thankful for the internet, how it provides me with Zoom and allows me to see my all of my family and friends. I’m thankful for my humble little home that shelters me from the elements. I’m thankful for the strength in my body that gets me up each morning to go to work. I’m thankful for my alarm clock. I’m thankful for a job that I enjoy doing, and just happen to get paid for. I’m thankful for my co-workers and bosses that make going to work enjoyable. I’m thankful that I’m not skinny, because that means I have more than enough to eat. I’m thankful for Wanda (my Honda) who gets me where I need to go. I’m thankful for my little fur-baby, Jellybean, who greets me at the door, like I’m the greatest human in the world. I’m thankful for the realization that less is more, and to be content with the simple things is a gift. This list could go on and on. . . there are so many things to be thankful for! We just need to be alert to them and then express it. A good friend once said, “What if all you got tomorrow was what you thanked God for today.” Now that’s food for thought.*

## Kimberly

*Quarantine 2020 – when I think about what I’m most thankful for, the extra time with my family is #1 on the list! I was able to have three extra months at home with our baby girl who was born in January, since the end of my maternity leave landed during the office closure. These extra months at home with her were something I will always treasure! I was also able to focus more on my boys and their schoolwork, and also help them learn new hobbies and open the door to their creative/artistic side. My husband was also home every day during that time, and the gift of time with him and our children is one that I never thought I’d have! We ate breakfast, lunch, and dinner together everyday. We laughed and talked about so many things around the table and that is something I will always strive to do more of – sit together at the table and just talk about our day. 2020 has certainly been challenging at times, but nonetheless, it has truly been a blessing in disguise!*





# giving back

This year, opportunities to participate in dental outreach were limited due to COVID-19, so we decided to host an in-house "Giving Back" day for some of our BDP patients. Our team members nominated individuals to receive complimentary treatment, and it was such a special time.

This picture was snapped at the end of that day – the joy on all our faces shows how great it felt to bless others!

We look SO forward to getting back out in the community in 2021.

# this + that



#thenewdentalassistantyoda



#buddytheelfgetsinvisiblealign



#babyshowerformonica



#drstricklandundercover



#hygieneteamlove



#gayleearnswatercarrieraward



#ispydrtaylor



#dancepartyinthehouse



#silinacelebrates20yrs



#futuredrnoracarlyon



#rare4docsighting



#heywedidntorderablanca



#teamsselfiewayuphigh



## dr. carlyon's tortilla soup

- ▶ 1 medium onion, chopped
- ▶ 1 jalapeno, chopped
- ▶ 2 cloves garlic, minced
- ▶ 2 Tbsp. oil
- ▶ 1 can (10 oz.) Rotel
- ▶ 1 can (10.5 oz.) beef broth
- ▶ 1 can (10 oz.) chicken broth
- ▶ 1 can (10 oz.) tomato soup
- ▶ 1½ cans water
- ▶ 1 tsp. ground cumin
- ▶ 1 tsp. chili powder
- ▶ 1 tsp. salt
- ▶ ½ tsp. lemon pepper
- ▶ 2 tsp. worcestershire sauce
- ▶ 3 Tbsp. tabasco sauce
- ▶ 4 corn tortillas
- ▶ baked chicken, cut in strips

**OPTIONAL TOPPINGS:** grated cheddar cheese, diced avocados, sour cream, cilantro

After putting oil in a large stock pot, add onion, jalapeno, and minced garlic; saute until softened, about 2-3 minutes. Add all other ingredients, **except** the corn tortillas, cheese, and baked chicken. Simmer for 50 minutes. Cut the corn the tortillas into ½ inch strips, then add to soup and cook for 10 minutes. Add the baked chicken, allowing it to get warmed up for a few minutes. Serve with grated cheddar cheese, sour cream, cilantro, and diced avocados if desired.

## monica's instant pot stuffed pepper soup (Whole30)

- ▶ 1 lb. grass-fed ground beef (I use 85% lean)
- ▶ 2 Tbsp. ghee or other cooking fat, divided
- ▶ 1 medium onion, chopped
- ▶ 5 cloves garlic, minced
- ▶ sea salt, for beef and onion
- ▶ 1½ tsp. Italian seasoning
- ▶ 1 tsp. paprika
- ▶ 3 bell peppers, chopped (I use red, orange, yellow)
- ▶ 3 cups bone broth (beef or chicken)
- ▶ 15 oz. can tomato sauce, no salt added
- ▶ ¾ tsp. fine grain sea salt
- ▶ 2 cups cauliflower "rice"
- ▶ ¼ tsp. onion powder
- ▶ ¼ tsp. garlic powder
- ▶ minced parsley, for garnish

Have all ingredients prepped and ready to go before beginning. Set your Instant Pot to "sauté" and once hot, add 1 Tbsp. ghee, and when melted, the ground beef. Once beef is 90% browned, add the onions and garlic, then sprinkle with a bit of sea salt and stir. Add the Italian seasoning and paprika; cook about 30 seconds or until fragrant. Add the peppers and stir, then pour in the broth, tomato sauce, and add the salt. Cancel the sauce function, stir, and place the lid on the instant pot and vent to the sealed position. Pressure cook on high for 3 minutes (pot will take several minutes to heat up). Once done, quick-release the pressure. • For the cauliflower rice, sauté on the stovetop with the remaining 1 Tbsp. ghee, onion powder, and garlic powder until just softened, then add to the soup when serving. Garnish with parsley and enjoy! Leftovers can be stored in the refrigerator up to 4 days, or frozen to use at a later time.

## dr. strickland's gluten free carrot cake

### CAKE

- ▶ ½ cup virgin coconut oil, melted, + more for pans
- ▶ 3 cups almond flour, + more for dusting pans
- ▶ 1½ tsp. kosher salt
- ▶ 1 tsp. baking powder
- ▶ 1 tsp. ground cardamom
- ▶ 1 tsp. ground cinnamon
- ▶ 1 tsp. ground ginger
- ▶ ½ tsp. baking soda
- ▶ 5 large eggs
- ▶ 1¼ cups (packed) dark brown sugar
- ▶ 1 tsp. vanilla extract
- ▶ 10 oz. carrots, peeled/coarsely shredded/squeezed firmly to expel excess water
- ▶ ¾ cup shredded unsweetened coconut
- ▶ ¾ cup walnuts, finely chopped
- ▶ ½ cup golden raisins

### FROSTING

- ▶ 8 oz. cream cheese, room temp
- ▶ 1 stick unsalted butter (½ cup), room temp
- ▶ 1¼ cups gluten-free powdered sugar
- ▶ ⅓ cup Greek yogurt
- ▶ 1 tsp. vanilla extract
- ▶ pinch kosher salt

Preheat oven to 350°. Grease two 8" parchment-lined round cake pans with oil, then dust with almond flour, tapping out excess. Whisk salt, baking powder, cardamom, cinnamon, ginger, baking soda, and remaining 3 cups flour in a medium bowl. • Using an electric mixer on medium-high speed, beat eggs & brown sugar in a large bowl until more than tripled in volume and mixture holds a ribbon for several seconds when drizzled over itself, 5-7 minutes. (Beating the eggs thoroughly in this stage goes a long way toward creating an aerated, light crumb, which is critical when using gluten-free ingredients.) Beat in vanilla. • Toss carrots, coconut, walnuts, raisins, and remaining ½ cup oil in another medium bowl. • Reduce mixer speed to low. Add flour mixture in 3 additions, alternating with carrot mixture in 3 additions, to the egg mixture, beating well after each addition. Divide batter between prepared pans. Bake cake until lightly browned across the top, a tester inserted into the center comes out clean, and the top springs back when gently poked, 33-36 minutes. Let cool 10 minutes. Carefully run a knife around edges of pans to release cake, then invert onto a wire rack. Let cool completely.

**FROSTING & ASSEMBLY:** Using electric mixer on medium-high speed, beat cream cheese & butter in a large bowl, scraping down as needed, until very smooth – about 2 minutes. Reduce mixer speed to low and add powdered sugar. Beat until combined. Add yogurt, vanilla, and salt, increasing speed to medium-high. Beat, scraping down occasionally, until light and airy – about 4 minutes. Chill 10 minutes if needed to stiffen slightly for a spreadable consistency. • Arrange one cake round (domed side **down**) on a large plate or platter. Coat top and sides with one-third of frosting. Top with remaining cake layer, domed side **up**. Coat top and sides with remaining frosting. **SIDE NOTE:** Cake can be made 3 days ahead. Cover with a cake dome and chill.

## gayle's cream cheese pound cake

- ▶ 1 box Duncan Hines Butter Golden cake mix
- ▶ ½ cup sugar
- ▶ ½ cup vegetable oil
- ▶ ½ cup warm water
- ▶ 4 eggs
- ▶ 1 package (8 oz.) cream cheese

Preheat oven to 350°. Grease a bundt pan; set aside. Mix together all ingredients in a large bowl until thoroughly combined. Pour into bundt pan and bake for 45 minutes or until golden brown.

## kimberly's instant pot lentil soup

- ▶ 1 large onion, chopped
- ▶ 1 medium carrot, peeled & chopped
- ▶ 2 stalks celery, chopped
- ▶ 3 cloves garlic, minced
- ▶ 1½ cups green lentils
- ▶ 1 can (14.5 oz.) diced tomatoes
- ▶ 2 tsp. fresh thyme
- ▶ 1 tsp. Italian seasoning
- ▶ Kosher salt
- ▶ freshly ground black pepper
- ▶ 4 cups low-sodium chicken or vegetable broth
- ▶ 4 cups baby spinach
- ▶ freshly grated Parmesan, for serving

To an Instant Pot, add onion, carrot, celery, garlic, lentils, and tomatoes. Add thyme and Italian seasoning, then season with salt & pepper. Pour broth over, stirring to combine. Set Instant Pot to Manual, High and set time for 18 minutes. Once finished, set valve to quick release. Once pressure is completely released, remove lid and stir in spinach. Serve with Parmesan.

## sam's skinny cajun pasta

- ▶ 8 oz. pasta
- ▶ 1 lb. shrimp, shelled & deveined
- ▶ 2 tsp. olive oil
- ▶ 3 tsp. cajun seasoning
- ▶ 2 Tbsp. unsalted butter
- ▶ 2 cloves garlic, minced
- ▶ 2 Tbsp. all purpose flour
- ▶ 1¾ cups milk (I use 2%)
- ▶ ½ tsp. dried thyme
- ▶ ½ tsp. dried oregano
- ▶ ¼ tsp. salt
- ▶ ¼ tsp. pepper
- ▶ ¼ cup shredded parmesan cheese
- ▶ parsley, for garnish

Cook the pasta according to the package directions in a large pot of boiling water; drain. Meanwhile, heat a non-stick skillet over medium heat. In a bowl, toss the shrimp with the olive oil and cajun seasoning, then add to the skillet and cook for about 4 minutes, flipping once, until they are completely pink. Set aside and keep warm. • Melt the butter in a medium saucepan, over medium heat. Add the garlic and cook, stirring for about 30 seconds, until fragrant. Whisk in the flour, whisking constantly until it is lightly browned, about 1 minute. Slowly whisk in the milk, stirring until it is incorporated and smooth. Add the thyme, oregano, salt, pepper, and parmesan; whisk continuously for 3-4 minutes until the sauce has thickened slightly. Reduce the heat to a low simmer until the pasta is ready. • Toss together the pasta and alfredo sauce, and serve with the cajun shrimp on top. Garnish with parsley and additional parmesan if desired.

## marla's pecos county chocolate cake

### CAKE

- ▶ 2 cups sugar
- ▶ 2 cups flour
- ▶ 1 tsp. baking soda
- ▶ 1 tsp. salt
- ▶ 2 sticks butter
- ▶ 2 Tbsp. cocoa powder
- ▶ 1 cup water
- ▶ ½ cup buttermilk
- ▶ 2 eggs
- ▶ 1 tsp. vanilla

### FROSTING

- ▶ 1 stick butter
- ▶ 6 Tbsp. milk
- ▶ 4 Tbsp. cocoa powder
- ▶ 1 box powdered sugar
- ▶ 1 tsp. vanilla

Preheat oven to 350°. Grease & flour a 9x13 pan and set aside. Sift sugar, flour, baking soda and salt into a large bowl and mix. In a saucepan, bring butter, cocoa powder, and water to a rapid boil, then pour over the flour mixture and stir. Add buttermilk, eggs, and vanilla; mix well. Pour into greased pan and bake 30 minutes, or until a toothpick comes out clean. • For the frosting, you can use the same saucepan. Add butter, milk, and cocoa powder, then bring mixture just to a boil. Add powdered sugar to a medium bowl, then pour butter mixture over. Add vanilla and mix thoroughly until smooth. Spread frosting over cake and enjoy!

## kristin's classic french toast

- ▶ 6 eggs
- ▶ 1½ cups heavy cream, half & half, or milk
- ▶ 2 Tbsp. pure vanilla extract
- ▶ ½ tsp. cinnamon
- ▶ 1 pinch nutmeg
- ▶ 1 pinch salt
- ▶ 4 Tbsp. vegetable oil
- ▶ 6 slices 1" thick bread
- ▶ 4 Tbsp. unsalted butter
- ▶ pure maple syrup, for serving

Whisk together eggs, cream, cinnamon, nutmeg, salt, and vanilla in a medium bowl; set aside. Place bread in a shallow baking dish large enough to hold bread slices in a single layer. Pour egg mixture over bread; soak 10 minutes. Turn slices over; leave until soaked through, about 10 minutes more. • Preheat oven to 250°. Place a wire rack on a baking sheet, and set aside. Heat 2 tablespoons butter and 2 tablespoons vegetable oil in a skillet over medium heat. Fry half the bread slices until golden brown, 2 to 3 minutes per side. Transfer to wire rack; place in oven while moving on to the remaining bread. Wipe skillet, and repeat with remaining butter, oil, and bread. Keep in oven until ready to serve. Serve warm with pure maple syrup, if desired.

## tiana's chicken & dumpling soup

*Measurements of ingredients are up to you, depending on taste and desired portion!*

- ▶ rotisserie chicken
- ▶ flour
- ▶ milk (or cream)
- ▶ butter
- ▶ chicken **broth**
- ▶ chicken **stock**
- ▶ Bisquick
- ▶ water
- ▶ seasonings of preference

Shred the rotisserie chicken breast with two forks (or meat from entire chicken if desired). In a separate pan make a roux of butter, flour, and milk (or cream). Add ingredients in measurements of your choice, until desired consistency is achieved. Once roux is at desired creaminess, combine roux, chicken stock, and chicken broth. Add seasonings (garlic, pepper, salt, paprika, etc.), and allow to simmer for a few minutes. Add chicken, and bring to a boil. Once boiling, mix bisquick & water according to package directions and scoop the dumplings with two spoons into broth. When dumplings begin to float they are done (pull one out and cut open to check for fluffiness on the inside). Allow soup to lightly simmer until ready to serve...and enjoy!

## silina's banana zucchini muffins

- ▶ 2 cups (256g) all purpose flour
- ▶ ½ tsp. baking soda
- ▶ 1 tsp. baking powder
- ▶ 2 tsp. ground cinnamon
- ▶ ½ tsp. salt
- ▶ 1 cup (200g) granulated sugar
- ▶ 2 eggs, room temp
- ▶ 1 cup (218g) vegetable oil
- ▶ 2 tsp. vanilla extract
- ▶ 2 ripe bananas
- ▶ 2 cups shredded zucchini, drained

Heat oven to 350° and prepare a muffin pan with extra large cupcake liners. In a large bowl, sift together the flour, baking soda, baking powder, cinnamon, and salt. In a separate large bowl, add the bananas, using a fork to mash. Add the sugar, eggs, oil, and vanilla. Stir well (I often just use my fork) until fully combined. Add the flour mixture, stirring until blended. Add the shredded zucchini and stir until well incorporated. Put ⅓ cup of batter to each cupcake liner. Bake for 22-26 minutes, or until an inserted toothpick is removed with some crumbs, but not wet batter. Tops should be golden brown.

## blanca's flan

- ▶ ¾ cup sugar
- ▶ ¼ cup water
- ▶ 1 package (8 oz.) cream cheese, softened
- ▶ 5 large eggs
- ▶ 1 can (14 oz.) sweetened condensed milk
- ▶ 1 can (12 oz.) evaporated milk
- ▶ 1 tsp. vanilla extract

In a heavy saucepan, cook sugar and water over medium-low heat until melted and golden, about 15 minutes. Brush down crystals on the side of the pan with additional water as necessary. Quickly pour into an ungreased 2-qt. round baking or souffle dish, tilting to coat the bottom; let stand for 10 minutes. • Preheat oven to 350°. In a bowl, beat the cream cheese until smooth. Beat in eggs, one at a time, until thoroughly combined. Add remaining ingredients, mixing well. Pour over caramelized sugar. • Place the dish in a larger baking pan. Pour boiling water into larger pan to a depth of 1". Bake until the center is just set (mixture will jiggle), 50-60 minutes. • Remove dish from the larger pan to a wire rack; cool for 1 hour. Refrigerate overnight. To unmold, run a knife around edges and invert onto a large rimmed serving platter. Cut into wedges or spoon onto dessert plates; drizzle sauce over each serving. Yields 10 servings.

## jamie's roasted sweet potatoes & brussel sprouts

- ▶ 1 pound brussel sprouts
- ▶ 1 large sweet potato
- ▶ 2 cloves garlic, minced
- ▶ ⅓ cup olive oil
- ▶ 1 tsp. cumin
- ▶ 1 tsp. salt
- ▶ pepper to taste
- ▶ fresh thyme, for garnish

Preheat oven to 400°. Trim and cut brussel sprouts in half. Peel your sweet potato and chop into 1-2 inch pieces. Add both to a large bowl, then pour olive oil in, add garlic, cumin, salt & pepper to taste. Stir to coat brussel sprouts and sweet potatoes thoroughly. Drizzle a little olive oil on baking sheet, then add veggies, spreading out evenly. Roast for 40-45 minutes, or until veggies are slightly brown on edges and a fork slides into them easily. Place in serving dish and garnish with fresh thyme.

## jannette's loaded cauliflower & broccoli casserole (KETO-FRIENDLY)

- ▶ 8+ pieces bacon, crispy
- ▶ ½ large head cauliflower, cut into florets
- ▶ ½ large head broccoli, cut into florets
- ▶ ½ cup sour cream
- ▶ ½ cup mayonnaise
- ▶ 1 Tbsp. heavy cream
- ▶ ¼ tsp. black pepper
- ▶ 1 cup shredded colby-jack cheese
- ▶ 1 cup shredded sharp cheddar cheese
- ▶ 6 Tbsp. chopped fresh chives, divided

Preheat oven to 350°. Fry the bacon in a large skillet until crispy, then crumble and set aside. Steam broccoli & cauliflower until tender, about 15-20 minutes. Meanwhile, combine sour cream, mayo, heavy cream, and pepper in a large bowl. When florets are done steaming, add to the mixture, along with the sharp cheddar cheese, half the bacon, and half the chives; mix well. Transfer to a baking dish sprayed with cooking spray, then top with the colby-jack cheese and remaining bacon. Cover dish with foil and bake for 20 minutes. Remove foil and bake another 5-10 minutes, until cheese is bubbly and beginning to brown. Garnish with remaining chives and serve immediately.



B U D A  
D E N T A L  
P R O F E S S I O N A L S

