



{ new beginnings }



BUDA DENTAL PROFESSIONALS
SHARES A FEW NEW CHAPTERS IN LIFE
AND SOME FAVORITE
RECIPES

...

Dr Taylor

Dr. Strickland

Dr. Hindling

Cid

Silina

Karen

Lisa

Heather

Jannette

Blanca

Eva

James

Marla

Dear friends,

With joyful hearts, we are eager to share with you — our wonderful patient family — all the exciting things taking place at Buda Dental Professionals! As individuals and as a team, new chapters are unfolding before us. We are at a point of meaningful transition...a very special time for all of us. Holding tight to our core values as we reflect on nearly 30 years in the community, we also gaze forward with renewed purpose. Every step toward the future is an opportunity for each of us to grow and serve others in a new way. It's a new beginning.

In the next couple pages you'll read about some of our 2011 happenings, as well as catch a glimpse of what's to come in 2012. AND...in keeping with the tradition we began a year ago, each of us has shared a culinary delight with you and compiled them in this book! It's a small way for us to express our gratitude — to thank you for the trusted, genuine relationships you've brought into our lives.

Here's to the best year ever!

The Buda Dental Team



PARTNERS!

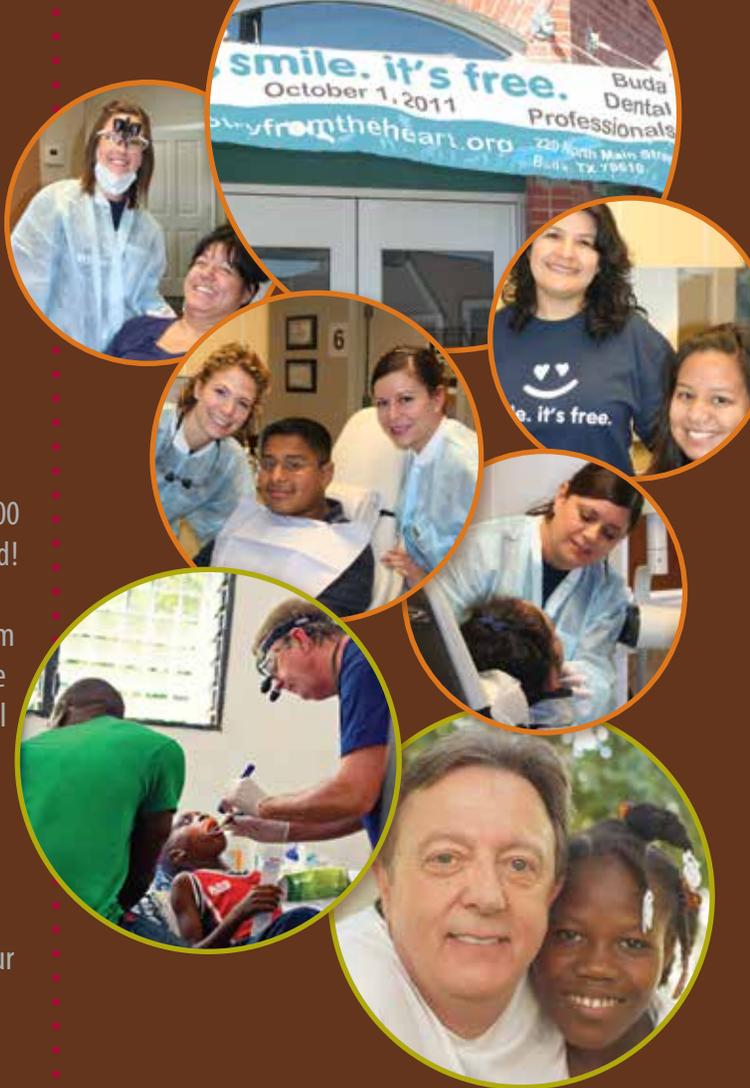
The papers are signed... on January 1, 2012, Dr. Strickland joins Dr. Taylor as full partner in the practice! This is a monumental time in both of their lives, and they feel blessed to be alongside each other in this journey.

The heartfelt commitment and respect they have for each other, the team, and our patients is stronger than ever, and we're very excited about this partnership becoming "official"!



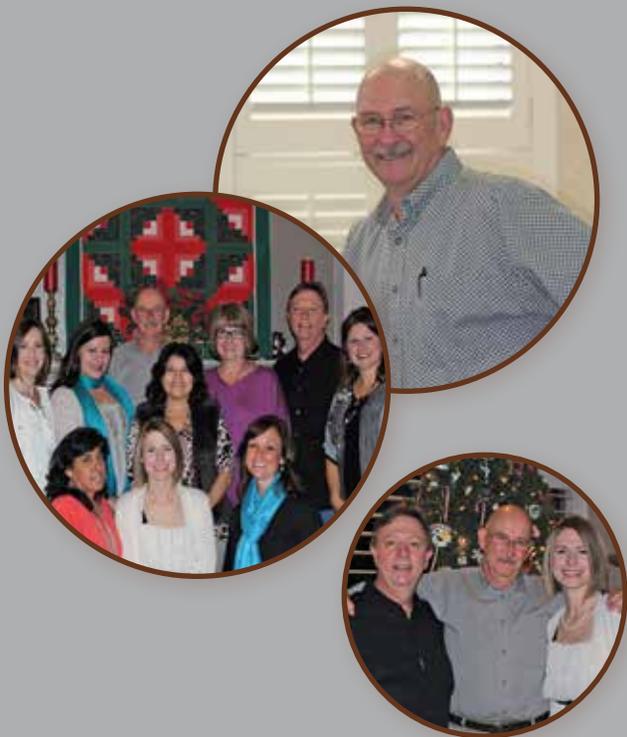
LOCAL & GLOBAL OUTREACH

This year, BDP has given back in ways we never have before. In October, we hosted our first "Dentistry from the Heart" event; it was a day of donated dental services to those in our community. Over \$24,000 of dentistry was donated! In November, Dr. Taylor served on a mission team that traveled to Haiti. He not only provided dental care for orphans, but also helped build new housing. The experience was life-changing for him, and we are excited about the prospect of our team joining this global effort in the future!



SAYING GOODBYE

After 43 years of practicing pediatric dentistry, Dr. Hinding is making a transition...retirement! It's been bittersweet saying goodbye — he has been a part of Buda Dental for 11 years. We are so happy for him as he embarks on this "new beginning", and look forward to serving our youngest patients with the love and care they deserve for many, many years to come.



MAKING TIME FOR SOME FUN

We kicked off our Annual Planning Meeting this year with a little healthy competition — a bowling tournament! We have found that working hard "works" best when you make time to play hard as well. Enjoying each other's company is something we treasure.



ITALIAN “GRAVY” (SAUCE) & MEATBALLS | Dr. Taylor

“This is the real deal – authentic bolognese sauce. It simmers all day, so plan ahead!”

SAUCE

- ▶ 1 can (28 oz.) tomato purée
- ▶ 3 cans (28 oz. each) water
- ▶ 1 small can tomato paste
- ▶ 1 small can water
- ▶ 1 whole onion
- ▶ 1 tsp. oregano
- ▶ 1 Tbsp. basil
- ▶ salt & pepper to taste
- ▶ 2 cloves garlic
- ▶ ½ lb. beef neckbones
- ▶ 1 lb. Italian sausage

MEATBALLS

- ▶ 1 lb. ground beef
- ▶ 1 lb. ground pork
- ▶ 2 eggs
- ▶ 1 cup bread crumbs
- ▶ 1 Tbsp. garlic powder
- ▶ salt & pepper

In a deep soup pot, brown neckbones in a bit of olive oil; remove and set aside. Brown the Italian sausage, cut in 3” lengths, and set aside. Remove excess oil and “brown stuff” on bottom of pot (leave a little bit for flavor!). Add tomato purée, tomato paste, water, onion, oregano, basil, salt & pepper, and garlic; add neckbones & sausage. Bring to a boil and then simmer all day. Add water as necessary to reach the consistency you want the sauce to be (I like mine on the thick side). **To prepare meatballs**, combine all ingredients and shape into meatballs; bake at 400° for 10-12 minutes. Add them to sauce in the afternoon. To serve, mix with rotini pasta (spiral), and top with Parmigiano-Reggiano (parmesan cheese).

CHICKEN ‘N’ DUMPLINGS | Heather

“My kids both love their Nana’s recipe!”

- ▶ 1 package chicken thighs
- ▶ salt & pepper
- ▶ poultry seasoning
- ▶ Bisquick

Boil chicken in water with salt, pepper, and poultry seasoning until chicken is done. Cut chicken into bite-size pieces and then return to water. Use Bisquick to make the dumplings (instructions on box). Make sure the water in the pot with the chicken is very hot. Use a teaspoon to drop the dough into the pot, then cover. Simmer for about 10 - 15 until the dumplings are done.

GRAHAM CRACKER KRISPIES | Dr. Strickland

“My Grandma’s recipe...how can something this simple taste SO good?”

- ▶ 1 cup brown sugar
- ▶ 1 cup butter
- ▶ 1 cup chopped pecans
- ▶ 20-24 whole graham crackers (or however many it takes to fill your cookie sheet)

Preheat oven to 350°. Cook butter and brown sugar for 2 minutes – no longer. Add nuts. Break graham crackers at indentations and place on cookie sheet. Use a rubber spatula to cover them with the cooked mixture. Bake for 10 minutes only. After they have cooled slightly, cut where crackers meet.

SHRIMP ENCHILADAS | Jamie

“Not too spicy, wonderfully cheesy – just right!”

- ▶ 2 Tbsp. butter
- ▶ 1 bunch green onions, chopped
- ▶ 1 lb. fresh or frozen shrimp (thawed), peeled and deveined
- ▶ 1 can (about 4 oz.) chopped green chiles
- ▶ 1 jar (about 4 oz.) diced pimentos
- ▶ 1 can Campbell’s Cream of Mushroom Soup (regular or 98% fat free)
- ▶ 1 can Campbell’s Cream of Shrimp Soup
- ▶ 1 package (8 oz.) cream cheese
- ▶ ⅛ tsp. ground white pepper
- ▶ 10 flour tortillas (8-inch), warmed
- ▶ 2 cups shredded Monterey Jack cheese (about 8 oz.)

Heat the butter in a 3-quart saucepan over medium heat. Add the onions and cook until tender, stirring occasionally. Add the shrimp and cook until they’re cooked through. Stir in the chiles, **half** the pimentos, the soups, cream cheese, and white pepper; cook until the cream cheese is melted, stirring occasionally. Remove the saucepan from the heat. Divide **half** the shrimp mixture among the tortillas. Roll up and place seam-side down in a lightly greased 3-quart shallow baking dish. Spoon the remaining shrimp mixture over the filled enchiladas. Sprinkle with the remaining pimentos and the cheese. Bake at 325° for 30 minutes or until the enchiladas are hot and bubbling. Makes around 10 servings.

SOUTH AUSTIN BEANS | Dr. Hinding

"If you're not a native Austinite, this will make you an honorary one!"

- ▶ ½ lb. bacon
- ▶ 1 large onion, chopped coarsely
- ▶ spices (cinnamon, dry mustard, cumin, and turmeric are healthy choices)
- ▶ 2 cans black beans (15 oz. each)
- ▶ 2 cans any other type of beans...your choice (approximately 15 oz. each)
- ▶ 1 bottle Shiner or Lone Star beer
- ▶ 1 can Dr. Pepper
- ▶ 1 cup raisins
- ▶ brown rice optional

Fine chop the bacon and cook in large pan or cast iron dutch oven until crisp. Add onion and sauté until translucent, about 10 minutes. Add your favorite spices and all beans. Open the bottle of beer and reserve 4 oz. for the cook. :) Add remainder to the mix; then add Dr. Pepper and raisins. Simmer for 2 - 3 hours; thicken with cornmeal if desired. Serve as a side dish, or over brown rice as an entrée.

RICE PUDDING | Karen

"Thanks to Betty Weaver for this awesome recipe...it's just like my mom's!"

- ▶ 1 cup cooked rice
- ▶ 2½ cups milk
- ▶ 3 large eggs, lightly beaten
- ▶ ¾ cup sugar
- ▶ ¾ cup raisins
- ▶ 1 tsp. vanilla extract
- ▶ ¼ tsp. salt
- ▶ ½ tsp. ground cinnamon
- ▶ ¼ tsp. ground nutmeg

Preheat oven to 325°. Lightly grease a 9" glass baking dish. In a large bowl, stir together first 7 ingredients; spoon into prepared baking dish. Place baking dish in a large pan; pour water into the pan at a depth of 1". Bake for 1.5 hours, or until lightly browned and set. Combine cinnamon and nutmeg; sift over top of pudding. Cool slightly and cut into squares to serve.

CORN CASSEROLE | Cid

"A simple recipe that never fails – goes with just about anything."

- ▶ 2 eggs, beaten
- ▶ 1 can whole kernel corn, drained
- ▶ 1 can cream style corn
- ▶ 1 cup sour cream
- ▶ 1 package Jiffy corn bread mix
- ▶ 1 stick margarine, melted
- ▶ grated cheddar cheese

Grease 9 x 9 baking dish with cooking spray. Mix all ingredients **except cheese**; put in dish. Bake at 350° for 1 hour. 10 minutes before done, sprinkle with cheese and finish baking.

YUMMY QUESO | Lisa

"This queso earns its name!"

- ▶ 1 lb. ground beef – browned, drained, and rinsed
- ▶ 1 box Velveeta cheese
- ▶ 1 can Wolf Brand chili, no beans
- ▶ 1 small can diced green chiles
- ▶ 1 small can diced jalapeños
- ▶ ½ cup water

Combine all ingredients in crock pot and cook on low, mixing occasionally. If ground beef is hot, it will only take 1½ - 2 hours for cheese to melt. You can add or subtract water to get the desired consistency.

BLUEBERRY PIZZA | Blanca

"This is one of my all time favorites..."

- ▶ ½ cup butter, softened
- ▶ 1¼ cup powdered sugar
- ▶ 1 cup flour
- ▶ 1 package cream cheese (8 oz.)
- ▶ 1 cup whipped cream
- ▶ 1 can blueberry pie filling

Mix butter, ¼ **cup** powdered sugar, and flour until crumbly. Pat onto greased pizza pan. Bake at 325° for 15 - 20 minutes, until edges are very lightly browned. Cool while preparing filling. Mix cream cheese and **1 cup** powdered sugar until creamy; stir in whipped cream. Spread on cooled crust. Top with pie filling and refrigerate.

CRANBERRY COFFEE CAKE | Silina

"This is my mom's favorite!"

COFFEE CAKE

- ▶ 2 cups flour
- ▶ 1 tsp. baking powder
- ▶ 1 tsp. baking soda
- ▶ ½ tsp. salt
- ▶ ½ cup butter, softened
- ▶ 1 cup sugar
- ▶ 2 eggs
- ▶ 1 cup sour cream
- ▶ 1 tsp. almond extract
- ▶ 8 oz. whole cranberry sauce
- ▶ ½ cup slivered/sliced almonds

Combine flour, baking soda, baking powder, and salt; set aside. Cream butter and sugar; add eggs to creamed mixture and mix well. Alternate adding dry ingredients and sour cream to creamed mixture. Add almond extract and mix well. Spread half of the batter in a 9 x 13 pan. Spread all of the cranberry sauce over the batter. Spread remaining batter over sauce, and top with almonds. Bake at 350° for 45 - 50 minutes. **Icing:** Mix all ingredients and drizzle over coffee cake while it's still warm.

ICING

- ▶ 1 cup powdered sugar
- ▶ 2 Tbsp. warm milk or water
- ▶ ¼ tsp. almond extract

PUMPKIN BARS | Eva

"These are a wonderful alternative to pumpkin pie; great served with vanilla ice cream."

- ▶ 2 cups all-purpose flour
- ▶ 1½ cups packed brown sugar
- ▶ 2 tsp. baking powder
- ▶ 1 tsp. baking soda
- ▶ 2 tsp. pumpkin pie spice
- ▶ ¼ tsp. salt
- ▶ ½ cup vegetable oil
- ▶ ½ cup apple juice
- ▶ 1 can (15 oz.) pumpkin (NOT pumpkin pie mix)
- ▶ 2 eggs
- ▶ 1 container (16 oz.) cream cheese ready-to-spread frosting

Preheat oven to 350°. Grease a 15 x 10 x 1 pan with shortening; lightly flour. In large bowl with electric mixer, beat all ingredients (**except for the frosting**) on low speed until moistened. Beat 2 more minutes on medium speed. Spread batter in prepared pan. Bake for 20 - 30 minutes or until toothpick inserted in center comes out clean. Cool completely (about an hour). Spread frosting over cooled bars. Refrigerate until set, about 30 minutes. Cut into 8 rows by 6 rows. Store in refrigerator.

STUFFED JALAPEÑOS | Jannette

"Always a crowd favorite. Enjoy!"

- ▶ 12 large fresh jalapeño peppers – washed, sliced lengthwise, and seeded
- ▶ 1 package cream cheese (8 oz.), softened
- ▶ 1 chub of breakfast sausage, uncooked (like Jimmy Dean, around 16 oz.)
- ▶ 3 - 4 green onions, diced
- ▶ 4 Tbsp. green bell pepper, finely diced
- ▶ 4 Tbsp. shredded carrots
- ▶ 2 tsp. garlic powder
- ▶ 1 tsp. onion powder
- ▶ salt & pepper to taste
- ▶ olive oil

Preheat oven to 400°. Place sliced jalapeños in a bowl, drizzle with olive oil and toss. Mix softened cream cheese with sausage until well blended, using fork. Add rest of ingredients and mix well; using a teaspoon, fill the jalapeño halves with the sausage mixture, making it slightly mounded. It will "shrink" a bit during baking. Place stuffed jalapeños on a baking sheet and bake for about 20 - 30 minutes. Makes 24.

TURKEY BRINE | Marla

"This turkey was the best I've ever had...I'll never cook another one without brining it first!"

- ▶ 1 gallon vegetable broth
- ▶ 1 cup sea salt
- ▶ 1 Tbsp. crushed dried rosemary
- ▶ 1 Tbsp. dried sage
- ▶ 1 Tbsp. dried thyme
- ▶ 1 Tbsp. dried savory
- ▶ 1 gallon ice water

In a large stock pot, combine vegetable broth, sea salt, rosemary, sage, thyme, and savory. Bring to a boil, stirring frequently to make sure salt is dissolved. Remove from heat and let cool to room temperature. Once broth mixture is cool, pour into a clean 5 gallon bucket (other options include a brining bag or a cooler). Stir in ice water. Wash & dry turkey, making sure you've removed the neck and giblets. Place in the brine mixture, breast side down. Leave in refrigerator overnight, about 8 hours. [NOTE: If you don't have room in the frig for the bucket or brining bag, you can either place the brining bag in a cooler and pour ice all around it, OR use a cooler itself for the brining process (check occasionally to see if more ice is needed). If you choose the last option, be sure to clean the cooler well when brining is complete.] When finished brining, remove turkey from liquid and allow to drain off, then pat dry. Discard excess brine. Cook turkey as desired, reserving drippings for gravy. Brined turkeys tend to cook 20 - 30 minutes faster, so be sure to watch the meat thermometer (165°). Let turkey sit a bit before carving.



BONUS!

As a bonus in this edition, we've included three awesome recipes from some of our patients. Many of us have had the privilege of sampling them! Tough job. :)

MEXICAN CHEESECAKE (Sopapilla Cheesecake) | Donna Epperson

- ▶ 2 cans Crescent rolls
- ▶ 2 packages cream cheese (8 oz. each), softened
- ▶ 1½ cups sugar
- ▶ 1 stick butter, melted
- ▶ cinnamon to taste

Preheat oven to 350°. Coat a 9 x 13 pan with cooking spray. Place one can of crescent rolls on bottom of pan. Mix the cream cheese and **1 cup** sugar together until smooth. Pour over crescent rolls. Place the second can of crescent rolls on top. Melt butter and pour over that. Shake **½ cup** sugar & cinnamon on top of butter. Bake for 30 minutes; serve warm or cold.

HONEY CHICKEN SALAD | Linda Wentz

- ▶ 4 cups chicken, cooked & chopped
- ▶ 3 celery ribs, diced
- ▶ 1 cup cran-raisins
- ▶ ½ cup chopped pecans, toasted
- ▶ 1½ cups mayonnaise
- ▶ ½ cup honey
- ▶ ⅛ tsp. salt
- ▶ ¼ tsp. pepper

Combine first 4 ingredients. Whisk together mayonnaise and next 3 ingredients. Add to chicken mixture, stirring until combined. Good served on a bed of lettuce, on sliced bread for a sandwich, or on croissants.

CHOCOLATE BUNDT CAKE | Joyce Smithey

- ▶ 1 Betty Crocker Super Moist chocolate cake
- ▶ 1 small package instant vanilla pudding
- ▶ 1 small package instant chocolate pudding
- ▶ 4 eggs
- ▶ ½ cup oil
- ▶ 1½ cups water
- ▶ 12 oz. semi-sweet chocolate chips (added last)

Combine all ingredients except for chocolate chips; mix well. Add chocolate chips, and mix gently by hand. Pour into greased bundt pan. Bake at 350° for 50 - 55 minutes. Cool in pan for about 20 minutes, then turn out onto plate.

Experiment with other options: I have tried different combinations, like 1 yellow cake mix and 2 small vanilla puddings with the chocolate chips!

2011





WE'RE GRATEFUL FOR YOU!

ENJOY THE YUMMY RECIPES.