



{ celebrate }



BUDA DENTAL PROFESSIONALS
SHARES A FEW FAVORITE RECIPES WITH YOU AS
THEY CELEBRATE THREE DECADES OF
SERVING THE COMMUNITY

...

Dr Taylor

Dr. Strickland

Cid

Silina

Karen

Lisa

Heather

Jannette

Blumen

Eva

James

Marla

Dear friends,

It's time to celebrate! 2012 has been a very special year for us. BDP celebrated three decades of serving our community...wow! Once again, our hearts overflow with gratitude to our patients and this community for the love and support you have shown us over the years; it is a gift to be a part of your lives.

2012 also gave us three more reasons to celebrate... new babies! In May, life got so much sweeter for Dr. Taylor and Nancy – they welcomed their first grandchild, Julia Marie. Also, Silina had another baby boy, Jude, and Marla became a grandma for the second time when Madeline was born. Our tribe continues to grow!

As individuals and as a team, we can't wait to see all the new places 2013 will take us; we are certain that there will be many more reasons to celebrate. Enjoy our recipes, and have a very Merry Christmas!

The Buda Dental Team



A GLIMPSE OF OUR 30-YEAR BASH:



CELEBRATING
30
YEARS

Thirtywholewonderfuleyears...

This year Buda Dental Professionals celebrated our 30th anniversary, and what a party we had! It was in 1982 that Dr. Taylor first opened his doors here in Buda. Nancy was both his front desk receptionist and his dental assistant...while one year old Lauren spent her days in the “playroom” which was one of the unfurnished operatories (as some of you remember!). Who knew – back when the main view from the office was the neighboring dairy cows – what that leap of faith 30 years ago would lead to. As the community has grown it is easy to see how much has changed, but what is so meaningful is remembering all that remains the same. At BDP, our core values of faith, family, compassion, and integrity will always anchor us. We feel deeply privileged to serve all of you, truly. Thanks to all who came out to join us in the “hoopla”...here’s to the next 30 years!

* **hoopla** [hoop · lah]

noun

1. jovial commotion; informal excitement surrounding an event; hullabaloo; bustling activity or celebration.



Workhardplayhard...

Although it was hard to top last year's crazy bowling competition (remember that picture?!?), this year we kicked off the Annual Planning Meeting with a fun, new challenge. We decided to see who was best at getting their cooking on! We drew names and divided into two teams – the "Flaming Hot Peppas" and "Sweet Tooth". With the secret ingredient (citrus fruits), we had to come up with three original dishes on each team... it proved to be a lot harder than it sounded. With the clock ticking, both teams scrambled to finish, but in the end the food turned out great and we enjoyed an awesome meal together. Ultimately, the "Flaming Hot Peppas" took home the crown!



Localandglobaloutreach...

Our team continued to reach out this year on both the global and local levels. Dr. Taylor traveled to **Haiti** again, this time focusing on building relationships with the local dental school and clinics. The overarching goal is to not only provide dental care while in Haiti, but to help the Haitians develop sustainable care so that the work will continue after the team leaves. He is planning another trip there in 2013...stay tuned to our blog for updates! Locally, in 2012 our team connected with the organization **Saint Louise House** – a wonderful group that provides housing, education, and care for homeless women and children. It is an honor to help these families. We also participated in the ADA's **Give Kids A Smile** day, and had some BIG help from girl scouts (and patients) Katy and Sadie...who are both aiming to pursue careers in dentistry! Lastly, our team continues to partner with the **St. David's Foundation** to provide dentistry for children in the community who do not have access to care. We have helped some of the sweetest children overcome their fear of dentistry and it warms our hearts to have this opportunity.



~ RECIPES ~

TAYLOR TUSCAN BEAN SOUP | Dr. Taylor

"This soup is wonderful on a cold day!"

- ▶ 1 cup chopped sweet onion
- ▶ ½ cup chopped celery
- ▶ ½ cup chopped carrots
- ▶ 2 Tbsp. olive oil
- ▶ 4 cloves chopped garlic
- ▶ 1 box low sodium chicken broth (4 cups)
- ▶ 1 can (14 oz.) diced tomatoes with juice
- ▶ 1 can cannoli beans (white beans), drained and washed
- ▶ 1 bag fresh spinach

Add onions, celery, and carrots to soup pot and sauté on medium heat in olive oil until the onions are translucent. Add garlic and sauté 5 minutes. Add chicken broth and tomatoes with juice. Simmer for 10 minutes. Add beans and simmer another 10 minutes. Add handfuls of spinach until it looks good! Serve with hard crusted bread that is spread with roasted garlic. Enjoy!

BUFFALO CHICKEN DIP | Jamie

"Great for parties!"

- ▶ 2 cups rotisserie chicken
- ▶ 1 can diced green chiles, **not** drained
- ▶ 2 packages (8 oz. each) cream cheese, softened
- ▶ 1 cup of your favorite wing sauce
- ▶ 1 cup ranch dressing
- ▶ 2 cups shredded cheddar cheese

Preheat oven to 350°. Mix all ingredients together and bake until bubbly.

ZUCCHINI BREAD | Dr. Strickland

"I love this bread...and it's so good warmed up with a little butter on it."

- ▶ 3 eggs
- ▶ 1 cup oil
- ▶ 3 tsp. vanilla (I use more)
- ▶ 3 cups flour
- ▶ 1 heaping tsp. salt
- ▶ 1 tsp. baking **soda**
- ▶ 1 cup chopped English walnuts (optional)
- ▶ 2 cups sugar
- ▶ 2 cups grated fresh zucchini
- ▶ ¼ tsp. baking **powder**
- ▶ ½ tsp. cinnamon (I use WAY more)

Beat eggs. Add oil, sugar, and vanilla. Sift all dry ingredients, then add to egg mixture. Add nuts if desired. Butter & flour pans (recipe makes 2 regular-sized loaf pans); fill and bake at 325° for 1.25 hours. Test with tooth pick.

PULLED PORK TACOS | Cid

"Muy bueno!"

- ▶ 4 - 6 lbs. pork loin
- ▶ 2 tsp. salt
- ▶ 1½ tsp. pepper
- ▶ 2 tsp. cumin
- ▶ 1 sliced red onion
- ▶ 1 jar (12oz.) apricot preserves
- ▶ 1 - 2 jalapeños
- ▶ Garnish options: sliced limes, cilantro, avocados or guacamole, Jack cheese, sour cream

Trim any fat off the pork. Mix the spices and rub on pork, covering generously. Place pork in a Crock•Pot and cover with apricot preserves. Add sliced onion and jalapeños on the pork. Cook for 6 - 8 hours. Serve with tortillas...corn, flour, or wheat are all good. Garnish with sliced limes, cilantro, avocados or guacamole, Monterrey Jack cheese, and sour cream.



yum.



DIRT PUDDING | Jannette

"Fun way to serve a dessert!"

- ▶ 2 packages (4 oz. each) French vanilla pudding mix
- ▶ 3½ cups cold milk
- ▶ 1 tub (16 oz.) whipped topping
- ▶ 2 packages (8 oz. each) cream cheese, softened
- ▶ ½ stick butter
- ▶ 1 cup powdered sugar
- ▶ 1 package (20 oz.) Oreo cookies, crushed

In medium bowl, combine pudding mix and milk as directed. Blend in whipped topping and set aside. In large bowl, mix cream cheese and butter. Slowly add powdered sugar until smooth with mixing spatula or wooden spoon. Combine pudding mix with cream cheese mixture – may be slightly lumpy. In a medium-to-large clean flower pot, layer the mixture and Oreos, finishing with Oreos on top. Place a faux flower in the middle, and it will make a fun presentation!

CHILI ARTICHOKE DIP | Blanca

"A great appetizer that even the kids will love..."

- ▶ 1 can (14 oz.) water-packed artichoke hearts, drained and chopped
- ▶ 1 jar (6.5 oz) marinated artichoke hearts, drained and chopped
- ▶ 1 small can (4 oz.) diced green chiles
- ▶ 3 cups shredded cheddar cheese
- ▶ ¼ cup mayonnaise
- ▶ pita chips

Preheat oven to 350°. In a bowl, combine artichokes, chiles, cheese, and mayo. Put into an 8" square baking dish. Bake 20 - 25 minutes or until cheese melts. Serve warm with pita chips.

JENNY'S FAVORITE POMEGRANATE MARTINI | Lisa

*"This one is for the **adults** only!" :)*

- ▶ 2 oz. vodka
- ▶ ½ oz. Cointreau orange liqueur
- ▶ 3 oz. pomegranate juice (best is Central Market Pomegranate Italian Soda)
- ▶ 3 oz. tonic water (HEB brand)

Combine ingredients in a cocktail shaker ¼ filled with crushed ice. Shake and strain into a cocktail glass. Serve with a squeeze of lime.

3 - MEAT MEATBALLS | Marla

"ALWAYS a family favorite."

- ▶ 1 lb. ground turkey
- ▶ 1 lb. ground beef
- ▶ 1 lb. ground pork
- ▶ 1 package (10 oz.) frozen chopped spinach, thawed, drained, and squeezed dry
- ▶ ½ cup finely grated parmesan cheese
- ▶ 3 large eggs, beaten
- ▶ 2 Tbsp. Italian seasoning
- ▶ 2 tsp. garlic powder
- ▶ 2 tsp. salt
- ▶ 1 tsp. red pepper flakes
- ▶ ½ cup fine or Panko bread crumbs

FOR SERVING OPTIONS

- ▶ barbeque sauce
- ▶ sandwich rolls
- ▶ chipotle sauce

Preheat oven to 400°. Coat 2 large-rimmed baking sheets with cooking spray. In large bowl, combine all ingredients until well mixed (but try not to "over" mix). Roll teaspoon amounts of the meat mixture into 1" balls, arranging a half inch apart on the baking sheets. Bake meatballs until lightly browned and cooked throughout, approximately 20 - 25 minutes. To serve, either toss warm meatballs with your favorite barbeque sauce and serve with sandwich rolls, or dip in chipotle sauce. Enjoy!

dee-lish.



HEATHER'S HEALTHY FISH TACOS | Heather

"A yummy option for those on a Paleo diet!"

- ▶ 1 lb. fresh tilapia fillets
- ▶ 1 Tbsp. Paleo cooking fat
- ▶ 1 medium onion, chopped
- ▶ 4 cloves garlic, minced
- ▶ 1 or 2 jalapeño pepper(s), finely chopped
- ▶ 2 cups tomatoes, diced
- ▶ ¼ cup fresh cilantro, finely chopped
- ▶ 3 Tbsp. lime juice
- ▶ sea salt and freshly cracked black pepper to taste
- ▶ 1 avocado, sliced

In a large skillet over medium-high heat, combine the cooking fat with the garlic and onions. Cook for about 5 minutes, until the onions are soft and translucent in color. Add the tilapia to the skillet. Allow the fillets to cook for 3 to 4 minutes on one side prior to flipping. As the fish begins to cook through, use a fork to break it apart into flaky pieces. Add the jalapeño pepper, tomatoes, cilantro, and lime juice to the mix and then season with salt & pepper. Cook for 5 minutes before removing from heat. Serve the taco filling however you'd like, and garnish with fresh avocado slices.

PUMPKIN CAKE | Karen

"Thanks to Betty Weaver for this great recipe."

- ▶ 2½ cups sugar
- ▶ 1 cup shortening or 80% vegetable oil oleo
- ▶ 3 eggs, beaten
- ▶ 1 can Libby's pumpkin (plain pumpkin, not pie mix)
- ▶ 1 tsp. vanilla
- ▶ 3 cups flour
- ▶ 1 tsp. baking **soda**
- ▶ ½ tsp. baking **powder**
- ▶ ¼ tsp. salt
- ▶ 1 tsp. each: cloves, nutmeg, cinnamon, and allspice
- ▶ cream cheese frosting or whipped cream (for topping)

Preheat oven to 300°. Cream sugar and shortening together; add eggs, pumpkin, and vanilla. Mix/sift all dry ingredients and add to creamed mixture. Pour into either a tube pan, bundt pan, or two 8x4 loaf pans. Tube or bundt pan bakes for 1½ - 2 hours; loaf pans for 1 - 1½ hours. Check with toothpick to make sure it's done. Finish off with cream cheese frosting, or serve with whipped cream.

ZUCCHINI "SPAGHETTI" | Eva

"Super easy recipe, and healthy too."

- ▶ 4 large, thick zucchini, cut into strands using a spiral slicer (or you can julienne into strips)
- ▶ 2 cloves garlic, minced
- ▶ ½ tsp. salt
- ▶ ½ tsp. red pepper flakes
- ▶ olive oil

Heat frying pan over medium heat. Add about 1 tsp. olive oil. While oil is simmering, add garlic and sauté until fragrant – about 15 seconds. Turn heat to high. Add zucchini strands and stir fry for 1 minute. Add salt and red pepper flakes. Make sure to not cook the zucchini too long; it should still have some "crunch" to it.

'LEFTOVER CHICKEN' AND VEGGIE PASTA | Silina

"Fun to throw this dish together to make use of your leftover chicken!"

- ▶ 8 oz. penne pasta
- ▶ 1 cup sliced zucchini
- ▶ 1 cup grape tomatoes, halved
- ▶ 2 tsp. chopped garlic
- ▶ ½ bell pepper, chopped
- ▶ 3 Tbsp. olive oil
- ▶ ½ cup frozen peas, thawed
- ▶ 2 cups cooked chicken, diced
- ▶ ¾ cup chicken broth
- ▶ ¼ cup chopped fresh basil
- ▶ 4 slices prosciutto, chopped and rendered
- ▶ ¼ cup grated parmesan cheese
- ▶ salt & pepper for seasoning
- ▶ red pepper flakes (optional)

Cook pasta according to package directions. In a skillet over medium-high heat, cook zucchini, tomatoes, bell pepper, and garlic in olive oil for about 2 minutes. Add peas, chicken, broth, and pasta to the skillet and cook for another 2 minutes. Stir in basil, prosciutto, and parmesan cheese. Salt & pepper to taste; add red pepper flakes if desired.





KAREN



DR. TAYLOR



DR. STRICKLAND



CID



SILINA

WHERE WERE
YOU
IN '82?
Here's where the
BDP team was...



BLANCA

19

82



EVA



JANNETTE



MARLA



JAMIE



HEATHER



LISA



