

community



recipes & happenings from

BUDA DENTAL PROFESSIONALS



Dr. Strickland



Dr. Taylor



Dr. Carlton



Blanca



Gabye



Elsie



Jamie



Jannette



Kimberly



Kristin



Lester



Marla



Melissa



Silina



Jeffrey

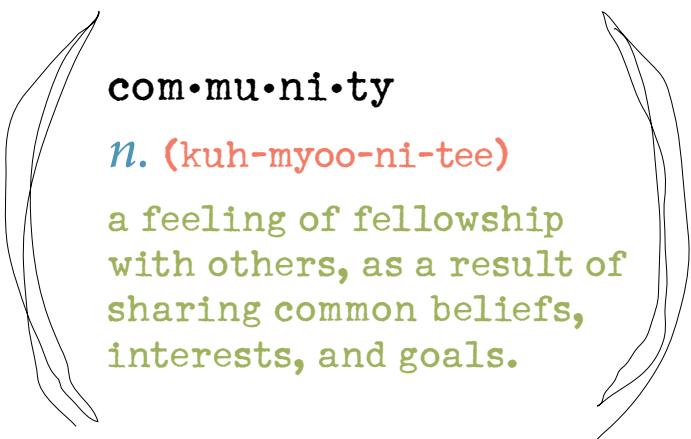
Greetings, friends!

We hope this finds your 2017 off to a running start. As always, we eagerly embrace this time of year, as it marks the beginning of a new set of goals, opportunities, and renewed purpose for BDP. In planning for this year, what kept stirring in our hearts was the word "community". One of the ways that the dictionary defines this word is:

com·mu·ni·ty

n. (kuh-myoo-ni-tee)

a feeling of fellowship with others, as a result of sharing common beliefs, interests, and goals.



While our practice has been part of Buda for 35 years, **the idea of community extends far beyond our geographical location**. It represents the relationships and shared values we have as a team, and with our patients; reaching outside our walls, this sense of community is also what drives our vision for outreach and serving others, both locally and across the globe. Put simply, we believe that our BDP community has more than one purpose in this world — and with each new day, more of what that means is uncovered. Dentistry is our work and our passion, but it's definitely only one of the things we were put on this earth to do.

Last but not least, we've shared **15 RECIPES** this year...enjoy them with your friends & family as you build your own communities!

the Buda Dental team

GIVING BACK

to community

One of the things that builds strong community is the willingness to give back to those around you. Sometimes it's as simple as giving a friend the gift of a listening ear, while other times it involves traveling across the globe to bring medical help to those in need. Giving back is at the core of everything we do at BDP, and we strive to create a culture of service in our practice and our community. Hope Smiles is an organization that Dr. Taylor has linked arms with to accomplish his work in Haiti; in 2016 our team was blessed to work with them on a local level at the "Medical Mission at Home" in Waco. Over 250 patients were seen that day, many receiving dental care that had been needed for years.

The look of gratitude in their eyes filled us up...and as the day ended, we reflected on the simple truth that it is so much better to give than to receive. When we share our gift, it opens us to experience new dimensions of fulfillment, joy, and connection with one another. We invite you, our BDP family, to join us in future outreaches, and encourage you to find your own unique gift to share with the world, near or far!



THIS & THAT

BDP community shenanigans

(she·nan·i·gans **n.** “silly or high-spirited behavior”)



#surpriseonbossesday



#patientfunatboodahalloween



#thefutureisbright

WELCOME

to our community



We are happy to announce the addition of **Dr. Jason Carlyon** to BDP! While he is new to our practice, Dr. Carlyon is NOT new in the lives of Dr. Taylor & Dr. Strickland. For nearly a decade, the three of them have worked together on several boards, study clubs, and organizations around the greater Austin area. They have also participated in numerous charitable events, sharing the same passion for supporting the community and giving back. His core values are completely in sync with those of BDP; as Dr. Taylor begins to slow down in his clinical practice, it's an amazing feeling to be confident in the person that will join Dr. Strickland in carrying the torch. We can't wait for all of you to get to know Dr. Carlyon, and invite you to give him and his family a heartfelt welcome to our Buda Dental community!

GREEN GANG



THE THINGS



TRUE BLUE



HAVING FUN in the community

By now, you know that we can't help but roll up our sleeves and engage in a little friendly competition each year to kick-start our Annual Planning Meeting! This year we wanted to find something that would get us out & about in our very own Buda community, so we jumped at the chance to participate in the always-entertaining "Go Games"...a day full of activities that tapped into our creativity and ability to hustle from one location to the next. The three teams zipped from Summer Moon to the Donut Palace, over the railroad tracks to the Buda Drug Store, then back to the Library. It was so fun to run into patients at every stop, cheering us on and laughing as we completed some pretty hilarious challenges. Our crew really enjoys having FUN with one another, and the longer we are in this gig together the more we realize how rare it is to find this sense of community within your workplace. We commit to never taking this gift for granted, and to always invest in these relationships...they are the heart of BDP!



...busting out for the Go Games!

15 RECIPES

from our team community



California Quinoa Salad

DR. STRICKLAND

"A fresh, healthy side that's great for warm weather meals."

- 1 cup quinoa
- ¼ cup balsamic vinegar
- zest of 2 limes
- 1 mango, peeled & diced
- 1 red bell pepper, diced
- ½ cup shelled edamame
- 1/3 cup red onion, chopped
- ¼ cup unsweetened coconut flakes
- ¼ cup sliced almonds
- ¼ cup raisins
- 2 Tbsp. fresh cilantro leaves, chopped

Cook quinoa according to package instructions, and set aside. In a small bowl, whisk together balsamic vinegar and lime zest, set aside. In a large bowl, combine quinoa, mango, bell pepper, edamame, red onion, coconut flakes, almonds, raisins, and cilantro. Pour the balsamic vinegar mixture on top of the salad and gently toss to combine. Serve immediately and enjoy!

Overnight French Toast

DR. CARLYON

"Perfect for when you have company!"

- 5 eggs, beaten
- ¾ cup milk
- 1Tbsp. vanilla extract
- ¼ tsp. baking powder
- 8 slices French Bread (1" thick)
- 1 16 oz. package frozen strawberries
- 4 ripe bananas, sliced
- 1 cup sugar
- cinnamon-sugar mix

In a bowl, mix eggs, milk, vanilla, and baking powder. Pour over bread to soak, turning over to coat slices well. Cover and refrigerate overnight. In the morning, mix frozen strawberries, bananas, and sugar, then place in a 9 x 13 baking dish. Top with sliced bread, then sprinkle with cinnamon-sugar mix. Bake at 450 degrees for 20 - 25 minutes, or until golden brown.

Beef Tenderloin with Red Sauce

DR. TAYLOR

"I make this at just about every BDP team gathering we have!"

- beef tenderloin, trimmed to remove all silver skin and excess fat
- olive oil
- McCormick Montreal Steak Seasoning
- large container grape tomatoes or cherry tomatoes
- 1 handful fresh parsley, thinly chopped
- 6 cloves garlic, minced
- sea salt & pepper

Rub beef tenderloin with olive oil and then liberal amounts of Montreal Steak Seasoning (don't skimp!). Wrap tenderloin with plastic wrap and refrigerate for 4 hours. Remove from fridge and take off all plastic wrap. Insert meat thermometer into thickest portion of tenderloin. Grill over hot coals until it reaches 135 degrees. Allow to rest for 15 minutes. • While tenderloin is resting, place tomatoes on a cookie sheet. Top with olive oil, sea salt, and pepper, making sure to roll the tomatoes around until fully coated. Broil them in oven until the skin starts to break, and slightly caramelize. Allow to cool a bit, then place in a bowl and mash into a sauce, adding salt & pepper to taste. In a separate bowl, mix fresh parsley, garlic, and olive oil. Gradually add this mixture to the tomato sauce, until desired taste is achieved. • Slice tenderloin, and serve sauce on the side. Enjoy!

Broccoli Cheese Soup

BLANCA

"Delicious and easy ~ ready in less than 30 minutes."

- 4 Tbsp. butter, melted
- 2 Tbsp. olive oil
- ½ medium onion, chopped
- 1 stalk celery, chopped
- ½ cup flour
- 2 cups half & half
- 4 cups chicken stock
- 1 head fresh broccoli, chopped
- fresh grated nutmeg, to taste
- 6 oz. grated sharp cheddar cheese
- 4 oz. shredded fontina or gouda cheese
- salt & pepper

Sauté onion and celery in butter and oil until onion is translucent. Add flour and whisk over medium heat for 3 - 5 minutes. Add the half & half and chicken stock; stir well. Add chopped broccoli and cook over low heat for 20 - 25 minutes. With an immersion blender, blend the broccoli until it's the consistency you like. Add salt, pepper, and nutmeg (the nutmeg is key!). If you don't have fresh nutmeg, substitute ½ tsp. ground nutmeg. Return to heat and stir in cheese, heating until cheese is melted. Garnish with some extra shredded cheese.

Baked Corn

GAYLE

"Great side dish for any meal or potluck...always a hit, and easy to put together!"

- 2 large eggs, beaten
- 1 stick butter, cut up
- 1 16 oz. can creamed corn
- 1 16 oz. can whole kernel corn, drained
- 1 box Jiffy corn muffin mix
- 1 cup sour cream

Mix all ingredients in a large bowl. Pour into a 9 x 13 casserole dish treated with non-stick cooking spray. Bake 1 hour at 350 degrees or until golden brown.

Epic Brownies

IRIS

"For the chocolate lover in all of us!"

- 1 cup butter, melted
- 2/3 cup unsweetened cocoa powder
- 4 eggs
- 2 cups sugar
- 1 cup flour
- 1 tsp. vanilla
- 1/2 tsp. baking powder
- 1/2 tsp. salt

Preheat oven to 350 degrees. Spray 9 x 13 baking dish with non-stick cooking spray. Mix cocoa with melted butter, set aside. In a separate large bowl, mix the eggs, sugar and vanilla together. Add the butter/cocoa mixture to the large bowl and mix well. Add flour, salt, and baking powder to the mixture and stir until combined (do not over mix). Pour the brownie batter into the baking dish and bake for 30 minutes on middle oven rack. Allow to cool before cutting into squares.

Parmesan Smashed Potatoes

JAMIE

"One of my favorites from the Barefoot Contessa!"

- 3 lbs. red potatoes, unpeeled
- 1 Tbsp. + 2 tsp. kosher salt
- 1 1/2 cups half & half
- 1/4 lb. (1 stick) unsalted butter
- 1/2 cup sour cream
- 1/2 cup freshly grated Parmesan cheese
- 1/2 tsp. freshly ground black pepper

Place potatoes and 1 Tbsp. salt in a 4-quart saucepan with cold water to cover potatoes. Bring to a boil, lower the heat and simmer, covered, for 25 - 35 minutes, until the potatoes are completely tender. Drain. • In a small saucepan, heat the half & half and butter. Put the potatoes into a bowl and use electric mixer for a few seconds on a low speed to break them up. Slowly add 3/4 of the hot cream / butter mixture to the potatoes, mixing on the lowest speed; the last quarter of the hot cream / butter should then be folded in by hand. Fold in the sour cream, Parmesan cheese, remaining salt, and pepper. Taste for seasoning and serve immediately. If the potatoes are too thick, add more hot cream and butter.

Maple Sweet Potatoes with Bacon & Onions

JANNETTE

"You had me at 'Bacon'..."

- 4 lbs. sweet potatoes, peeled and cut in 1" cubes
- 2 Tbsp. olive oil
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 5 slices smoked bacon, chopped
- 1 cup PURE maple syrup
- 2 tsp. fresh thyme, finely chopped

Preheat oven to 425 degrees. Put the sweet potato chunks, olive oil, salt, and black pepper in a large bowl, tossing until well coated, then spread out on a large baking sheet (rimmed). Roast in the preheated oven until browned and tender, about 40 minutes; stir after the first 20 minutes. Cook the chopped bacon in a large skillet over medium heat until crisp and brown; transfer bacon to a bowl, but leave the grease in the skillet. Cook the onions in the bacon grease until browned, stirring frequently. Reduce heat to low and cook the onions until soft, brown, and sweet, another 10-15 minutes or so...stir often. Mix the onions with the bacon in the bowl and set aside. Pour the maple syrup into the hot skillet with the thyme, and bring to a rolling boil. Boil the syrup until it's reduced by half, 3 or 4 minutes. Place the roasted sweet potatoes and onion-bacon mixture into the skillet, and gently stir to coat the vegetables with maple glaze. Transfer to a serving dish.

Green Beans & Tomato Sauté with Pesto

KIMBERLY

"One of the vegetable dishes my kids love!"

- 2 Tbsp. olive oil
- 1 lb. fresh green beans
- pinch of salt & pepper
- 2 cups cherry tomatoes or grape tomatoes
- 1/2 cup pesto sauce

Prepare green beans by trimming or snapping off the ends, and tomatoes by cutting in half lengthwise. Add to a skillet, along with the olive oil. Sauté green beans and tomatoes over medium heat until softened, about 15 minutes. Stir in pesto, then place in a serving bowl and enjoy!



Chocolate-bottomed Peanut Butter Pie

KRISTIN

"Need I say more?!"

- 1 9" pie crust, baked ahead of time according the package directions

CHOCOLATE LAYER

- 1 $\frac{2}{3}$ cups semi-sweet chocolate chips
- $\frac{2}{3}$ cup heavy cream
- 2 Tbsp. honey or corn syrup
- 1 tsp. vanilla extract

PEANUT BUTTER MOUSSE

- 1 small box INSTANT vanilla pudding mix
- 1 cup cold milk
- $\frac{1}{2}$ cup creamy peanut butter
- 8 oz. Cool Whip, thawed

OPTIONAL TOPPINGS

- 8-10 Reese's mini-cups, chopped
- 2 Tbsp. melted chocolate, for drizzling

Combine all of the ingredients for the chocolate layer in a microwave-safe bowl. Heat at 50% power for 1 minute, then stir with a whisk until the chocolate mixture is smooth and creamy. Pour mixture into the baked pie crust and smooth out evenly. Place it in the freezer for 10 minutes. • Meanwhile, begin preparation of the peanut butter mousse by whisking together the vanilla pudding and cold milk until smooth. Heat the peanut butter in the microwave for just 10 seconds to loosen it up a bit, then add it to the pudding mixture. Stir until smooth and thick. Gently fold in the thawed Cool Whip until fully incorporated. Pour on top of the chocolate layer in the pie crust. Add desired toppings, then keep in refrigerator until ready to serve.

Creamy Spinach Bites

LESLIE

"You just can't go wrong with this appetizer...always popular!"

- 8 oz. cream cheese, softened
- 8 oz. Monterrey Jack cheese, shredded
- $\frac{1}{4}$ tsp. garlic powder
- $\frac{1}{4}$ yellow onion, finely diced
- 10 oz. package frozen spinach, thawed and drained
- 1 box puff pastry sheets (2 sheets needed)
- 1 egg
- 1 Tbsp. water

Combine egg and water, and beat until well mixed; set aside. In a separate bowl, add softened cream cheese, Monterrey Jack cheese, garlic powder, and onion, then beat until well mixed. Add spinach to the mixture and stir together with a large spoon. Unroll puff pastry sheets, and brush both sides with egg & water. Spread spinach mixture over one side of the puff pastry, then roll up. Slice into individual rolls, and place them on a baking sheet. Bake at 400 degrees for approximately 20 minutes or until the puff pastry turns a golden color.



Robert Earl Keen's Champagne Punch

MARLA

"A crowd pleaser at get-togethers!"

- $\frac{1}{2}$ cup light rum
- $\frac{1}{2}$ cup dark rum
- $\frac{1}{2}$ cup fresh lemon juice
- 1 cup fresh orange juice
- $\frac{1}{2}$ cup sugar
- 2 bottles chilled champagne
- chilled orange and lemon slices

In a 3-quart bowl, mix rums, juices, and sugar; chill. When ready to serve, pour in the champagne and garnish with orange and lemon slices.

Lemon Olive Oil Muffins

MELISSA

"Definitely a family favorite."

- 2 cups all-purpose flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- $\frac{1}{2}$ tsp. fine salt
- $\frac{1}{2}$ cup extra virgin olive oil
- $\frac{3}{4}$ cup maple syrup
- 2 Tbsp. lemon zest (about 2 lemons)
- $\frac{1}{4}$ cup lemon juice
- 1 Tbsp. lemon extract
- $\frac{3}{4}$ cup water

Preheat oven to 350 degrees. Line two 12-cup muffin pans with cupcake liners, then spray the liners with cooking spray. In a large bowl, whisk together the flour, baking soda, baking powder, and salt. In a separate bowl, whisk together the oil, maple syrup, lemon zest, lemon juice, lemon extract, and water. Pour the wet mixture into the dry mixture, and whisk just until combined... do not over mix. Fill the liners evenly with the batter. Bake for about 18 minutes, or until a toothpick inserted comes out clean. Cool completely before removing from liners! This recipe can also be used for cupcakes – just add a light frosting of your choice!

Cheese Tortellini Soup

SILINA

"So yummy on a cold day...and makes great leftovers."

- 2 Tbsp. olive oil
- 1 large onion, chopped
- 2 carrots, chopped
- 3 stalks celery, chopped
- 3 cloves garlic, diced
- 1 ½ boxes chicken stock (10 cups)
- 1 bag fresh spinach
- 1 large bag (or 2 small bags) cheese tortellini
- 1 28 oz. can San Marzano tomatoes
- 1 Tbsp. balsamic vinegar
- 1-2 Tbsp. honey
- salt & pepper to taste (Add salt along the way...don't wait until the end!)
- grated Parmesan cheese
- crusty bread of choice (French bread, etc.)

Sauté the onions, celery, and carrots in olive oil for 5-7 minutes or until onions are translucent. Add the diced garlic and sauté for another 2-3 minutes. Add chicken stock, tortellini, tomatoes, spinach, vinegar, and honey. Season with salt & pepper. Bring to a boil, then reduce heat and simmer until pasta is tender. Serve with grated Parmesan cheese and bread!

Sausage Cheese Balls

TIFFANY

"A fun appetizer that can be changed up according to your liking!"

- 1 lb. ground breakfast sausage
- 1 cup shredded cheese of choice
- 1 cup baking mix (Bisquick, etc.)

SOME OTHER OPTIONS TO ADD

- diced jalapeños
- eggs, beaten
- cooked bacon, broken in pieces
- cilantro, finely chopped

Preheat oven to 350 degrees. Mix all ingredients together well, then roll into balls (around the size of a golf ball). Place on a baking sheet. Bake for approximately 20 minutes, or until golden brown. Get creative...think about what you might like, and add it ~ the possibilities are endless!



#blooperdrstrickland



#blooperdrtaylor



#blooperdrcarlyon



#blooperblanca



#bloopergayle



#blooperiris



#blooperjamie



#blooperjannette



#blooperkimberly



#blooperkristin



#blooperleslie



#bloopermarla



#bloopermelissa



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#blooperiffany



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But let it begin right here with us,
and grow outward!



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