

hey, summer!



RECIPE BOOK & NEWSLETTER

~~~~~ SPECIAL SUMMER EDITION ~~~~~

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



"Some  
old-fashioned  
things like fresh air  
and sunshine are  
hard to beat."

LAURA INGALLS WILDER

Hello friends, and hello sunshine!

Welcome to a very special **"Summer Edition"** of our BDP Recipe Book! Summertime is a season filled with family vacations and lazy days, and there's just something about the warm sun on your skin that's good for the soul. When you think about it, **so many of the fondest memories in life center around summertime**...family road trips, summer camps, toes in the sand, and sleeping in — to name just a few. And summer at BDP is a fun time of year for us too! The office is filled with stories of travel, with kids and teachers who are enjoying a break from school, and also a time where the BDP team can enjoy some R&R with their loved ones. This time of year reminds us that it's important to take a break from the daily grind, turn your cell phone off, and enjoy quality time with those you love.

We thought it would be fun to share some **refreshing recipes** that are great for summer. So whether it's a family barbeque, church picnic, or a poolside birthday party...we hope you enjoy giving them a try!

**the Buda Dental team**

# giving back

Something that will always be part of the "DNA" of Buda Dental is giving back to those in need. Whether that means helping the less fortunate right here in Hays County or traveling internationally, it is something we joyfully step into. We believe that no matter

who you are, where you work, or how much money you have, we can ALL serve those around us. Here are some of our outreaches over the last year; we share them with you in hopes that you'll be inspired and encouraged to also reach out and love on those in need!



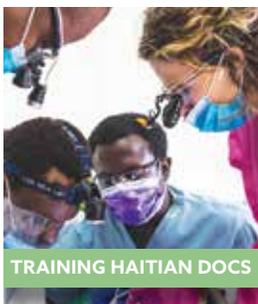
SERVING WITH "HOPE SMILES" IN WACO



OPERATORY IN HAITI



TRUTH!



TRAINING HAITIAN DOCS



SETON WILLIAMSON COUNTY OUTREACH



TEACHING HOW TO BRUSH



THE TEAM IN HAITI + A DOG!



HOSTING NEGLEY ELEMENTARY'S FIELD TRIP



OUR LODGING WHILE IN HAITI!



TEACHING DENTISTS IN HAITI



EDUCATING ON MODERN ROOT CANAL THERAPY



HELPING MOM!



# this & that



#welcometothetribe**emily**



#dentistslike**cookie**too



#bossesday**fiesta**



#bd**pool**party



#christmas**jammies**day



#**et**askedwherethe**bike**s



#thumbs**up!**



#**kristine**arnswatercarrier**award**

#**taylor**carlyon**catch**oftheday



#doctorsare**guinea**pigs



#**dr**carlyon**before**haircut



#**younger**brother**assist**ing



#asfaraseveryoneknowswere**normal**office

good times

Simply put — **we're a team that loves to have fun!** We genuinely enjoy spending time together outside of the office, and believe this is one of our greatest assets as a team. Recently our time with each other was spent showcasing our artistic abilities...berets and all!



showing our artsy side





What a FUN night it was celebrating the **legacy** of Dr. Taylor at his "Mostly Retired Celebration"! Just looking around the room — seeing faces of those who were among the first patients Dr. Taylor ever treated in Buda (back in 1982!), to those who had only known him a few months — was a beautiful representation of the impact he and Buda Dental Professionals have had on our community. Celebrating with us were also team members past and present, colleagues, and mentors; the Taylor family was overwhelmed with love that night. Thank you to all who were in attendance...this night is going down in the BDP history books!





# recipes!

## grilled firecracker potato salad

- ▶ 3 lbs. small red potatoes (about 30), quartered
- ▶ 2 Tbsp. olive oil
- ▶ 1 tsp. salt
- ▶ ½ tsp. pepper

### DRESSING

- ▶ 1 ½ cups mayonnaise
- ▶ ½ cup finely chopped onion
- ▶ ¼ cup Dijon mustard
- ▶ 2 Tbsp. sweet pickle relish
- ▶ ½ tsp. paprika
- ▶ ¼ tsp. cayenne pepper

### SALAD

- ▶ 6 large hard-boiled eggs, chopped
- ▶ 2 celery ribs, finely chopped
- ▶ minced fresh chives, optional

Toss potatoes with oil, salt and pepper; place in a grilling wok or basket. Grill, covered, over medium heat 20-25 minutes or until potatoes are tender, stirring occasionally. Transfer potatoes to a large bowl; cool slightly. In a small bowl, mix dressing ingredients. Add dressing, eggs, and celery to potatoes; toss to combine. Refrigerate, covered, 1-2 hours or until nice and cold. Sprinkle with chives if desired.



## homemade raspberry sorbet

- ▶ 3 cups raspberries, frozen
- ▶ ¼ cup fat-free condensed milk

Combine the berries and the condensed milk in a food processor or powerful blender, and process until smooth and creamy. Transfer to a **freezable** container and let it firm up for about 4 hours to be able to scoop. Keep in the freezer for up to 6 weeks. Recipe is for four servings.

## tuna-stuffed avocado

- ▶ 1 avocado, halved and pitted
- ▶ 1 can tuna (4.5 oz.), drained
- ▶ ¼ cup diced red bell pepper
- ▶ 1 Tbsp. minced jalapeño
- ▶ ¼ cup cilantro leaves, roughly chopped
- ▶ 1 Tbsp. lime juice
- ▶ salt & pepper to taste

Scoop out SOME of the avocado from the pitted area to widen the "bowl" area. Place what you scooped out into a medium-sized mixing bowl and mash with a fork. Add the tuna, bell pepper, jalapeño, and cilantro to the mixing bowl; pour lime juice over it, then stir it all together until everything is well mixed. Scoop the mixture into the avocado bowls, and season as desired.



## joanna gaines' favorite lemon pie

- ▶ non-stick spray for baking
- ▶ 1 ½ cups crushed graham crackers
- ▶ ⅓ cup sugar
- ▶ 6 Tbsp. butter, melted
- ▶ 3 cups sweetened condensed milk
- ▶ 3 egg yolks
- ▶ ⅔ cup lemon juice
- ▶ dash of salt
- ▶ 1 small carton (1 cup) whipping cream
- ▶ 2 Tbsp. sugar
- ▶ 1 tsp. vanilla
- ▶ lemon slices, for garnish
- ▶ lemon zest, for garnish
- ▶ mint sprigs, for garnish

Preheat oven to 350 degrees. Lightly coat a 9" pie plate with non-stick spray. In a bowl, combine crushed graham crackers and ⅓ cup sugar. Stir in melted butter and mix well. Press cracker mixture into prepared pie plate; bake 8 minutes. Meanwhile, in another bowl combine milk, egg yolks, lemon juice, and salt. Beat on medium speed for 4 minutes. Pour mixture into baked pie crust; bake 10 minutes. Cool pie on counter for 30 minutes. Put in the refrigerator for at least 1 hour or until set. In a bowl, combine whipping cream, the 2 tablespoons of sugar, and vanilla. Beat on high speed until fluffy. Spread on cooled pie. Garnish with fresh lemon slices, a sprinkle of lemon zest, and mint sprigs.



## caprese salad kabobs

- ▶ 24 grape tomatoes
- ▶ 12 cherry-size fresh mozzarella cheese balls
- ▶ 24 fresh basil leaves
- ▶ 2 Tbsp. olive oil
- ▶ 2 tsp. balsamic vinegar (can use balsamic glaze instead of the oil & vinegar if you prefer)

On each of 12 appetizer skewers, thread tomato-basil-mozzarella-basil-tomato. Just before serving, whisk together oil & vinegar and lightly drizzle over kabobs. Season sparingly if desired.

## baja pork tacos

- ▶ 3 lb. boneless pork sirloin roast
- ▶ 5 cans chopped green chilies (4 oz. each)
- ▶ 2 Tbsp. reduced-sodium taco seasoning
- ▶ 3 tsp. ground cumin
- ▶ 24 corn tortillas (6"), warmed
- ▶ 3 cups shredded lettuce
- ▶ ½ cups shredded part-skim mozzarella

Cut roast in half; place in a 3 or 4 quart slow cooker. Mix chilies, taco seasoning, and cumin; spoon over pork. Cook covered on low until meat is tender, 8-10 hours. Remove pork and cool slightly. Skim fat from cooking juices. Shred meat with two forks. Return it to slow cooker to heat throughout. Serve in tortillas with lettuce and cheese. **FREEZE OPTION:** Place cooled pork mixture in freezer containers, and freeze up to 3 months. To use, partially thaw in refrigerator overnight. Heat in a covered saucepan, stirring gently and adding a little broth if necessary.



## arugula/watermelon/feta salad

- ▶ ¼ cup fresh-squeezed orange juice
- ▶ ¼ cup fresh-squeezed lemon juice (2 lemons)
- ▶ ¼ cup minced shallots (1 large)
- ▶ 1 Tbsp. honey
- ▶ ½ cup good olive oil
- ▶ 1 tsp. kosher salt
- ▶ ½ tsp. fresh-ground black pepper
- ▶ 6 cups baby arugula, washed/spun dry
- ▶ ⅞ seedless watermelon, cut in 1" cubes
- ▶ 12 oz. good feta cheese, ½" diced
- ▶ 1 cup whole fresh mint leaves, julienned

Whisk together orange juice, lemon juice, shallots, honey, salt, and pepper. Slowly pour in the olive oil, whisking constantly, to form an emulsion. If not using within an hour, store the vinaigrette covered in the refrigerator. Place the arugula, watermelon, feta, and mint in a large bowl. Drizzle with enough vinaigrette to coat the greens lightly, then toss well. Serve immediately.



## peach tea punch

- ▶ 4 cups water
- ▶ 3 large tea bags
- ▶ 4 large, ripe peaches **OR** 34 oz. bottle peach nectar
- ▶ juice of 1 lime
- ▶ 4 cups ginger ale
- ▶ honey to taste
- ▶ fresh mint (optional)

Bring 4 cups of water to a boil in a medium saucepan. Add tea bags and boil for 1 additional minute. Remove from heat, cover and steep for 10 minutes. To make puree, peel and pit three of the peaches. Place in a blender with lime juice and puree until smooth (strain the puree through a sieve if you prefer less pulp). In a pitcher, combine cooled tea, peach puree, and ginger ale. Add honey (amount will depend on personal preference and the sweetness of your peaches and ginger ale). Cut remaining peach into slices and use as garnish, along with fresh mint if desired.

## grilled pineapple with lime dip

- ▶ 1 fresh pineapple
- ▶ ¼ cup packed brown sugar
- ▶ 3 Tbsp. honey
- ▶ 2 Tbsp. lime juice

### LIME DIP

- ▶ 3 oz. cream cheese, softened
- ▶ ¼ cup plain yogurt
- ▶ 2 Tbsp. honey
- ▶ 1 Tbsp. brown sugar
- ▶ 1 Tbsp. lime juice
- ▶ 1 tsp. lime zest

Peel and core the pineapple; cut into eight wedges. Cut each wedge into two spears. In a large resealable plastic bag, combine the brown sugar, honey, and lime juice; add pineapple. Seal bag and turn to coat; refrigerate for 1 hour. To make dip, beat cream cheese in a small bowl until smooth. Beat in the yogurt, honey, brown sugar, lime juice, and lime zest. Cover and refrigerate until serving. Coat grill rack with cooking spray before starting the grill. Drain the pineapple and discard marinade. Grill pineapple covered, over medium heat for 3-4 minutes on each side or until golden brown. Serve with the lime dip.



## black bean salad

### DRESSING

- ▶ 2 Tbsp. olive oil
- ▶ 1 Tbsp. red wine vinegar
- ▶ juice of 2 limes
- ▶ 1 tsp. salt
- ▶ ½ tsp. pepper

### SALAD

- ▶ 2 cans (15 oz.) black beans, drained and rinsed
- ▶ 1 package frozen corn (10 oz.), cooked and drained
- ▶ ¼ cup chopped fresh cilantro
- ▶ 1 small red onion, chopped
- ▶ 1 avocado, pitted/peeled/diced
- ▶ 2 large tomatoes, seeded/diced
- ▶ 2 fresh jalapeños, seeded/minced

Whisk olive oil, vinegar, lime juice, salt, and pepper together; set aside. Combine black beans, corn, cilantro, onion, avocado, tomatoes, and jalapeños in a large bowl; toss **gently** to mix. Pour dressing over salad and **slowly** toss to coat. Serve with slotted spoon. Prep work can take a bit of time, but this salad keeps well in the refrigerator if you want to make the day before.



## watermelon coconut cooler

- ▶ 3 lbs. seedless watermelon cubes
- ▶ 1 cup coconut water
- ▶ juice of 1 lime
- ▶ 1/8 tsp. sea salt

Cut open your watermelon and roughly cut into cubes that are similar in size. Put cubes in blender and pour in the coconut water. (NOTE: If your blender is smaller than 64 oz., you can just divide the recipe and blend everything up in two batches.) Add lime juice and a smidge of sea salt. Blend until liquified; if your blender isn't very powerful and you end up with some chunky pulp, just strain it out. Chill in the refrigerator, then serve over ice. You can store this summery beverage in a sealed container for up to 2 days, but shake well before serving.



## herby ranch dressing

- ▶ 1 cup (real) mayonnaise
- ▶ 1/2 cup buttermilk (more as needed for desired consistency)
- ▶ 1/2 cup sour cream
- ▶ 1/4 cup fresh basil leaves, chopped
- ▶ 1/4 cup Italian flat-leaf parsley leaves, chopped
- ▶ 2 Tbsp. chopped fresh chives
- ▶ 2 Tbsp. chopped fresh oregano
- ▶ 3 tsp. white vinegar
- ▶ 2 tsp. Worcestershire sauce
- ▶ salt & ground pepper

In a bowl, combine mayonnaise, buttermilk, sour cream, basil, parsley, chives, oregano, vinegar, Worcestershire sauce, and salt & pepper to taste. Chill for a couple hours before serving.



"One must  
maintain a little  
bit of summer,  
even in the  
middle of  
winter."

HENRY DAVID THOREAU



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PROFESSIONALS



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the next generation