



{ thankful }



WITH GRATITUDE,
BUDA DENTAL PROFESSIONALS
SHARES SOME OF THEIR
FAVORITE RECIPES

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Dr Taylor
Dr. Strickland
Cid
Silina
Karen
Lisa
Heather
Jannette
Dende
Zita
James
Marla



Dear friends,

As the year draws to a close we reflect on 2010, feeling so blessed by all it has given us. There have been many things to celebrate this year...for starters, our tribe grew by two! In January, Heather welcomed a baby boy, and just last week Jamie had her first baby, a little girl. Dr. Taylor's daughter was married in September, Dr. Strickland's brother in August, and earlier in the year Zita's son was married as well.

As a team, we are consistently reminded of how fortunate we are to have one another. Waking up each morning excited to go to work is something we value immensely...but in addition to our relationships with each other, we all agree that the opportunity to serve such wonderful people through our work is something we are deeply grateful for. We want to thank you, our patients, for all the joy you bring into our lives. The authentic relationship we share – including the laughs, hugs, and even tears – is a trusted one that means the world to us.

We decided a fun way to express our gratitude would be to share some of our favorite recipes; it's a little gift that you can enjoy over time and also pass along to your friends or loved ones. We're so honored to be a part of your lives, and look forward to many more years together!

The Buda Dental Team

ONE MAMA'S SUGAR COOKIES | Dr. Taylor

"I'm sharing this recipe in honor of my mother, Marie Taylor. These cookies are our favorite!"

- ½ cup Crisco
- 1 cup sugar
- 2 eggs
- 1 Tbsp. water
- 1 tsp. vanilla
- 1 ½ cups flour
- 1 tsp. baking powder
- 1 tsp. salt

Preheat oven to 375°. Mix together flour, baking powder and salt. Set aside. Cream together Crisco and sugar; then add eggs, water and vanilla. Add flour mixture and mix dough thoroughly until stiff. Drop by teaspoonfuls onto ungreased cookie sheet. Bake 10 -15 minutes.

CHEESY BROCCOLI POCKETS | Silina

"Even my 2 year old loves these!"

- 1 ten-oz. package frozen chopped broccoli
- 2 tsp. olive oil
- 1 clove garlic, minced
- 1 cup shredded mozzarella cheese
- ⅓ cup grated parmesan cheese
- 2 jarred roasted red peppers, coarsely chopped
- 1 Tbsp. chopped fresh oregano or 1 tsp. dried oregano
- ½ tsp. salt
- ¼ tsp. black pepper
- 1 package (16-oz.) frozen bread dough, thawed

Preheat oven to 375°. Grease 2 baking sheets. Cook broccoli according to package directions; drain well. In a medium skillet, heat oil over low heat. Add garlic; sauté for 2 minutes. Add broccoli; cook, stirring until moisture has evaporated, about 3 minutes. Remove from heat; cool slightly. In a medium bowl, combine broccoli mixture, mozzarella, parmesan, roasted peppers, oregano, salt and pepper. Mix well. On a lightly floured surface, divide dough into 8 pieces; roll out each piece to form a 6-inch circle. Spoon an equal amount of broccoli mixture in the center of each circle. Fold dough over filling to form a half circle. Press edges with fork to seal; prick a few holes in pocket tops. Place pockets on prepared baking sheets. Bake until golden, about 25 minutes. Serve immediately.

PEACH COBLER | Lisa

"One of our office favorites..."

- 1 cup flour
- 1 cup sugar
- ½ tsp. salt
- 2 tsp. baking powder
- ¾ cup milk
- 3-4 cups sliced peaches

Preheat oven to 350°. Melt 1 cube of butter in 9 x 13 pan. Mix flour, sugar, salt, baking powder, and milk. Pour into pan. Top with peaches. Bake for 45 minutes - 1 hour.

DONNA'S WHITE CHILI | Dr. Strickland

"My mom shared this recipe with me and it is DELICIOUS."

- 8 cans of Great Northern beans (don't drain)
- 4 cups chopped, cooked chicken breasts (or for convenience, 8 cans of chicken breast meat)
- 2 Tbsp. of olive oil
- 6 garlic cloves, minced
- 2 small onions, chopped
- half of a large poblano pepper, diced
- 2 four-oz. cans of diced mild green chilies
- 3 tsp. of ground cumin (comino)
- 1½ tsp. of dried oregano
- 6 cups of chicken stock / canned broth (I use 2 full "boxes" of broth)
- juice of 2 fresh limes
- 3 cups of grated Monterey Jack cheese
- 2-3 avocados, diced in chunks
- half of a "bunch" of cilantro, washed & snipped (I don't use the stems, only the leaves)

Heat oil in big soup kettle; add onions and shortly thereafter, the poblano pepper. Saute for a few minutes. Add garlic, green chilies, cumin, & oregano, and saute for another couple minutes. Add beans, chicken stock, and lime juice, and bring to a boil. Reduce heat and simmer uncovered for at least 15 minutes. Add chicken and allow it to get warmed up for a few minutes, then add avocados, 2 cups of the cheese, and cilantro. (Depending on the situation, sometimes mine then sits covered on the stove simmering for a couple hours ~ you just have to stir it every once in awhile. If you have it nice and hot, you can even just cover it, turn off the stove, and let it sit on the stove the whole time people are there and it stays plenty hot.)

When you put it in bowls, sprinkle with a bit of remaining cheese and a sprig of cilantro as a garnish. Also, it's really good served with cornbread. Enjoy!

FLAMING HABANERO SALSA | Wendy

"Very easy recipe...you can't go wrong. Beware – it's hot!"

- 3 habanero peppers
- 1 or 2 jalapeño peppers
- ¼ onion
- ½ cup cilantro
- 2 large tomatoes
- 2 cloves garlic
- 1 tsp. salt

Place all ingredients into blender. Mix until salsa is smooth. Taste with a corn tortilla chip and add more of whatever ingredient you would like to taste more of.

CORN FRITTERS | Lisa

"Good ol' Texas cookin'...and worth every calorie!"

- 1 cup flour
- 2 eggs
- 1 tsp. salt
- 1½ cups whole kernel corn
- ¼ cup milk
- 1 tsp. baking powder
- 1 Tbsp. melted Crisco
- Crisco (for deep frying)

Combine flour, salt, and baking powder. Beat eggs with milk. Add 1 Tbsp. of melted Crisco and corn. Combine the two mixtures lightly. Drop from a teaspoon into deep-frying Crisco. Fry at 365° until brown on both sides (about 4-5 minutes). Drain.

MOM'S HOMEMADE CHICKEN & DUMPLINGS | Cid

"In memory of Mary Vaughan with lots of love."

- 1 fat fryer chicken
- 2 cups flour
- 1 tsp. salt
- 5 Tbsp. Crisco
- ½ cup milk
- ½ cup cold water

Salt and pepper chicken, and put into large pot to boil. Cover chicken with water and boil for about 1 hour (until chicken is done). Remove it from pot and let cool, reserving broth for later. Remove meat from bone and set aside. Combine flour, salt, and Crisco and blend with fork until about the size of peas. Combine milk and cold water. Mix flour mixture with the milk and water, making a dough. Roll out the dough until about ⅛" thick. Cut into strips, then into squares about 1 ½" by 2". Set aside. Add ½ stick butter to broth and bring to a boil. Add dumplings, reduce heat and simmer 20-30 minutes. To thicken the broth when dumplings are done, combine ½ cup flour and 1 cup cold water. Mix thoroughly. Slowly pour into pot until it becomes the thickness you like. Salt and pepper. Add chicken to broth and dumplings. For a tasty additional option, you can slice onions, cover with apple cider vinegar, salt and pepper, then place in refrigerator for a couple hours; serve with dumplings. It's good stuff!

SOUTHWEST BLACK BEAN & CORN SALAD | Heather

"This dish is very refreshing and great with tortilla chips!"

- ⅓ jar of Roberts Reserve Southwest Dip
- ½ cup mayo
- 1 can sweet corn, drained
- 1 can black beans, drained & rinsed
- ½ cup cilantro, chopped
- ½ red bell pepper, diced
- 2 green onion stalks, chopped
- 1 eight-oz. package shredded cheddar cheese or shredded Velveeta

Whisk mayo and southwest dip until smooth. Add remaining ingredients and toss. Keep chilled.

SPLIT PEA SOUP | Karen

"I like this because it's different from most soups and very yummy!"

- 1 bag split peas
- 8 cups chicken broth
- 1 cup onions, chopped
- 1 cup carrots, sliced
- 2 bay leaves
- ½ tsp. celery seed
- 1 smoked turkey leg (cooked)

Rinse peas. Place peas, chicken broth, and turkey leg into pot. Bring to a boil, then simmer for 30 minutes. Remove turkey leg, add carrots and onions. Simmer for another 30 minutes. Cut up the turkey meat and add to the soup. Yum!

EASY CHOCOLATE LOVER'S CHEESEPIE | Zita

"I love this recipe because it's easy to follow and everyone is crazy about it!"

- 3 eight-oz. packages cream cheese, softened
- ¾ cup sugar
- 3 eggs
- 1 tsp. vanilla
- 2 cups semi-sweet mini chocolate chips
- 1 extra-serving size packaged graham cracker crust (9 oz.)
- 2 Tbsp. whipping cream

Heat oven to 450°. Beat cream cheese and sugar in large bowl with mixer until well blended. Add eggs and vanilla; beat well. Stir in 1⅓ cups small chocolate chips; pour into crust. Bake 10 minutes. Without opening oven door, reduce temperature to 250°; continue baking 30 minutes or just until set. Cool completely. Cover; refrigerate until thoroughly chilled. Place remaining ⅓ cup of chips and whipping cream into small microwave-safe bowl. Microwave on high 20-30 seconds or just until chips are melted and mixture is smooth. Cool slightly; spread over the top of cheesepie. Refrigerate 15 minutes or until topping is set.

BREAKFAST CASSEROLE | Jamie

"Great for when company's coming!"

- Butter
- 6 pieces of bread
- 6 eggs
- 1 lb. sausage
- ½ cup milk
- 8 oz. shredded cheddar cheese

The night before, butter bread and tear into pieces. Lay bread pieces in bottom of 9x13 casserole dish. Brown sausage, drain and crumble over bread. Then, sprinkle shredded cheddar over the sausage. In a separate bowl, beat eggs and milk and then pour over the top. Cover casserole with foil and refrigerate overnight. The next morning, bake at 350° for 45 minutes.

TORTILLA SOUP | Marla

"This is a classic – always a hit."

- 1½ lbs. chicken breast
- 1 Tbsp. olive oil
- 4 cups water
- 2-3 fresh garden tomatoes (boiled & peeled)
- 1 cup fresh cilantro, chopped
- 1 large jalapeño pepper
- grated monterey jack cheese
- 1 medium onion, chopped
- 2 cloves garlic, minced
- lime, sliced
- avocado, diced
- cumin
- salt & pepper

Place olive oil and chicken in large pot. Add onion and garlic; once the chicken is browned, add water. Season with salt, pepper, and cumin. Add whole jalapeño and cilantro. Simmer on medium for 1 hour. Serve with lime, avocado, grated cheese, and tortilla chips.

TEXAS CHILI | Jannette

"This is our family's Super Bowl Day favorite!"

- 2 lbs. pinto beans
- salt
- 3 cloves of garlic, chopped
- small can diced tomatoes with green chiles
- 1 lb. package coarse ground beef
- 1 lb. smoked beef kielbasa sausage
- ½ lb. shredded cheddar cheese
- ½ lb. shredded monterey jack cheese
- 16-oz. jar sliced jalapeño peppers
- 2 cups water

Cook beans according to package directions. Season with salt and garlic. Half way through cooking beans, add small can of diced tomatoes with green chilies. While beans are cooking, cook ground beef until well browned, and drain fat. Dice smoked sausage into fourths (may also be sliced into rounds...it's a preference thing). Pan fry until heated through, drain. Once beans are done, add cooked ground beef and smoked sausage to the pot. Be sure to use large enough pot to allow for growth as you add other ingredients. Allow chili to simmer for about 20-30 minutes. Then add jar of sliced jalapeños with or without juice, depending upon how much "heat" you want. Add 1-2 cups of water. Once the jalapeños have been added, allow chili to simmer again for at least another half hour. At this point, I like to add the cheeses but again, it is a preference thing. Adding the cheese will thicken the chili. You can garnish with sour cream, onions, cilantro or avocados. Serve with a big scoop of corn ships or warm tortillas. This chili always tastes better the second day, once all the flavors have marinated overnight.

10 MINUTE PEANUT BRITTLE | Lisa

"I enjoy adding this as an extra touch to Christmas variety plates."

- 1 cup sugar
- ½ cup light corn syrup
- ⅛ tsp. salt
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1½ cups roasted & salted peanuts
- 1 Tbsp. butter or margarine

Combine sugar, syrup and salt into a 2-quart mixing bowl or casserole dish. Microwave on high for 5 minutes. Stir in peanuts. Microwave on high for 2-5 minutes, stirring every 2 minutes until syrup and peanuts are lightly browned. Stir in butter, vanilla and baking soda until light and foamy. Spread onto a large, well-buttered cookie sheet and allow to cool. Break into desired size pieces and enjoy!

