



{ blessed }

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

Dear friends,

Once again, we reflect on the past year and feel so humbled by it all. Truly blessed are we to have such fulfillment in our work! We are thankful for the community that we call home, for the authenticity in the relationships we have with our patients, and also for the unity we share as a team.

Thank you - our patient family - for giving us the opportunity to care for you. We hope you will take a moment to reflect on 2013 as well, and are overcome by the many blessings in your own lives.

Enjoy the delicious recipes, and our warmest wishes for a beautiful holiday season!

The Buda Dental team

Dr Taylor
Dr. Strickland
Silina
Lisa
Janette
Heather



Marla
Jamie
Blanca
Jalia
Kristin
Eva

SAYING GOODBYE TO KAREN & CID...

As most of you know, two members of our "tribe" graduated to their next stage in life this year ~ Karen, who had been with the practice for 24 years, and Cid, who had been with us for 25 years. Words cannot even BEGIN to express the gratitude and love we have for these two incredible women. As hard as it was to say goodbye, we are genuinely excited for both Karen & Cid as they embark on their new adventures. We have also had the opportunity to welcome two new AMAZING members to our team in this transition. We hope that you all get to know Talia and Kristin as they bring new talents and personalities to our dynamic team!

UNDER CONSTRUCTION!

If you've been by the office lately, you've probably noticed that we have our very own "construction zone" happening. First of all, we have moved all of the "old paper charts" off-site for storage, which nearly gave Dr. Taylor a heart attack! The freed up space has made way for the construction of the Hands-On Learning Lab, which will launch in 2014. Kids & parents, be on the lookout...more info on this to come. :) We have also remodeled the one large room (formerly the "pedo bay") into two separate rooms, which yields more privacy for longer procedures and more functionality as well. These changes help our vision of how to best serve our patients become a reality. We are excited for you to see the finished result in a few weeks!



GIVING BACK.

Our team continues to serve locally through various dental outreaches, and things are moving along in Haiti for Dr. Taylor. He is partnering with people all across the country to raise funds to modernize the dental school there. The team's goal is to equip the Haitians to care for the Haitians, and they are working hard to create that program. More trips to Haiti are planned for Dr. Taylor next year, and hopefully we aren't too far off from the members of our BDP team joining him!



CAN'T FORGET THE FUN...

As crazy as it may sound, it really is true...our team loves to hang out together! It's not uncommon for many of us to spend time with one another outside of the office walls — as running partners, going to kids' birthday parties, church, concerts — you name it! This year we also headed to downtown Austin for our very own "Go Games" virtual scavenger hunt. We had all kinds of crazy missions and had to really tap into our creativity. "Taylor's Angels" took the trophy...just barely!

Recipes

❄️ Don & Mimi Kogut's Pasta *Dr. Taylor*

“This recipe is from a friend of mine...it's amazing and fool-proof!”

- ▶ 1 box farfalle (bow-tie) pasta
- ▶ 1 package feta cheese
- ▶ 1 jar sliced sun dried tomatoes in oil
- ▶ 1 jar pitted Greek or Kalamata olives
- ▶ 2 packages pine nuts
- ▶ salt & pepper to taste
- ▶ 1 clove garlic, crushed
- ▶ olive oil (if sun dried tomatoes are not already in oil)

Boil the noodles according to package directions and drain. Combine the remaining ingredients with the pasta and serve. Makes approximately 10 servings. There's a lot of flexibility in this recipe; easy to double, and does not have to be exact measurements / amounts of the ingredients.

❄️ Best Ever Chocolate Chip Cookies *Talia*

“Thanks to Mrs. Frazier for this great recipe!”

- ▶ ¾ cup butter, softened
- ▶ ¼ cup shortening
- ▶ ¾ cup sugar
- ▶ ¾ cup firmly packed brown sugar
- ▶ 2 eggs
- ▶ 1 tsp. vanilla extract
- ▶ 2¼ cups all-purpose flour
- ▶ 1 tsp. baking soda
- ▶ ¼ tsp. salt
- ▶ 1 package semi-sweet chocolate morsels (12 oz.)

Cream butter and shortening; gradually add sugars, beating well at medium speed of an electric mixer. Add eggs and vanilla, beating well. Combine flour, soda and salt; add to creamed mixture, mixing well. Stir in chocolate morsels.

❄️ Broccoli Cheese Quinoa Casserole *Dr. Strickland*

“Found this one on Pinterest!”

- ▶ 1 10 oz. can Cream of Broccoli soup (or Cream of Mushroom)
- ▶ ⅓ cup reduced-fat mayonnaise
- ▶ 2 Tbsp. milk
- ▶ 1¼ cups reduced fat shredded cheese (cheddar, colby-jack, etc.)
- ▶ ½ tsp. Splenda/sugar
- ▶ ½ tsp. black pepper
- ▶ dash of freshly grated nutmeg
- ▶ 2 cups cooked broccoli
- ▶ 1 cup COOKED quinoa (see note)
- ▶ freshly grated Parmesan cheese

TO COOK QUINOA (kēn-wā)

- ▶ ¾ cup quinoa
- ▶ 1½ cups water
- ▶ ¼ tsp. salt

Rinse quinoa in a fine sieve until water runs clear. In a small saucepan combine the quinoa, water, and salt. Bring to a boil over high heat. Reduce heat to low and cover. Cook for 18-20 minutes, or until fluffy and the white ring/tail is visible. Fluff with a fork. • Preheat oven to 350° and coat a shallow 8 x 8 casserole dish (or 8 individual ramekins) with vegetable cooking spray. In a large bowl combine the soup, mayonnaise, milk, shredded cheese, Splenda, pepper, and nutmeg until well mixed. Stir in the quinoa and broccoli. • Spoon mixture into prepared casserole. Sprinkle on a couple tablespoons Parmesan cheese and bake for 30-35 minutes or until bubbly on the edges and golden. Makes 8 generous ½-cup servings.

❄️ Ritz Chips Treat *Jamie*

“I make this all the time when I have company over. It's a hit!”

- ▶ 1 box Ritz Chips (regular flavor)
- ▶ 2 cups pecan pieces
- ▶ 1 stick butter
- ▶ ½ cup white Karo syrup
- ▶ ½ cup white sugar
- ▶ 1 tsp. vanilla
- ▶ ½ tsp baking soda

Preheat oven to 250°. Spray a large cake pan or cookie sheet (with sides) with non-stick spray. Spread the Ritz Chips in the pan, slightly breaking them up. Add pecans; set aside. In a 2-quart pan, melt butter; add Karo and sugar. Bring to a full boil, stirring constantly. Boil for 4½ minutes, stirring constantly. Remove from heat; add vanilla and baking soda. Stir well and pour the mixture over the Ritz Chips, stirring to coat well. It will be sticky! Bake for 1 hour, stirring every 15 minutes. (Hint: Coat your spoon with non-stick spray!) The mixture should be crisp and slightly brown when done. Pour onto foil and let cool. Break up into smaller pieces and serve!

❄️ Cream of Poblano & Chicken Soup

Lisa

“Delicious!”

- ▶ ¼ cup olive oil
- ▶ 2 cloves garlic
- ▶ ½ cup cilantro
- ▶ 2 cups carrot sticks
- ▶ 2 small onions, diced
- ▶ 3 large Poblano peppers
- ▶ 3 quarts chicken stock
- ▶ salt, pepper and cumin to taste
- ▶ 1 cup flour
- ▶ 1 stick salted butter
- ▶ hot sauce (optional)
- ▶ 1 pint heavy cream
- ▶ 3 grilled chicken breasts, cubed
- ▶ Monterey Jack cheese (for garnish)



Sautee garlic, cilantro, carrots, onions and poblanos in oil until soft. Add 1/3 chicken stock and then mix in a blender until smooth and then put in large soup pot. Add the rest of the chicken stock and bring to a boil. Add salt, pepper and cumin to taste. In a separate pan make a roux with butter and flour. In small increments add roux to vegetable broth mixture. Be sure to mix well. If you like things spicy now would be the time to add hot sauce. I like Frank's hot sauce. Remove from heat for 5 minutes. Then, add cubed chicken and heavy cream. Return to heat; let mixture cook on low - medium for 30 minutes, stirring frequently. Serve in a bowl with cheese on top. It is also yummy over rice! You can delete the chicken and use vegetable stock for your vegetarian friends.

❄️ Pecan Pie Muffins

Kristin

“These are very easy to make and my family loves them hot or cold.”

- ▶ 1 cup chopped pecans
- ▶ 1 cup brown sugar (firmly packed)
- ▶ ½ cup flour
- ▶ 2 eggs
- ▶ ½ cup melted butter
- ▶ 1 tsp. vanilla

Combine pecans, brown sugar, and flour; set aside. In a separate bowl, beat eggs until fluffy, then stir in melted butter and vanilla. Slowly add dry mixture, stirring to mix well. Pour into foil baking cups sprayed with non-stick spray, and place them a muffin tin. Bake at 350° for 25 minutes. Remove baking cups from pan immediately and cool. Makes 12 large or 24 small muffins.

❄️ Lil' Cheddar Meat Loaves

Jannette

“Yummy comfort food!”

- ▶ 1 egg
- ▶ ¾ cup milk
- ▶ 1 cup shredded cheese
- ▶ ½ cup quick oats
- ▶ ½ cup chopped onion
- ▶ 1 tsp. salt
- ▶ 1 lb. ground beef
- ▶ 2/3 cup ketchup
- ▶ ½ cup firmly packed brown sugar
- ▶ 1½ tsp mustard

In a bowl, beat the egg and milk. Stir in cheese, oats, onion, and salt. Add beef and mix well. Shape into eight loaves, then place on a greased 13 x 9 x 2 baking dish. Combine ketchup, brown sugar, and mustard and spoon over loaves. Bake, uncovered at 350° for 45 minutes, or until meat is no longer pink in the middle. Enjoy!

❄️ Orange-Chip Cranberry Bread

Blanca

“Great for the holidays.”

- ▶ 2½ cups all purpose flour
- ▶ 1 cup sugar
- ▶ 1 tsp. baking soda
- ▶ ¼ tsp. salt
- ▶ 2 eggs
- ▶ ¾ cup oil
- ▶ 2 tsp. grated orange peel
- ▶ 1 cup buttermilk
- ▶ 1½ cup chopped fresh or frozen cranberries
- ▶ 1 cup mini dark chocolate chips
- ▶ 1 cup chopped pecans or walnuts

In a mixing bowl, combine first five ingredients. In another bowl, combine eggs, oil and grated orange peel; mix well. Add to dry ingredients alternately with buttermilk. Fold in cranberries, chocolate chips and nuts. Pour into two greased loaf pans. Bake at 350° for 55-60 minutes. Cool for 10 minutes before removing from pans and placing on wire rack.



❄️ Cheeseburger Casserole

Silina

“Easy, cheesy, and kid-pleasey!”

- ▶ 2 lbs. ground beef
- ▶ 1 10 oz. can Cream of Mushroom soup
- ▶ 1 10 oz. can Cheddar Cheese soup
- ▶ 1 20 oz. package frozen crinkle cut fries
- ▶ shredded cheddar cheese (optional)

In a skillet, brown the beef and drain. Stir in both cans of soup, undiluted. Pour into a greased 13 x 9 x 2 baking dish. Arrange crinkle fries on top. Bake uncovered at 350° for 50-55 minutes or until fries are golden brown. If desired, sprinkle with shredded cheddar cheese just before serving.

❄️ Chicken Tortilla Soup

Heather

“Shoemaker kids' favorite.”

- ▶ 3 uncooked chicken breasts
- ▶ chicken broth (3 cans or desired amount)
- ▶ 2 cans petite diced tomatoes
- ▶ 2 cups cooked white rice
- ▶ 3 stalks celery, chopped
- ▶ 1 medium white onion, chopped
- ▶ 1 cup cilantro leaves, chopped
- ▶ 1 clove garlic, minced (more if desired)
- ▶ salt & pepper to taste
- ▶ cumin (desired amount)
- ▶ Optional toppings:
 - avocado
 - crumbled tortilla chips
 - sour cream or plain greek yogurt
 - shredded cheese

Place chicken breasts in large stockpot and fill enough water to cover the chicken. Boil chicken until tender. Add onion, celery, cilantro, garlic, salt, pepper, cumin, petite diced tomatoes, and chicken broth. Continue boiling and cook the white rice. When chicken begins to fall apart and shreds easily, add the cooked rice. Serve in bowls and add desired toppings. Yum!



❄️ Roasted Asparagus

Marla

“Healthy side dish you can add to just about any meal.”

- ▶ 1 bunch of asparagus
- ▶ 1 Tbsp. olive oil
- ▶ salt & pepper to taste
- ▶ 2 tsp. minced garlic
- ▶ ½ cup crushed bacon pieces
- ▶ juice of half of a lemon
- ▶ ½ cup grated Parmesan cheese

Wash and trim asparagus. Place in an oven-safe dish. Add olive oil, and mix to coat the asparagus. Add salt, pepper and minced garlic – spreading evenly throughout the dish. Sprinkle with bacon pieces. Roast at 425° for 18 minutes. Remove from oven, squeeze lemon juice over asparagus, then sprinkle Parmesan cheese over the top. Enjoy!

❄️ Incredible Nutella Fudge

Eva

“This is a great twist on traditional fudge!”

- ▶ ½ cup salted butter (you can use unsalted, but the salt helps to bring out the sweetness)
- ▶ ½ cup whole milk or half & half
- ▶ 1½ cups light brown sugar
- ▶ 1½ tsp. vanilla
- ▶ 1 cup Nutella
- ▶ 2½ - 3 cups confectioner's sugar

Grease an 8 x 8 pan. Place the confectioner's sugar in the mixing bowl and set aside. Melt butter over medium-low heat. Add the milk and light brown sugar. Bring to a hard, rolling boil over medium heat and then boil for about 2 minutes, stirring constantly. Remove the pan from heat and quickly add the vanilla and Nutella. Stir until the Nutella is melted. Carefully pour the hot Nutella mixture over the confectioner's sugar and mix quickly until completely combined. Once everything comes together, it will set pretty fast. If your fudge is a little too runny, add more powdered sugar. Pour/scoop the fudge into your greased 8 x 8 pan. Press the fudge into the pan, if needed. Chill for 2 hours. Cut into squares of desired size and serve.



AND...

Happy New Year!





Yummy.

ENJOY THE RECIPES...
MERRY CHRISTMAS!

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