

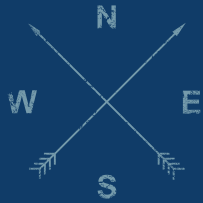
on course

BUDA DENTAL PROFESSIONALS



Dr. Strickland

Dr Taylor



Marla Kristin Silina  
Leslie nicki Jannette  
Jamie Blaine  
Lisa



HAPPY  
NEW  
YEAR!

Dear Friends,

We hope that you had a wonderful holiday season, filled with an abundance of love, laughter, and special memories. We are amazed at how fast 2015 came and went...another wonderful year for BDP in the books!

As we embark on 2016, our central theme is "ON COURSE". As you will later read, our team believes strongly in the power of vision and invests a lot of time developing a plan to ensure that vision comes to life. We are beginning this year with a renewed focus on achieving our goals and making BDP the absolute best it can be in every way.

THANK YOU for making our days so enjoyable. We cherish the in-between moments of our days. The dentistry itself is meaningful and so fulfilling... but honestly, the bond we share as a team and with each of you is what fills our tank. On any given day, you can walk into the office and hear belly laughs coming from down the hall, see a child overcoming fears and smiling with a sense of accomplishment, or even see two people hugging and shedding tears over the loss of a loved one. We so appreciate you inviting us into your lives – without that human connection, our work would feel empty!

Enjoy this year's seafood-inspired recipes, and cheers to 2016...it's going to be a great year!

The Buda Dental team



# OUT AND ABOUT



## TEXAS DENTIST OF THE YEAR CEREMONY

While he didn't take home the award, he will ALWAYS hold that title in our hearts...congrats on your nomination, Dr. Taylor!



## SETON HEALTH FAIR

Our team shared information on the link between oral and systemic health with attendees. Blanca & Lisa even managed to snap a photo with Boko the Bobcat!



## CTMC CREATION HEALTH CHECK

Dr. Strickland performed oral cancer screenings, while the team educated attendees on the impact of sugar on one's health. It's so great plugging in to our community!



## DIVA DASH

We love getting outside and exercising as a team! This 3 mile fun-run was complete with all kinds of obstacles that gave us the opportunity to encourage one another and work together to cross that finish line.



Every year, our team ventures outside of the BDP walls to kick-start our Annual Planning Meeting with a fun, team building event. The rules are that it must require us to work together as a team, it needs to be something we've never done before, and it has to include a healthy amount of competition! In the past, we've done virtual scavenger hunts in downtown Austin, cooking competitions, and even crazy bowling tournaments. This year, our team took to the open water for our very own sailing competition on Lake Travis. Dr. Taylor was the only one among us with some sailing experience, so it was quite a new adventure for the rest of the team! The weather was perfect that October day, with temperatures in the 70's, blue skies, and plenty of wind in our sails. As we reflected on this experience, the one thing that stood out to all of us (besides how sore our arms were!) was the importance of keeping our eyes fixed upon our destination point as we sailed. Without focusing on the finish line, it would have been easy to let the wind and waves aimlessly carry us off course. It didn't take long to be reminded of a quote that our team often uses, "If one does not know to which port one is sailing, no wind is favorable", by Lucius Annaeus Seneca. This quote takes on new meaning now that we have actually sailed as a team! We work hard to not only identify the "port" that BDP is heading toward, but also to make sure that we stay on course. Many of you wouldn't guess that we have a 14-page vision that our team wrote in 2013 to accomplish by 2017! It covers everything from new advances in clinical dentistry, to mission work, to leadership development for our team. We are passionate about having a vision, and this sailing experience was metaphoric of the journey that we are currently on to accomplish ours. It feels good to be a team that unites around commonly held values to bring forth meaningful work. **We enter 2016 with intention, unity, and a renewed determination to stay on course for achieving our goals!**







# SEAFOOD • INSPIRED RECIPES



## Poached Red Snapper with Mushroom Butter Sauce

DR. TAYLOR

*"This is one of my favorite seafood dishes to cook. Make sure you have a large frying pan with a tight lid!"*

### FISH

- ▶ 2 tsp. butter
- ▶ 2 Tbsp. minced shallots
- ▶ 10 oz. skinless red snapper fillets
- ▶ salt
- ▶ white pepper
- ▶  $\frac{2}{3}$  cup dry white French Vermouth
- ▶  $\frac{1}{3}$  cup water
- ▶ 1 cup thinly sliced mushrooms

### SAUCE

- ▶ 2 tsp. lemon juice (more if desired)
- ▶ 4 Tbsp. room-temperature butter in Tbsp.-size pieces
- ▶ salt & pepper

### GARNISH

- ▶ chopped parsley

Heat frying pan over medium heat, swirl in butter, then sprinkle in shallots. Cook for a couple minutes to soften shallots, then remove from heat. Season fillets on both sides with salt & pepper, then place in pan skin side down. Pour in Vermouth & water, adding more if needed to come up halfway on the fish. Scatter the mushrooms over the fish. Put lid on pan, and bring liquid just to a simmer. Adjust the heat to maintain a very slow bubbling and poach about 5 minutes for thin fillets ( $\frac{1}{2}$  inch or less), or more for thicker fillets. Pierce the fillet with a sharp knife and make sure the flesh is opaque and cooked throughout. Then, holding cover askew, drain all poaching liquid into a small saucepan. Keep fillets warm by covering the poaching pan. Set saucepan over high heat, add lemon juice, boil until there is only a tablespoon of syrupy liquid remaining. Lower heat to a gentle boil, add tablespoon of butter, then whisk rapidly into the hot liquid. After butter is absorbed, add 3 more tablespoons (one at a time) in the same manner as the first. Once all butter is absorbed, season with salt & pepper to taste. Remove from heat.

Remove fillets from poaching pan, then spoon sauce over them and sprinkle with chopped parsley. Serve immediately with your desired side dishes and enjoy!

## Seafood Chowder

DR. STRICKLAND

*“Perfect for a chilly day!”*

- ▶ ½ cup butter (one stick)
- ▶ 2 medium onions, diced
- ▶ 2 stalks celery, diced
- ▶ 1 potato (no more), diced
- ▶ 3 cups low-sodium chicken broth or water
- ▶ 1 Tbsp. each dried basil, oregano, celery salt
- ▶ 2 Tbsp. paprika
- ▶ ½ tsp. pepper
- ▶ ¼ tsp. salt
- ▶ 3 dashes Tabasco sauce
- ▶ 8 cups homogenized milk
- ▶ 1 cup heavy cream
- ▶ 1 lb., or more, white fish (such as haddock, cod, or sole)
- ▶ 1 lb., or more, shellfish (fresh or frozen scallops or lobster)

In a large Dutch oven, melt the butter and then sauté the onions and celery over medium heat until slightly soft...just a few minutes. Add the potato and only enough chicken broth (or water) to barely cover it. Cook until the potato is just barely tender. Add the basil, oregano, celery salt, pepper, salt, paprika, and Tabasco sauce. It will seem like a lot of spices, but don't worry. Layer the fish and shellfish on top. Add just enough chicken broth (or water) to cover. Cook only until fish barely flakes. • Add the cream, and then fill the pot with the milk; if you think you're going to run out of room in the pot, skimp on the milk, not the cream. My Dutch oven is standard size, and there is plenty of room. • Allow the chowder to warm through. Keep on a low simmer until serving or refrigerate and serve at a later time. When re-heating after refrigeration, put the pot on LOW and allow 45 minutes for it to heat through. Do not allow the chowder to boil...LOW HEAT IS KEY. • You will notice that the spices seem to sit on top of the chowder, like an oil slick. No worries ~ when you serve, give it a little stir and then scoop...just the right amount of spices will come up with the ladle.

## Orzo & Scallops with Tomato Cream Sauce

SILINA

*“So rich and tasty!”*

- ▶ 1 16 oz. package orzo pasta
- ▶ 4 slices uncooked bacon, cut into ½ inch pieces
- ▶ 1 medium onion, chopped
- ▶ 1 lb. sea scallops (can substitute shrimp)
- ▶ 1 can (14.5 oz) diced tomatoes
- ▶ 1 cup frozen peas
- ▶ ¼ cup heavy or whipping cream
- ▶ ¼ tsp. coarsely ground black pepper

In large pot, cook pasta as label directs; drain. Meanwhile, in 12" skillet, cook bacon over medium heat until almost browned. Add onion; cook until softened, about 5 minutes. While bacon is cooking, pull off tough crescent-shaped muscle, if any, from side of each scallop. Pat scallops dry with a paper towel. With slotted spoon, transfer bacon and onion to medium bowl. Discard all but 1 Tbsp. bacon drippings from skillet and increase heat to high. Add scallops and cook, turning once, just until they turn opaque throughout and are lightly browned on both sides. Transfer scallops with any liquid to bowl with bacon mixture. To same skillet, add tomatoes with their juice, frozen peas, cream, and pepper; heat to boiling over medium-high heat, stirring frequently. Return scallop mixture to skillet and heat through. Spoon scallop mixture over pasta, serve, and enjoy!

## Angel Hair with Spicy Shrimp

JAMIE

*“A family favorite.”*

- ▶ ¾ lb. angel hair pasta, cooked
- ▶ 1 Tbsp. olive oil
- ▶ 2 cloves garlic, minced
- ▶ 1 lb. shrimp, peeled & deveined
- ▶ ¾ cup dry white wine
- ▶ ¼ tsp. crushed red pepper
- ▶ ½ tsp. Kosher salt
- ▶ 2 Tbsp. butter

Cook the pasta according to the package directions. Drain the pasta and return it to the pot. Meanwhile, heat the oil in a large skillet over medium heat. Add the garlic and cook, stirring for 1 minute (do not let it brown). Add the shrimp, wine, red pepper, and salt. Simmer until the shrimp are opaque...2 to 3 minutes. Stir in the butter until melted. Toss the pasta with the shrimp mixture. Serves 4.

## Gluten-Free Fried Fish with Potato Salad

JANNETTE

*“One of Rachel Ray's awesome 30-minute meals. Healthy, simple, and delish!”*

- ▶ 1 ½ lbs. small Yukon Gold potatoes (about 20), halved
- ▶ salt & pepper
- ▶ 4 Tbsp. fresh lemon juice, or Meyer lemon juice
- ▶ 4 Tbsp. extra virgin olive oil (EVOO), divided 3 & 1
- ▶ 2 Tbsp. white vinegar
- ▶ 1 Tbsp. Dijon mustard
- ▶ 1 tsp. sugar
- ▶ 3 thin ribs celery with leafy tops, finely chopped
- ▶ 2 large shallots, finely chopped
- ▶ 2 Tbsp. fresh tarragon, chopped
- ▶ 4 Tilapia or Sole filets (5-6 oz. each)
- ▶ 1 ½ cups almond flour OR finely ground almonds
- ▶ 2 eggs
- ▶ 3 Tbsp. butter
- ▶ ½ head iceberg lettuce, shredded
- ▶ lemon wedges, for serving

**POTATO SALAD** • In a large pot, cover the potatoes with water. Bring to a boil, salt the water and cook until tender (about 8-10 minutes), then drain. In a large bowl, whisk the lemon juice, 3 Tbsp. EVOO, vinegar, mustard, and sugar; season with salt & pepper. Toss with the drained potatoes, celery, shallots, and tarragon; season with salt & pepper.

**FISH** • Season the fish as desired. Place the almond flour or ground almonds on a plate. In a shallow bowl, whisk the eggs. In a large non-stick skillet, heat the remaining 1 Tbsp. EVOO, over medium heat; melt the butter in the EVOO. When the foam subsides, coat the fish in the egg, then dredge in the almond flour or ground almonds. Cook until the fish is browned and opaque in the center...about 3 minutes per side.

**SERVE** • Divide the lettuce among plates; top with fish. Serve with potato salad and lemon wedges. Serves 4.



## Chicken & Shrimp Paella

LISA

*“A great dish if you want to try something new!”*

- ▶ 6 chicken thighs (about 1 ½ lbs.), skinned
- ▶ 1 tsp. chopped fresh, or ¼ tsp. dried rosemary
- ▶ ¾ tsp. salt, divided ½ & ¼
- ▶ ¼ tsp. freshly ground black pepper
- ▶ 2 tsp. vegetable oil
- ▶ 1 link (4 oz) hot turkey Italian sausage
- ▶ 1 cup chopped onion
- ▶ ½ cup chopped red bell pepper
- ▶ 1 ½ cups uncooked Arborio or Valencia rice
- ▶ ½ cup diced plum tomato
- ▶ 1 tsp. Hungarian sweet paprika
- ▶ ¼ tsp. saffron threads, crushed
- ▶ 1 garlic clove, minced
- ▶ 3 cups low-sodium chicken broth
- ▶ ¾ lb. large shrimp peeled & deveined
- ▶ 1 cup asparagus, cut in 1" diagonals
- ▶ ½ cup frozen green peas, thawed

**NOTE:** Makes 6 servings.

Preheat oven to 400 degrees. Sprinkle chicken with rosemary, ½ tsp. salt, and black pepper. Heat the oil in a large non-stick skillet over medium-high heat. Add chicken; cook 3 minutes on each side or until lightly browned. Remove chicken from pan; cover and keep warm. Remove casings from sausage. Add sausage to pan; cook 1 minute, stirring to crumble. Add onion and bell pepper; cook 7 minutes, stirring constantly. Add rice, tomato, paprika, saffron, and garlic; cook 1 minute, stirring constantly. Return chicken to pan. Add broth and ¼ tsp. salt; bring to boil. Wrap handle of pan with foil; cover pan. Bake at 400 degrees for 10 minutes. Stir in shrimp, asparagus, and peas. Cover and bake an additional 5 minutes or until shrimp are done.

## Shrimp & Corn Chowder

NICKI

*“Perfect served with a big piece of crusty bread!”*

- ▶ 1 lb. shrimp, peeled and deveined
- ▶ 4 Tbsp. butter, divided 1 & 3
- ▶ 1 yellow onion, diced
- ▶ ½ cup celery, diced
- ▶ 4 cloves garlic, minced
- ▶ 2 Tbsp. all purpose flour
- ▶ 1 ½ Tbsp. smoked paprika
- ▶ 1 bay leaf
- ▶ 4 cups chicken or seafood stock
- ▶ 1 lb. Yukon Gold potatoes, mini-diced
- ▶ 2 ½ cups frozen corn kernels
- ▶ 2 tsp. Old Bay Seasoning
- ▶ 1 cup heavy cream or half & half
- ▶ scallions (greens only) for garnish

In large Dutch oven, heat 1 Tbsp. butter over medium-high heat and cook the shrimp for 4-7 minutes, or until they become completely opaque on the outside. Place shrimp on a plate and set aside. • Heat the remaining 3 Tbsp. butter and cook onions and celery for 3-4 minutes. Add the garlic and flour, and continue to cook for an additional 2 minutes. When the flour starts to brown, add the smoked paprika, bay leaf, chicken stock, and diced potatoes. Bring the soup to a boil, stirring occasionally. Reduce the heat to low and simmer uncovered for 15 minutes. Add corn and continue to cook for 15 minutes longer. • While soup is simmering, reserve 8 shrimp and chop up the remaining shrimp into bit-size pieces. Add heavy cream, Old Bay Seasoning, and chopped shrimp to soup. Stir until cream is incorporated and allow the chowder to heat through. Adjust seasonings to preference. Serve warm topped with scallions and remaining whole shrimp.

## Old Bay Crab Cakes with Remoulade Dipping Sauce

BLANCA

*“Who doesn’t love crab cakes!?”*

### CRAB CAKES

- ▶ 2 slices dried bread, crusts removed
- ▶ 1 Tbsp. milk
- ▶ 1 Tbsp. mayonnaise
- ▶ 1 Tbsp. Worcestershire sauce
- ▶ 1 Tbsp. parsley flakes
- ▶ 1 Tbsp. baking powder
- ▶ 1 tsp. Old Bay Seasoning
- ▶ ¼ tsp. salt
- ▶ 1 egg, beaten
- ▶ 1 lb. lump crabmeat
- ▶ vegetable oil

### DIPPING SAUCE

- ▶ 1 cup mayonnaise
- ▶ 1/3 cup ketchup
- ▶ ½ cup horseradish
- ▶ 1 tsp. garlic powder
- ▶ 1 Tbsp. hot sauce
- ▶ 1 tsp. paprika

**REMOULADE DIPPING SAUCE** • In a medium bowl, combine all ingredients and mix well. Cover and chill at least 1 hour.

**CRAB CAKES** • In a large bowl, break bread into small pieces; moisten with milk. Add mayo, Worcestershire sauce, parsley, baking powder, Old Bay Seasoning, salt, egg, and crabmeat. Mix lightly and shape into 4 patties. Refrigerate patties 30 minutes to help keep them formed when cooking. Fill a frying pan with about ¼" vegetable oil. Over medium-high heat, fry until golden brown on both sides (flip about every minute to avoid over-frying).

## Cedar Plank Salmon

MARLA

*“A regular around our house!”*

- ▶ 1 salmon fillet
- ▶ 2 tsp. salmon rub
- ▶ 1 tsp. dill
- ▶ rosemary sprigs
- ▶ salt to taste
- ▶ 1/3 tsp. coriander
- ▶ 2-3 Tbsp. olive oil
- ▶ 1 large lemon (1/3 of the lemon juiced)
- ▶ 1 cedar wood plank

Rinse the plank to remove dust. Fill a sink with water until it's a couple inches deep. Place a heavy glass filled with water on the plank to keep it submerged in the water. Let the plank soak anywhere from 4-24 hours...the longer the better.

Rinse salmon and pat dry. Squeeze juice from 1/3 of lemon onto the salmon. Sprinkle salmon rub on it, then massage gently to spread evenly onto salmon. Add salt, coriander, and dill. Rub on olive oil; let stand for 1-2 hours. Slice remainder of lemon into rings, and place on top of salmon. Preheat grill to 275 degrees. Place salmon onto cedar plank, then grill until salmon begins to flake, approximately 16-18 minutes. Enjoy!

## Shrimp Avocado Salsa

LESLIE

*“Zesty and delicious — a perfect appetizer for a party!”*

- ▶ 1 lb. cooked shrimp, peeled & deveined
- ▶ juice of 3 limes
- ▶ 2 avocados, diced
- ▶ 1 cucumber, diced
- ▶ 3 medium tomatoes, diced
- ▶ 1 small onion, finely diced
- ▶ ½ bunch cilantro, chopped
- ▶ tortilla chips

Chop cooked shrimp and transfer to a large mixing bowl. Squeeze lime juice over shrimp, stir and let marinate while you chop the rest of your ingredients. Add cucumber, tomatoes, onion, avocado, and cilantro, then stir. Serve with tortilla chips.

## Shrimp Tacos with Lime Slaw

KRISTIN

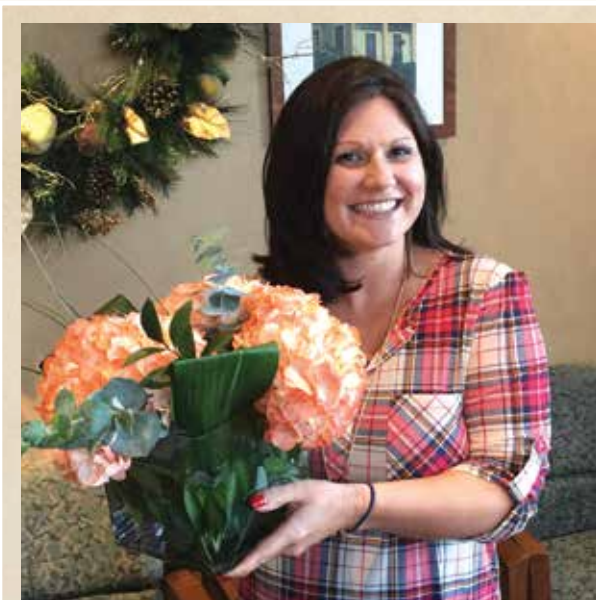
*“A lighter and healthier dish!”*

- ▶ ¾ - 1 lb. fresh shrimp, peeled & deveined both sides
- ▶ 1 cup fresh green cabbage, finely shredded
- ▶ 1 cup red cabbage, finely shredded (or pre-shredded)
- ▶ 8 oz. bag shredded Mexican Cheese Blend
- ▶ 2 limes, quartered
- ▶ 1 cup Skotidakis jalapeño yogurt dip (I get at Costco. If unavailable, mix 8 oz. plain Greek yogurt whisked with paprika, a little cayenne pepper, lime juice, chopped jalapeño, and 1 tsp. prepared salsa)
- ▶ fresh salsa or pico de gallo
- ▶ white corn tortillas
- ▶ 1 Tbsp. Extra Virgin Olive Oil (EVOO) for marinating shrimp
- ▶ sea salt to taste
- ▶ ground black pepper
- ▶ cilantro, chopped for topping
- ▶ sour cream for topping

**LIME SLAW** • In a separate mixing bowl, combine ½ cup of both red & green shredded cabbage, the juice of ½ lime, 2 Tbsp. of jalapeño yogurt sauce, salt, and pepper to taste, and 1 Tbsp. salsa. Toss slaw well, then set aside in refrigerator until ready to assemble tacos.

**SHRIMP** • Rinse, peel, and devein fresh shrimp (you'll want to remove both inside & outside veins). Place shrimp into small bowl, and add 1 Tbsp. EVOO, juice from ½ lime, and 2 Tbsp. salsa. Mix shrimp in marinade & let sit for approximately 15 minutes. Put shrimp and marinade juices in a slightly pre-heated skillet, and cook on medium-low until shrimp turns pink (avoid over-cooking).

**ASSEMBLE TACOS** • Slightly heat white corn tortillas in skillet on stove. Plate tortillas, then add desired amount of Mexican Cheese Blend (about 1 oz. or Tbsp. per taco). Add cooked shrimp, fresh salsa (or pico de gallo), then top with prepared lime slaw. Add sour cream.



As many of you know, Heather recently stepped down after an amazing 11 years at Buda Dental Professionals. She will now be home full time with her children, which is where her personal vision led her. While she will be greatly missed, our hearts are full to watch her step into this new chapter of life! We are forever grateful for the time she shared with us at BDP.







buda**dental**  
PROFESSIONALS

