

# DENTAL NEWS

Newsletter

September 2015

We are celebrating our two month anniversary! During these months we have been so blessed. We have such amazing patients!



**Thank You for Being Part of Our Dental Family!**

**....And the Walls Come Down!**

As many of you know we are renovating the building that Dr. Jones was in. Drive by and see the progress! We have knocked down walls and removed the fireplace. It looks great!

Like us on Facebook!

## Shares from our Patients

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Today was a great day! I conquered a great fear with the help of your whole staff. You guys are tremendous. If you can fix me you can fix anyone!

Karen L.

Amazing! For many years I wouldn't smile because my teeth looked so bad. I had resigned myself to having to get dentures. Then Dr. Gilge came along! He repaired my whole mouth- restoring my smile and giving me much joy! I cannot stop smiling now!!

Marietta B.

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## Eat Right Smile Bright!

### HEALTHY FIESTA QUINOA SALAD

#### INGREDIENTS:

- 1 cup white quinoa, plus  $\frac{1}{4}$  cup red quinoa, washed and drained
- 1 cup fresh corn, off the cob      2 cups filtered water Pinch sea salt
- 1 can (15 ounces) black beans, rinsed and drained
- $\frac{1}{2}$  cup finely diced yellow pepper (or another color bell pepper)
- $\frac{1}{2}$  cup diced tomatoes       $\frac{1}{4}$  cup cilantro leaves

#### DRESSING:

- 2 teaspoons lime zest      2 tablespoons lime juice
- 2 teaspoons cumin      2 teaspoons chili powder
- 2 tablespoons tamari      2 teaspoons apple cider vinegar

#### Instructions:

Place quinoa, corn, and water in a medium saucepan with pinch of salt and bring to a boil.

Simmer covered for 20 minutes over low flame.

Meanwhile, whisk the dressing ingredients in a small bowl until well combined.

Fluff quinoa with fork, place in medium bowl, and stir in the black beans, veggies, dressing, and cilantro.

Season with sea salt if needed. Serve this Mexican recipe warm or cold the next day.

## Staff Spotlight

Meet Suzette, our registered dental hygienist, who has over 24 years of experience. Suzette has 2 teenage daughters, Mady and Jossy. They all enjoy singing, dancing and running 5K's together. Most recently they participated in their first "Glee Flash Mob" in Seattle! Her attention to detail shows through her excellent patient care. Your oral health is very important to her and she personalizes each patient's individual needs.

**Schedule your cleaning today!**



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