



It's that time of year again...when the spooky and fairy tale costumes come out to play. We are doing our 3rd annual Candy Buy Back for Operation Gratitude. It will run from Thursday Nov 1- Thursday Nov 8. For every pound of candy you bring in we will pay YOU \$1! The candy will be shipped out to Operation Gratitude and they ship it to the Troops over Seas! You can also include a drawing for the troops and we will mail that as well!



Over the Rainbow Minestrone
Prep Time: 20 Min Cook Time: 6 hours
Ingredients

- 4 Stalks Swiss Chard (about 1/2 pound)
- 2 Tablespoons Olive Oil
- 1 Medium red onion finely chopped
- 6 Cups vegetable broth
- 2 Cans (14 1/2 ounces each) fire-roasted diced tomatoes, undrained
- 1 can (16 ounces) Kidney beans, rinsed and drained
- 1 can (15 ounces) Chickpeas, rinsed and drained
- 1 medium yellow summer squash or zucchini, halved and cut into 1/4 slices
- 1 medium sweet red or yellow pepper, finely chopped
- 1 medium carrot
- 2 garlic cloves minced
- 1-1/2 cups uncooked spiral pasta
- 1/4 cup prepared pesto

Directions

- Cut stems from chard; chop stems and leaves separately. Reserve leaves for adding later. In a large skillet, heat oil over medium heat. Add onion and chard stems; cook 3-5 minutes or until tender. Transfer to a 6-qt slow cooker.
- Stir in broth, tomatoes, beans, chickpeas, squash, pepper, carrot and garlic. Cook, covered, on low 6-8 hours or until vegetables are tender.
- Stir pasta and reserved chard leaves. Cook, covered, on low 20-25 mins longer or until pasta is tender. Serve with pesto!



Are you ready for some football?
Home Games!

[UofM vs Michigan State 10/20](#)
[MSU vs Penn State 10/13](#)
[Detroit Lions Vs. GB Packers 10/07](#)
[Detroit Lions vs Seattle Seahawks 10/28](#)



October is full of Fun!

1. Zoo Boo- Detroit Zoo
2. Hallowe'en- Greenfield Villiage
3. Adventure Park- West Bloomfield
4. Halloweekends- Cedar Point
5. Detroit Free Press Marathon
6. Detroit Cocktail Week



\$25 Gift Card? How can I get mine?
For every new patient you refer, a [\\$25 gift card](#) is sent to you!

Additionally, we are running a **New Patient Special** of \$79 which includes an exam, cleaning, and x-rays.

Thank you for allowing us to take care of all your dental needs. The highest compliment we can receive is the referral of family and friends.



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