

May is National Smile Month

National smile month is aimed promoting good oral health! Who doesn't like a beautiful smile?!

____A few helpful tips to ensure a nice smile

- Brush at least twice a day
- Cut down on the sugary food & drinks
- Visit US regularly, we love to see your smile!

Attached is a link below with additional tips as well as more information on National Smile month.

<https://www.dentalhealth.org/what-is-national-smile-month>



Chicken Tortilla Dump Dinner

Prep Time: 20 Mins Cook Time: 25 Min

Ingredients

- 1 Tablespoon Canola Oil
- 1/2 teaspoon Kosher Salt
- Two 10 ounce cans of Rotel
- 1 Cup of chicken broth
- 1 Tablespoon chili powder
- 1 teaspoon ground cumin
- 1 15.5 oz can of drained black beans
- 1 10 oz bag frozen corn
- 12 small corn tortillas
- 5 cups shredded cooked chicken
- 1 8oz block of monterey jack cheese
- 1/2 cup sour cream
- 1/3 cup diced red onion
- 1/3 cup loosely chopped cilantro

Directions

- Preheat the oven to 375 degrees F. Brush a 9-by-13-inch casserole dish with the oil.
- Stir together the diced tomatoes with chiles, chicken broth, chili powder, cumin and salt in a large bowl. Add the black beans, frozen corn, chicken, tortilla wedges and half the cheese and stir to evenly distribute and moisten all of the ingredients. Transfer to the prepared casserole dish and spread into an even layer. Loosely cover with aluminum foil and bake for 25 minutes.
- Raise the oven temperature to 400 degrees F. Remove the foil and sprinkle the top with the remaining cheese. Continue to bake until the cheese is melted and just starting to brown, about 10 minutes. Top with dollops of sour cream and sprinkle with the red onion and cilantro. Serve hot.



Mothers day is May 12

Here are some fun things to do this month!

- Detroit Tigers Home Games
- Art Fair in Birmingham May 11-12
- Detroit Fleet food truck park is open
- Wine Stroll Royal Oak May 18



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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.

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