CT Family Foot Care and Surgery,LLC

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FEATURED ARTICLES

Give Back to the Environment with These "Green Podiatry" Tips!



It's easier to be environmentally friendly than most people think. By making eco-conscious choices about our footwear and incorporating walking into our daily routines, we can all contribute to a healthier planet and a more beautiful landscape.

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Keep Pedaling, Keep Healthy: Podiatric Pointers for Cyclists

Bike riding is a fantastic way to stay mobile and enjoy the great outdoors. However, frequent riders can experience more than scenic views and better health: Overuse injuries and podiatric problems await if proper care isn't taken.

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MEET OUR DOCTORS







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Dear Patients:



We strive to give you the best care possible, and to help other patients get the care they need. If you are happy with the care from our doctors and staff, please share your experience with other patients using the clickable icons below:



healthgrades.

© sharecare

For Dr. Bystrak healthgrades.





RECIPE OF THE MONTH

PINEAPPLE SHRIMP TACOS Taste the tropics with our cool, crispy take on shrimp tacos. Wrapping the shells in lettuce adds even more

crunch while keeping the tacos tidy after you take a bite. Ingredients

• 1 pound uncooked shrimp (26- • 1 cup pineapple tidbits



- 30 per pound), peeled and 1 envelope fajita seasoning mix deveined
- 1 large sweet orange pepper, warmed
- 1/3 cup of water • 3 teaspoons of olive oil, divided • 8 corn tortillas (6 inches),
- 1 large sweet red pepper, sliced cheese
- 1/2 cup of shredded mozzarella • 1 small onion, halved and sliced • 8 large romaine lettuce leaves
 - **Directions**

1. Cook shrimp in 2 teaspoons of olive oil in a large skillet over medium heat until shrimp turn pink, 4-6 minutes.

- Remove and keep warm. 2. In the same skillet, sauté the peppers, onion, and pineapple in the remaining 1 tsp of olive oil until the vegetables are tender. Add seasoning mix and water. Bring to a boil; cook and stir for 2 minutes. Return the
- shrimp to the skillet and heat through. 3. Spoon the mixture onto the tortillas and top with cheese.
- 4. Wrap the lettuce around tortillas to serve. Recipe courtesy of tasteofhome.com

THIS MONTH IN MAY **INTERESTING DATES**

4 Kentucky Derby

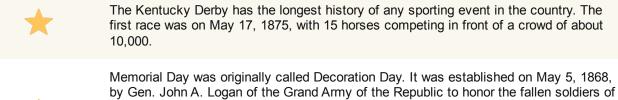
MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

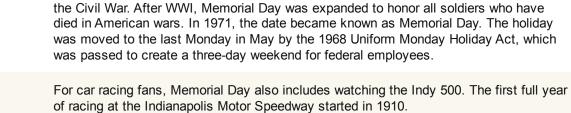
FACTO
31 National Smile Day
27 Memorial Day
21 National American Red Cross Founder's Day
17 Endangered Species Day
12 Mother's Day
5 Cinco de Mayo

HISTORICAL FACTS The Empire State Building opened on May 1, 1931.











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Our Hours



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