

PREMIER HEALTH

Of Coon Rapids



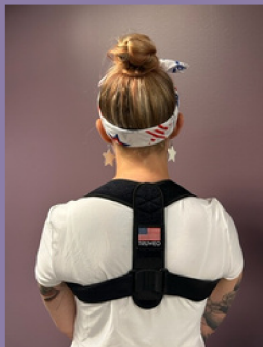
NELSON STUDIO
- Handmade Art -

EST. 2023

COMMUNITY SPOTLIGHT

PRODUCT OF THE MONTH:

Posture Strap - \$25



WELLNESS CLASS

Posture Correcting & Strengthening

Sign up at the front desk or by calling/texting.

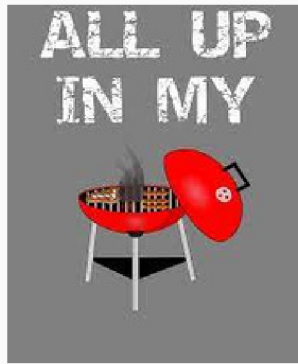
763-270-5828
3340 Northdale Blvd.,
Ste. 120, Coon Rapids

Nelson Studio is a small business that currently offers custom pet portraits. These portraits are oil based on wood panel canvas, and are a perfect gift to someone who has either lost a pet, or simply wants a portrait of their beloved furry friend.

You can request a portrait via Instagram DM @nelsonstudiomn or at nelsonstudiomn@gmail.com.



If you would like to have your business and/or group be considered for our Community Spotlight, please email us at: coonrapids@premierhealthmn.com for more information or stop by the front desk at your next visit!



RECIPE OF THE MONTH

Buffalo Chicken Pasta Salad (Cortney's Recipe)

Ingredients:

- 1 pound rigatoni noodles (Use your favorite pasta)
- 1 pound cooked chicken, diced (I use canned chicken)
- 4 stalks celery, cut into small dice (about 2 cups)
- 1/2 bunch green onions, green parts only, sliced (about 1/2 cup)
- 1 1/2 cups mayonnaise
- 1/2 cup crumbled blue cheese (Feta also works)
- 5 tablespoons lemon juice
- 3 tablespoons Dijon mustard
- 2 to 4 tablespoons hot sauce
- 2 tablespoons dark, dark, DARK beer (I skip this and it tastes just fine)
- 2 tablespoons honey (I also skip this)
- 1 teaspoon ground black pepper
- 1 teaspoon cayenne (or togarashi if you have it!)

Directions:

- Cook the pasta. Drain and (once cooled) add to a large bowl along with the chicken, celery, and green onions. Toss well.
- In a medium bowl, combine the mayonnaise, lemon juice, mustard, hot sauce, beer, honey, black pepper, cayenne and salt to taste (I use Garlic Salt). Stir until all ingredients are combined, then add to the bowl with the rigatoni and stir in blue cheese.
- Taste and adjust the seasoning as needed.
- Refrigerate for 1 to 3 hours to allow the flavors to meld.



July is "National Grilling Month" so we asked our team what their favorite thing to grill is and what sides they like to go with it!

DR. KELSEY: My favorite thing to grill is chicken kabobs with pineapple and peppers! No sides necessary when it's all grilled together :)

LEXI: Cheeseburgers! Bonus points if there's charcoal.

CORTNEY: I'm usually not the one manning the grill... so my favorite thing from the grill is burgers and PASTA is the best side dish for everything!!

SHANNON: My favorite is a grilled bratwurst! The best grilling side dish is a good, old fashioned mustard potato salad.



Portraits done by Nelson Studio

CLOSED:

*July 1- 4 - Independence Day
July 15*

*DR. KELSEY WILL BE IN CLINIC ON SATURDAY
7/22 & 7/29*