



Ward
ORTHODONTICS

Castle News

JANUARY 2013

Braces-Friendly Recipe:

Chicken Tortilla Soup

Ingredients:

- 2 tbs olive oil
- 6 garlic cloves, minced
- 1 small onion, diced
- 2 tsp chili powder
- 2 tsp ground cumin
- 1 can diced green chilies
- 2 cups cooked chicken chopped
- 2 cans (14.5 oz. each) diced tomatoes in juice
- 2 cans (15 oz. each) black beans, rinsed and drained
- 32 oz chicken broth
- 1 cup water
- 2 tbs lime juice
- 1 pkg (10 oz.) frozen corn
- Salt and pepper to taste
- 8 corn tortillas broken into small pieces

Directions

In a large saucepan, heat oil over medium. Saute garlic and onions about 3 mins. Add chicken, chili powder and cumin and cook another minute.

Add tomatoes (with juice), beans, broth, corn, diced chilies, lime juice and 1 cup water to the pan; season with salt and pepper.

Bring soup to a boil and reduce to a simmer. Add broken up tortillas and cook until tortillas have dissolved.

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- Less noticeable than traditional braces
- Easier to brush and floss your teeth during treatment
- No eating restrictions
- More comfortable
- Fewer emergency visits (no pokey wires, etc.)
- Fewer appointments

We Have A Winner!!

Congratulations to
Cambree Williams!!

You are the winner of our
2012 Ugly Christmas
Sweater Contest!!

Art Contest

Enter Dr. Ward's art contest for the chance to win an iPad mini. It is open to all artists K-12th grade. Art work must have a castle theme and be 11x17 or smaller. Entries will be accepted through January 31, 2013. If you have any questions, please call us.

January's In-Office Contest

We have a jar full of marshmallows and the person to guess closest to the exact amount in the jar, will win a PIZZA PARTY for your ENTIRE class!!

