

Advanced Comprehensive Care for Your Feet and Ankles

Most Major Medical
Coverage Accepted

Treatment of Common Ailments such as Bunions, Hammertoes, Heel Pain, Fractures, Sprain's Athlete's Foot, Neuromas, Tendonitis • Endoscopic Plantar Fasciotomy • Ankle Arthroscopy
Laser Foot Surgery • Sports Related Injuries • Children's Foot Care • Custom Orthotics



FAMILY
FOOT & ANKLE
L.L.C.

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New
Patients
Welcome

Chilled Pasta Salad

Makes 6 servings.

4oz linguine
1 c. thinly sliced fresh mushrooms
1 carrot shredded (1/2 cup)
1/4 c. sliced green onion
6 cherry tomatoes, halved
2 T. salad oil

2 T. soy sauce
2 T. lemon juice
1/4 tsp. sesame oil
1 small clove of garlic, minced
Few drops of bottled hot pepper sauce
2 T. sesame seed, toasted

Cook linguine according to package directions. Rinse with cold water, drain well. In bowl, combine linguine, sliced mushrooms, shredded carrot, green onion and halved cherry tomatoes.

For Dressing: In a screw top jar, combine salad oil, soy sauce, lemon juice, sesame oil, minced garlic and hot pepper sauce. Cover and shake well. Pour dressing over linguine mixture and toss to coat. Cover and refrigerate for 3 to 24 hours, stirring occasionally.

Before serving: Toss well: sprinkle with toasted sesame seed, garnish with parsley, if desired.