



Excellent Dentistry. Comprehensive Care. Exceptional Experience.

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ONE-POT LENTIL & VEGETABLE SOUP WITH PARMESAN

INGREDIENTS

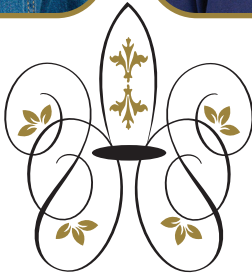
- 2 tablespoons extra-virgin olive oil
- 3 cups fresh or frozen chopped onion, carrot and celery mix
- 4 cloves garlic, chopped
- 4 cups low-sodium vegetable or chicken broth
- 1 ½ cups green or brown lentils
- 1 (15-ounce) can unsalted diced tomatoes, undrained
- 2 teaspoons finely chopped fresh thyme
- ½ teaspoon salt
- ½ teaspoon ground pepper
- ½ teaspoon crushed red pepper
- ½ cup grated Parmesan cheese
- 1 tablespoon parmesan rind (optional)
- 3 cups packed roughly chopped lacinato kale
- 1½ tablespoons red-wine vinegar
- 4 tablespoon chopped fresh flat-leaf parsley for garnish



DIRECTIONS

1. Heat oil in a Dutch oven or large pot over medium heat. Add 3 cups chopped onion, carrot and celery mix; cook, stirring occasionally, until softened, 6 to 10 minutes. Add 4 cloves garlic; cook, stirring often, until fragrant, about 30 seconds.
2. Stir in 4 cups broth, 1 ½ cups lentils, 1 can tomatoes, 2 teaspoons thyme, ½ teaspoon salt, ½ teaspoon pepper, ½ teaspoon crushed red pepper and Parmesan rind, if using. Bring to a boil over medium-high heat. Reduce heat to medium-low; cover and cook, stirring occasionally, until the lentils are almost tender, 15 to 25 minutes, adding water as needed to thin to desired consistency.
3. Stir in 3 cups kale. Cook, covered, until the kale is tender, 5 to 10 minutes. Remove and discard the Parmesan rind, if using. Stir in 1 ½ tablespoons vinegar. Divide the soup among 6 bowls; sprinkle with Parmesan. Garnish with 4 tablespoon parsley, if desired.

<https://www.eatingwell.com/recipe/7917979/one-pot-lentil-vegetable-soup-with-parmesan/>



ASHLY COTHERN DDS

Dear Dental Family,

With every new season I am reminded of the passage of time. I am reminded of all that has changed and all that will continue to change.



At home, I am physically seeing change in my teenage boys. Man, do they sprout up quickly! Our baby, James, is definitely

no longer a baby and is in the 7th grade at LHMS. He plays hockey, football and piano. Big brother, John, has his driver’s permit and is a Freshman at LHHS. He also plays football and travels a lot for hockey. It is hard to believe that our baby girl, Maggie, is finishing up her final year of high school. She is plenty busy with all of the senior things, Wranglers, many service organizations and applying for college (stay tuned to find out where she chooses!) Our first born, Kelly, has definitely ‘drank the Kool-Aid’ and loves all things Texas A&M. She is enjoying her sophomore year as a Chi Omega, making great grades and even got a job!

As they say, “The more things change, the more things stay the same.” I can embrace change, but I am finding the older I get, the more I appreciate the things that stay the same. In our office, we are always looking for better ways to serve our patients, whether it be equipment, techniques, customer service, materials, technology or comforts. New amenities may come and go, but one thing that will certainly stay the same is our patient relationships will always come first.

You can count on us to communicate, educate and encourage our patients towards overall wellness. Although, there are many variables in today’s world that can be distracting, chaotic and down right negative, you can trust that the heart behind what we do will stay the same. We pray that your visit to our office will be a bright spot in your day.

We know that you have a choice when you go to the dentist. We are thankful that you have chosen us! Our team feels honored to care for your pearly whites and the person they are connected to.

See you at your next appointment.

Sincerely, *-Dr. C*



The Daily Floss Tips From Your Hygienists



The Benefits of Using a Waterpik for Better Oral Health

A Waterpik, or water flosser, offers several advantages. Although it is not a replacement for traditional flossing, it makes a great addition to your oral care routine.

Easy to Use: Water flossing is simple, making it ideal for those with braces, arthritis, or limited dexterity. Effective Plaque Removal: Studies show it removes up to 99.9% of plaque from treated areas, reducing the risk of cavities and gum disease.

Gentle on Gums: The pulsating water massages the gums, promoting circulation and helping prevent gingivitis.

Great for Braces & Dental Work: It effectively cleans around braces, implants, and crowns, where traditional floss can struggle.

Quick & Convenient: Water flossing takes just minutes, making it an easy addition to your daily routine. Improves Breath: By flushing out food particles and bacteria, it helps reduce bad breath.

Incorporating a Waterpik into your oral hygiene routine is a simple way to improve your dental health and maintain a cleaner, fresher smile.

Dental Insurance Benefits

To get the most value out of your dental insurance, it’s important to take advantage of the preventive care your plan covers, such as routine exams and cleanings. **Regular visits can help detect issues early, reducing the likelihood of needing more expensive treatments down the road.**

By staying on top of your dental health, you ensure that you’re getting the most out of your plan while avoiding more serious (and costly) problems in the future. **Contact us today** to schedule your next appointment or to discuss any questions regarding your individual dental plan benefits.



Invisalign® clear aligners are a great option for teens and adults looking to straighten their teeth. However, every patient is unique, and a consultation with our team at will help determine if Invisalign is the best option for you. **Using advanced 3D imaging technology**, Invisalign Smile Simulator gives you a preview of how your teeth will look once treatment is complete. By simply taking a digital scan of your smile, we can create a customized simulation that shows you the future position of your teeth after Invisalign aligners. Knowing the outcome ahead of time helps you make an informed decision about whether Invisalign is the right choice for you. **CALL TODAY TO RESERVE YOUR COMPLIMENTARY CONSULTATION!**



Now Accepting New Patients!

Do you know someone who could benefit from exceptional dental care in a friendly and welcoming environment? We’d love to meet them! Referrals from our existing patients are the highest compliment we can receive, and we truly appreciate your trust in our team.

#teamcothern #exceptionaldentalcare

Give us a shout!
(214) 696-9966

Visit us online!
drcothern.com

CREATE A SMILE YOU LOVE!

If you’ve ever thought about enhancing your smile, now’s the perfect time to take the next step! Dr. Cothern is here to help you achieve the smile of your dreams. Whether you’re interested in teeth whitening, Invisalign, bonding, porcelain veneers, or a complete smile transformation, she will work with you to create a personalized plan that suits your needs. Come in for a consultation!



We Are Open Mondays!



To better serve our valued patients, we’re expanding our office hours and are now open on Mondays. This means even more flexibility for you to schedule your appointments at a time that fits your busy life. Whether you’re due for a routine cleaning,

need a dental check-up, or are considering a cosmetic procedure, we’re here to make sure you receive the care you need.

NEW OFFICE HOURS: Monday-Thursday | 7:30 a.m. - 3:30 p.m.

What Patients Are Saying



“I’ve been a patient of Dr. Cothern for over 20 years & could not more highly recommend her & her amazing team!! She does everything with excellence & love.”

-MEREDITH

“Visiting Dr. Cothern’s office is not just an appointment; it’s an integral part of maintaining and enhancing overall well-being.”

-ARMANDO

Had a great experience?

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AND SHARE THE LOVE!

