

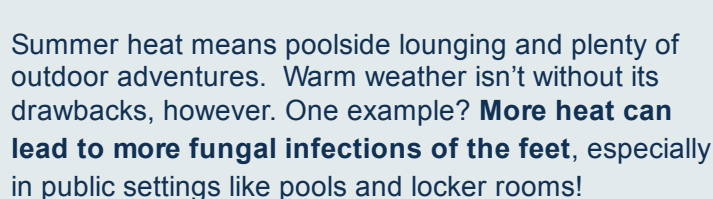


IN THIS ISSUE

- Keeping Your Feet Fresh All Summer Long
- Family Fitness for All Ages!
- This Month in July
- Recipe of the Month: Extra-Crispy Eggplant Parmesan

FEATURED ARTICLES

Keeping Your Feet Fresh All Summer Long



[Click Here to Read More](#)

Family Fitness for All Ages!

Getting active outdoors with your family is always a blast, but navigating the world of fitness can be tricky, especially when considering different age groups and abilities.

[Click Here to Read More](#)



MEET OUR DOCTOR



STAVROS ALEXOPOULOS, D.P.M.

Read More Here

Don't Let Your Foot Pain Keep You From Enjoying Life!

Call us today for your appointment
(773) 561-8100



RECIPE OF THE MONTH

THIS EGGPLANT PARMESAN IS CREAMY IN THE CENTER WITH A CRISPY PANKO CRUST ON THE OUTSIDE.

INGREDIENTS

- 1 medium eggplant, unpeeled
- 1 cup whole-wheat panko breadcrumbs
- 1/4 cup whole-wheat flour
- 1 large egg, lightly beaten
- 1 tsp salt-free Italian seasoning
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/4 tsp salt
- 1 c low-sodium marinara sauce
- 3/4 c shredded low-moisture part-skim mozzarella cheese
- 1/4 c grated parmesan cheese
- 2 tbsp extra-virgin olive oil
- Fresh basil leaves for garnish (optional)

DIRECTIONS

1. Preheat oven to 425°F. Line a large-rimmed baking sheet with foil; set a wire rack on the baking sheet. Cut eggplant lengthwise into 4 slices, keeping the stem intact.
2. Place panko, flour, and egg in 3 separate bowls. Stir Italian seasoning, garlic powder, and onion powder into the panko.
3. Working with 1 slice at a time, dredge in flour and shake off excess. Dip in egg; let excess drip off. Dredge in panko mixture to coat, pressing to adhere. Place on the prepared rack.
4. Generously coat the tops of the eggplant slices with cooking spray. Bake until the panko is extra-crispy, browned and the eggplant is tender, about 40 mins. Flip and coat with cooking spray halfway through. Remove from the oven. Sprinkle with salt.
5. Increase oven temperature to broil; preheat for 5 minutes. Top the eggplant slices with marinara, mozzarella, and Parmesan. Broil until the cheeses are melted and brown, 2 to 3 minutes.
6. Divide the eggplant slices among 4 plates and drizzle with oil. Garnish with basil, if desired.

Recipe courtesy of eatingwell.com

THIS MONTH IN JULY



INTERESTING DATES

JULY							4 Independence Day
SUN	MON	TUE	WED	THU	FRI	SAT	7 World Chocolate Day
	1	2	3	4	5	6	13 National French Fry Day
7	8	9	10	11	12	13	16 Moon Landing Anniversary
14	15	16	17	18	19	20	21 National Ice Cream Day
21	22	23	24	25	26	27	24 National Tequila Day
28	29	30	31				31 National Avocado Day



HISTORICAL FACTS

- | | |
|---|---|
| ★ | On July 1, 1847, the U.S. postage stamps went on sale for the first time. One, priced at five cents, depicted Benjamin Franklin. The other, a ten-cent stamp, pictured George Washington. Clerks used scissors to cut the stamps from pre-gummed, nonperforated sheets. |
| ★ | On July 12, 1933, Congress passed the first minimum wage law. The minimum wage was set at 33 cents per hour. |
| ★ | On July 16, 1999, John F. Kennedy Jr., along with his wife, Carolyn, and sister-in-law, Lauren, died in a plane crash off Martha's Vineyard. |
| ★ | World War I, also known as the Great War, began on July 28, 1914, after the assassination of Archduke Franz Ferdinand of Austria. His murder catapulted into a war across Europe that lasted until 1918. |



Our Office

Mon: 9:00 am – 5:00 pm
Tues: 9:00 am – 5:00 pm
Wed: 9:00 am – 5:00 pm
Thurs: 9:00 am – 5:00 pm
Fri: 9:00 am – 1:00 pm
Sat: 8:00 am – 1:00 pm
Sun: Closed

Need more info?

CONTACT US →

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletters not intended to replace the services of a doctor. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional medical advice.