

March 2025

This Month...

- Coffee With A Cop **Monday, March 3 at 10:30AM**
- Reverse Mentoring **Friday, March 7 at 1:00PM**
- March Luncheon **Monday, March 17 at 12:00PM**
- Versiti Blood Drive **Tuesday, March 25** *www.versiti.org
- March Pizza & Bingo **Wednesday, March 26 at 12:00PM**
- Facility Closing EARLY **Friday, March 28 at 5:00PM**

Please call or visit the front desk for preregistration & additional information.

www.byrontownshiprec.org
616.878.1998

Spring jokes to share with your BUDS! 😊

- **Why did the flower crash his bicycle?** He lost control of the petals.
- **Why can't the duck go to the comedy show?** Because he'll quack up.
- **Why are flowers so popular?** They have a lot of buds.
- **What did summer say to spring?** "Help, I'm going to fall!"

Baked Sweet Potato Fries with Avocado Dip

Ingredients For The Baked Sweet Potatoes Fries:

- 4 sweet potatoes peeled and cut into wedges or fry shapes
- 1 tablespoon cornstarch
- 1 tablespoon olive oil
- salt and pepper to taste
- 1/2-1 teaspoon garlic powder
- pinch of dill
- pinch of cayenne to taste

Ingredients For The Avocado Dip:

- 1 ripe avocado peeled and pitted
- 1/2 cup nonfat Greek yogurt
- 1/3 cup packed fresh cilantro leaves
- 1 garlic clove minced
- 1/4 teaspoon cumin
- Juice of 1 lime
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- Hot sauce or sriracha to taste



Instructions For Sweet Potato Fries:

1. Preheat the oven to 450°F and line baking sheet with parchment paper.
2. To a gallon size Ziplock bag add the cornstarch, olive oil, salt and pepper, garlic powder, dill, and cayenne. Shake to mix together. Then add the sweet potato fries to the bag and shake to coat evenly.
3. Transfer the coated sweet potato fries to the prepared baking sheets and spread evenly in a single layer. Bake for 20 minutes, turn and bake for another 7-10 minutes, or until crispy.

Instructions For Avocado Dip:

1. Place avocado, yogurt, cilantro, lime juice, cumin, salt and pepper in a food processor. Process until smooth. Season with hot sauce or sriracha, if desired.
2. **Make Ahead Tip:** Cover and refrigerate for up to 2 days.