

LAKESHORE RECYCLING SYSTEMS

# TRASH TALK

PHOTOS OF THE WEEK

At Open Enrollment time, the Payroll & Benefits team needs all hands (and paws) on deck, which includes **Carrie Velkover's** helpful cat, Lilly!



During this time, it is important to remember to connect with family, something that **John Sliwicki** is able to do with his two little ones!



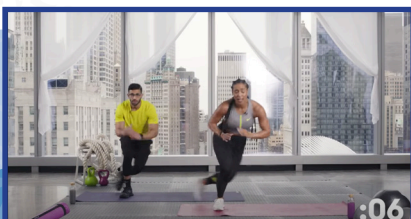
The Easter holiday this past weekend meant lots of delicious candy for **Agnes Bawarawski** and her family!



HAVE PHOTOS TO SHARE?  
SEND TO  
[MARKETING@LRSRECYCLES.COM!](mailto:MARKETING@LRSRECYCLES.COM)

WORKOUT VIDEOS TO MOTIVATE

30 MINUTE HIIT TRAINING



ONE HOUR HIIT TRAINING



FAMILY TIME WITH CRAFT PROJECTS

Many of us are home with our children during this time. What better way to share a family activity than by fun crafts together? Click any of the below links for some fun craft ideas!

[A THANK-YOU AT HOME FOR FRONT-LINE HEROES](#)

[CREATE A BOX FORT TOGETHER](#)

[TEACH YOUR KIDS ABOUT THEIR ROOTS WITH A THUMBPRINT FAMILY TREE](#)

TAKE CARE WITH SELF CARE

In addition to protecting yourself and your family physically from this virus through hygiene and social distancing, it's important to make sure to practice mental self care! Click any of the below links for some helpful tips.

[BREATHING EXERCISES](#)

[WRITE DOWN YOUR THOUGHTS](#)

[LISTEN TO CALMING MUSIC](#)

HAVE A RECIPE OR TIPS YOU WOULD LIKE TO SHARE?  
SEND TO [MARKETING@LRSRECYCLES.COM!](mailto:MARKETING@LRSRECYCLES.COM)

RECIPE OF THE WEEK

YOGURT-MARINATED GRILLED CHICKEN

Perfect Spring BBQ Recipe! This easy, fresh-tasting yogurt marinade helps the chicken stay juicy even if it's a little overcooked. The marinade also works well with skin-on boneless breasts or thighs.



INGREDIENTS

- 1 cup full-fat plain Greek yogurt
- 1 cup lightly packed cilantro, finely chopped (or parsley)
- 2 tablespoons fresh lemon juice
- 3 garlic cloves, minced
- 1 teaspoon cayenne
- 1 teaspoon ground cumin
- Kosher salt
- Pepper
- One 3 1/2-pound chicken—halved, breast and rib bones removed, leg bones left intact
- Vegetable oil, for brushing

METHOD

1. In a large resealable plastic bag, mix the yogurt with the cilantro, lemon juice, garlic, cayenne, cumin, 2 teaspoons of salt and 1 teaspoon of pepper. Add the chicken halves and turn to coat. Seal the bag and transfer to a baking dish. Refrigerate for at least 3 hours or overnight. Bring the chicken to room temperature before grilling.
2. Set up a gas grill for indirect grilling, then heat to 400° and oil the grate. Remove the chicken from the marinade, scraping off any excess; discard the marinade. Season the chicken with salt and pepper. Set the chicken skin side up on the grate over indirect heat. Close the grill and cook, turning once, until the chicken is browned and nearly cooked through, about 25 minutes; use a spray bottle filled with water to stop flare-ups.
3. Reduce the heat to moderately low. Flip the chicken and grill it over direct heat, turning occasionally, until lightly charred and an instant-read thermometer inserted in the inner thighs registers 160°, about 15 minutes more. Transfer the chicken to a carving board and let rest for 10 minutes before carving.