

LAKESHORE RECYCLING SYSTEMS

TRASH TALK

COMMUNITY
THANKS

Our community members have come together in different ways to thank our drivers for their hard work during these difficult times!



Be part of the conversation as we post these live! Follow us on our [LRS Facebook page](#) for all community recognitions, news and updates!

STAY CONNECTED WHILE
SOCIAL
DISTANCING

With social distancing in effect through the end of May, be sure to maintain contact with family and friends! Click any of the below links for some exciting ideas how to stay connected!

[HOST A ZOOM HAPPY HOUR](#)

[WATCH A MOVIE WITH FRIENDS FROM YOUR OWN HOMES WITH THE NETFLIX PARTY EXTENSION](#)

[PLAY GAMES ONLINE WITH FRIENDS AND FAMILY](#)

WARM WEATHER ACTIVITIES
SIX FEET AWAY

Spring weather is finally here! It's important to enjoy the fresh air during quarantine, while remaining at a safe distance from others per CDC guidelines. Click any of the below links for some ideas for activities you can do outdoors while social distancing.

[CREATE AND FLY YOUR VERY OWN KITE WITH YOUR FAMILY](#)

[ENJOY A PICNIC IN THE BACKYARD](#)

[TAKE SMALL CHILDREN OUTSIDE AND DRAW ON THE SIDEWALK WITH CHALK](#)

HAVE A RECIPE OR TIPS YOU WOULD LIKE TO SHARE?

SEND TO MARKETING@LRSRECYCLES.COM!

RECIPE OF THE
WEEK

GREEN CHICKEN CURRY

This quick and easy curry is easy and fun to make! You can mix any vegetables you want! This recipe would feed about six, so cut in half if needed or freeze the leftovers!

INGREDIENTS

- 2 pounds boneless skinless chicken thighs rinsed, patted dry & cut into cubes
- 1 1/2 tablespoons ghee, butter or oil
- 1/4 cup chicken broth/ bone broth or veggie broth
- 1 large yellow onion diced
- 4 tablespoons green curry paste (Thai Kitchen is good!)
- 40 ounces canned coconut milk (this is about 3 cans)
- 1 head cauliflower cut into florets
- 2 cups green beans trimmed
- 1 small butternut squash diced
- 2 teaspoons turmeric
- 3/4 teaspoon ground ginger
- 2 teaspoons garlic powder
- 2 teaspoons curry powder
- 1 teaspoon red pepper flakes to taste (careful!)
- sea salt and black pepper to taste
- cooked cauliflower rice for serving or regular white rice, jasmine or brown
- fresh cilantro for serving - parsley is fine! (optional)
- spiced cashew pieces for serving (optional)
- Plain Greek yogurt for serving (cools down any spice heat)
- Slice of lime to serve (optional)

METHOD

1. Heat a high-rimmed sauté pan with 1 tablespoon of ghee. While it is heating up, season your chicken thigh cubes with salt and pepper.
2. Pan fry the chicken until lightly brown on all sides. Using a slotted spoon, transfer the chunks into a bowl and set aside. Discard the excess fat and juice from the pan.
3. Add in broth and let onions cook until they look translucent (about 4-5 minutes).
4. Throw the chicken back into the pan and add green curry paste. Stir until well combined, and pour in the canned coconut milk. Let it just come to a boil and turn it on medium-low heat.
5. Add in all of the vegetables and other spices. Once the vegetables have cooked through (check if they are fork tender), lower the heat to a simmer and stir in turmeric.
6. Add sea salt and ground black pepper, to taste.
7. Let the curry simmer for 15-20 minutes, and mix in or top off with some fresh cilantro. Serve with rice and top off with spiced cashews or yogurt.