

# LAKESHORE RECYCLING SYSTEMS

# TRASH TALK

## RECIPE OF THE WEEK

### GRILLED CILANTRO LIME SWEET POTATOES

Healthy and easy side for your dinner (simple enough for little helpers to assist)

#### INGREDIENTS

- 2 pounds sweet potatoes
- 3-4 tablespoons extra virgin olive oil
- 1/4 cup finely chopped fresh cilantro (including tender stems)
- Dressing
- 1 teaspoon of lime zest or lemon zest
- 2 tablespoons of fresh lime/ lemon juice
- Kosher salt

#### METHOD

1. Prepare the grill, prep the sweet potatoes: Prepare your grill for hot, direct heat.
2. While the grill is heating up, peel the sweet potatoes and slice lengthwise, or on a diagonal, into 1/4 inch-thick pieces.
3. Coat the sweet potato slices with olive oil and lightly sprinkle with Kosher salt.
4. Make cilantro lime dressing: Combine all of the dressing ingredients into a small bowl.
5. Grill the sweet potatoes: Once the grill is hot, lay the sweet potato pieces down onto the grill grates. Cover the grill and cook until each side gets some grill marks, between 3-6 minutes for each side, depending on how hot your grill is.
6. Toss with dressing: Toss the sweet potatoes in a bowl with the dressing and serve hot.

## WORKOUT VIDEOS TO MOTIVATE

### 30 MINUTE STRENGTH TRAINING



### ONE HOUR STRENGTH TRAINING



## SELF-CARE WITH SPRING CLEANING

Click these links to find stories to help promote a healthy you while staying at home!

[HOW ALEXA CAN HELP YOU CLEAN](#)

[USA TODAY'S 5 TIPS FOR SPRING CLEANING WHILE QUARANTINED](#)

[ECO-FRIENDLY SPRING CLEANING TIPS](#)

## PHOTOS OF THE WEEK



Printing responsibly at home is easy for **Tia Valavanis** as her cat, Duke, continues to monitor her print usage.



**Marie Paff** and her family make the most of our beautiful weather to spread positive messages in the community.



We've all had to put play aside when Zoom conferences occur, exactly like **Meaghan Johnson's** dog, Dillon.



Even though a haircut isn't an essential service, that doesn't mean **Kris Roesken** and his family can't enjoy new styles from home!



Living Safety doesn't stop in quarantine, and **Shannon Figueroa's** cat, Marbles, proudly showcases her safety band!

