



SUMMER 2024



Bethel Foot and Ankle

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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

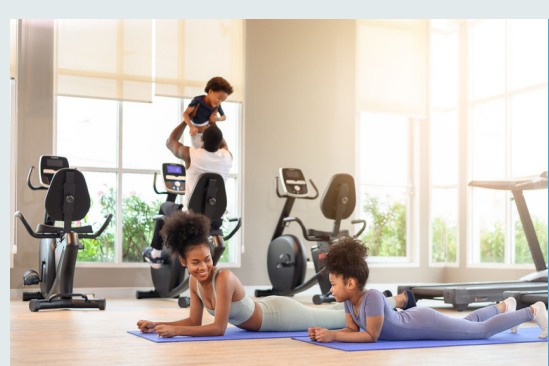


Summer heat means poolside lounging and plenty of outdoor adventures. Warm weather isn't without its drawbacks, however. One example? **More heat can lead to more fungal infections of the feet**, especially in public settings like pools and locker rooms!

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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.



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MEET OUR DOCTORS



DR. MICHAEL Z. FEIN

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DR. JAMIE A. OTFINOSKI

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RECIPE OF THE MONTH

EXTRA-CRISPY

Eggplant Parmesan



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

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

4 Independence Day

7 World Chocolate Day

13 National French Fry Day

16 Moon Landing Anniversary

21 National Ice Cream Day

24 National Tequila Day

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.



Book Your Appointment Today!



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