



Get Off Your Buns

A Green Valley Ranch program enhancing and promoting active lives

May-June 2018

UPCOMING LUNCH BUNCH

Departs the 2nd Friday of every month from the admin building at **11:00am**.

(PLEASE NOTE - NEW TIME)

\$3.00 transportation fee per each trip.



May 11, 2018 – (Cherry Creek Grill)

Address: 184 Steele Street, Denver Co 80206

RSVP due date: Wednesday, May 9, 2018

Menu price range: \$8-\$38

They specialize in the highest quality rotisserie meats slowly cooked over a hardwood fire in our custom stone oven. You'll also find hearty salads, their classic cheeseburger and tender USDA prime steaks. They focus on classic cocktails and an extensive list of exceptional California wines for the perfect complement to your meal.

THE GROUP has been to this restaurant before, this one deserves an Encore. Most ASKED TO GO TO this one again.



JUNE 8, 2018 – (The Lobby)

Address: 2191 ARAPAHOE STREET, DENVER, CO 80205

RSVP due date: Wednesday, JUNE 6, 2018

Menu price range: \$4-\$13

Welcome to the Lobby! They are, at heart, a neighborhood restaurant serving up fresh food for brunch, lunch and dinner in beautiful downtown Denver, Colorado. Their story began in 2009 as a humble American Grill, sister restaurant to local favorite Whiskey Bar on 22nd & Larimer. Through the years and with no fear of adapting to ever evolving guests they have stayed true to their mantra.

UPCOMING ADULT DAY TRIPS



Canvas and cocktails: Saturday, MAY 19, 2018

Address: 249 CLAYTON STREET, DENVER, CO 80206

Departing: 1:00 pm **Returning @** 5:00 pm

Cost: \$ 35pp COST INCLUDES ADMISSION 1 CANVAS & 1 DRINK OF YOUR CHOICE AND TRANSPORTATION.

Registration due date: *Wednesday, MAY 16, 2018*

Late riser? Join them for their Sangria Saturdays and Sundays! These classes are at 2pm and include your first Sangria! All of their Mimosa Mornings, Sangria Saturdays, and Sangria Sundays are slower paced, family friendly and packed with fun!



OJ'AYS IN CONCERT: HUDSON GARDENS SUNDAY, JUNE 24, 2018

TIME: doors open @5:30pm **SHOW STARTS @** 7:30PM

Address: 6115 South Santa Fe Dr., Littleton, Colorado 80120
303-797-8565

Departing: 5:00PM **Returning:** TBD

Cost: \$ 55pp Cost includes ADMISSION AND TRANSPORTATION

Registration due date: UNTIL TICKETS ARE SOLD OUT!

PERFORMING HITS LIKE BACKSTABBERS, SHE USED TO BE MY GIRL AND I LOVE MUSIC AND ANY MORE!

Smoked Salmon Quesadillas

Preparation time: 10 min **Servings:** 6
Cooking time: 5 min

Ingredients:

1/8 tsp white pepper
6 oz smoked salmon, thinly sliced
3 tbsp olive oil
1 tbsp fresh lemon juice
2 tbsp olive oil
2 oz goat cheese
1 tbsp prepared horseradish, well-drained
1 tbsp sour cream
1-1/3 tbsp dill, chopped, or 1-1/2 tsp dried
6 small flour tortillas

Cooking Directions:

Combine first 3 ingredients in a bowl. Add 1/3 of dill, white pepper and salt to taste. Beat with a wooden spoon until smooth and well blended. Set aside. Heat 1 tsp oil in a heavy nonstick skillet over medium high heat. Cook a tortilla about a minute per side, until golden. Transfer to paper towels to drain. Repeat process with oil and tortillas until finished. Spread a heaping teaspoon of cheese mixture over each tortilla. Arrange smoked salmon over cheese. Sprinkle with remaining dill and drizzle with lemon juice. Serve immediately.



Nutrition Facts

Calories 200
% Calories From Fat 49.5%

Total Fat 11g
Saturated Fats 3.2g
Mono-unsaturated Fats 5.6g
Poly-unsaturated Fats 1.3g

Cholesterol 16mg

Sodium 870mg

Total Carbohydrates 16g
Dietary Fiber 1g
Sugar 1.2g

Protein 9.1g

Nutritionist Recommended For:
Low Cholesterol