

TIDBITS ■ FACTS ■ INFO

Volume 1

Issue 4

July/August 2016

President's Message

Welcome to our latest Tidbits, Facts and Info newsletter. This issue we are highlighting a few of the services within our sign division - Vehicle Graphics and Window Graphics. Today more than ever, advertising dollars must be able to show a return on investment. One of the best ways to do that is with vehicle lettering/graphics. Your company's vehicles are moving billboards. Are you taking advantage of that opportunity for your potential customers to see you every day? This form of advertising is one of the most cost effective forms of advertising. We can design, print and install your graphics for you. Talk to us today about your lettering/graphics needs today.

Jeff

**Don't Forget
About Us For ALL
Your Printing,
Copy, Mail,
and
Distribution
Services!!**



Riddle of the Month

Q. What can travel around the world while staying in a corner?

Answer: A stamp.

Advertise your business on your car, truck, boat, or storefront with our custom vinyl graphics and lettering.

VEHICLE GRAPHICS



Do you have your own business, have a product or even want to spread a message that you can advertise for FREE? Vehicles are one of the most effective marketing and advertising tools a business can have. Your vehicles are in traffic, stopped at red lights, parked in parking lots, or in neighborhoods for extended periods of time. With Vehicle Lettering and Graphics, this is FREE advertising! In addition to Vehicles, we do Boat and Trailer Graphics as well as Vehicle Magnets.

WINDOW GRAPHICS



Does your business have windows? If yes, transform your empty window space into an eye catching advertisement for your business. From simple lettering listing services provided or a phone number to elaborate full color graphics, we will work with you to determine the best design for your business. Keep in mind, windows can be a great advertising tool as well.

**Design, Print & Install
Call us Today to Get your Free Estimate!**

ROBERTS & SONS Printing, Inc.
MARKETING ■ DESIGN ■ PRINTING ■ MAILING

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Any questions email us at info@robertsprinting.com or sales@robertssign.com

Grilled Vegetable Quesadillas



Prep time 20 mins • Cook time 30 mins
Total time 50 mins

Grilled Vegetable Quesadillas with fresh mozzarella cheese and pesto - using fresh ingredients found at your local market, these quesadillas are perfect for a healthy lunch or dinner.

Author: Jo Cooks
Serves: 4

Ingredients

- 4 large ancient grain tortillas
- 2 large zucchinis, sliced into ¼ inch slices
- 2 large squash (I used a cousa squash,

but yellow zucchini is fine too), sliced into ¼ inch slices

- 4 large portobello mushrooms, sliced
- 4 red bell peppers or sweet pointed red peppers
- 1 large red onion, sliced
- 2 cups fresh mozzarella cheese, shredded
- 8 tbsp pesto, store bought
- salt and pepper to taste

Instructions

1. Turn your grill on and let it heat up to about 300 to 350 F degrees.
2. Season the zucchini, squash and mushrooms with salt and pepper.
3. Grill the vegetables, including the peppers on both sides until grill marks form. Remove from grill and set aside. Make sure you grill the peppers until they're charred.
4. Let the peppers cool then careful remove the skin and seeds from the peppers then wash them out.
5. Take a large tortilla and spread 2 tbsp of pesto over the top of the tortilla. Arrange grilled vegetables on half of the tortillas, some zucchini, squash, red onion, mushrooms and peppers. Top with about ½ cup of mozzarella cheese, use less if preferred. Flip over the other half of the tortilla to form half a circle and press down. You can use a panini press to grill the quesadilla or use a skillet. If you're using a skillet, spray the bottom of the skillet with cooking spray. Place the quesadilla and grill it on both sides until golden brown, about 3 minutes per side.
6. Repeat with remaining tortillas and grilled vegetables.
7. Cut each quesadilla in 4 and serve.

Nutrition Information

Serving size: 1 quesadilla Calories: 519 Fat: 26.5g Saturated fat: 9.2g Unsaturated fat: 0.0g Trans fat: 0.0g Carbohydrates: 43.5g Sugar: 15.2g Sodium: 739mg Fiber: 10.4g Protein: 30.5g Cholesterol: 38mg

Recipe by Jo Cooks at <http://www.jocooks.com/healthy-eating/grilled-vegetable-quesadillas/>

Health Facts

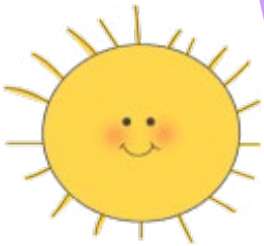
- A lack of exercise is now causing as many deaths as smoking
<http://www.factslides.com/s-Health>
- Physical activity like aerobic exercise (walking, running), muscle-strengthening (weight-lifting), bone-strengthening (jumping rope), and balance and stretching activities (yoga, pilates, dancing) are especially beneficial to a healthy body.
<https://www.dosomething.org/us/facts/11-facts-about-healthy-living>

Fun Things to do this Summer!

- Go to a Drive - In Movie
- Take a Mini Road Trip
- Throw a BBQ for friends and family
- Go Star Gazing
- Catch Fireflies



Word Search



S M R O T S R E D N U H T E E E B
P E H A P P O I M I K B S A R T E
O B O M N O N F M E E H M E I P A
L B N I C O E U R E S C M C F T C
F I R E F L I E S W I M M I N G H
P W A T E R P A R K U O F N O R U
I N O I T A C A V S A H L C B E M
L H L H O O L S T E I C N I O P I
F S T R O H S R M E M F L P I S D

Summer
Sun
Thunderstorms
Beach
Picnic
Hot
Humid
Pool
Ocean
Swimming
Flip Flops
Shorts
Fireflies
Bees
Vacation
Boat
Water Park
Bon Fire

