#### In this Issue...

- The 5 Leading Causes of California Car Accidents
- Rear-End Collisions and Straightforward Solutions
- Recipe of the Month Breakfast Burrito
- What's Happening In & Around Sacramento

#### **The 5 Leading Causes of California Car Accidents**



With its vast network of highways and urban roadways, our state understandably experiences <u>a high volume of car accidents.</u> Yet, while these accidents can occur due to a variety of factors, certain causes consistently contribute more than others.

Read More Here

### **Rear-End Collisions and Straightforward Solutions**



Rear-end collisions are among the most frequent types of car accidents across the country, and they can also be quite dangerous. These crashes can range from minor fender benders to catastrophic incidents, resulting in severe injuries or even fatalities.

Read More Here

Have you or a loved one been a victim of a <u>DUI</u>, <u>car</u>, <u>truck</u>, or <u>motorcycle accident</u>, <u>dog</u> attack, or injured by a slip and fall incident? If so, Tiemann Law Firm can help. Our experienced personal injury attorneys will fight for the compensation you deserve.

> Give us a call at (916) 999-9000 or toll-free: (800) 712-2000

Contact Us Today for a Free, Same-Day Consultation.

# breakfast burrito

Mornings just got easier with these satisfying breakfast burritos made with eggs, spinach, serrano peppers, and cheese. These burritos can last for months in the freezer and reheat within minutes in the microwave, so keep a stash on hand for when you need a quick, healthy breakfast.



#### **INGREDIENTS**

- 12 large eggs
- 1/4 teaspoon salt
- 1/4 teaspoon ground pepper
- 2 teaspoons extra-virgin olive oil
- 1 tablespoon finely chopped seeded serrano pepper
- 1/2 teaspoon paprika • 2 cups baby spinach
- 6 (8 inch) whole-wheat tortillas
- 1/2 cup shredded pepper Jack cheese

### DIRECTIONS

- 1. Whisk eggs, salt and pepper in a large bowl.
- 2. Heat oil in a large nonstick pan over medium-low heat. Add serrano and paprika; cook, stirring frequently, until fragrant, 1 to 2 minutes. Add spinach; cook, stirring occasionally, until wilted, 1 to 2 minutes. Pour in the eggs and cook, stirring occasionally, until the eggs are mostly set, about 5 minutes,
- 3.To assemble burritos, place each tortilla on a sheet of foil. Add ½ cup scrambled eggs to the bottom half of the tortilla, then divide the cheese evenly (about 1 tablespoon + 1 teaspoon per burrito). Roll snugly, tucking in the ends as you go, and bake at 350° until heated through, about 8-10 minutes.
- 4. Instead of baking your burritos, you can wrap each burrito tightly in the foil and freeze for up to 3 months. To reheat, unwrap a burrito and transfer it to a microwave-safe plate. Cover with a paper towel and microwave on Medium for 1 to 2 minutes. Microwave on High until heated through, about 2 minutes. (Alternatively, bake foilwrapped burritos at 375°F until heated through, about 25 minutes.)

Recipe Courtesy of <u>www.eatingwell.com</u>

## **What's Happening In & Around Sacramento**

August 17 – 18

13th Annual Sacramento

**Banana Festival** 

William Land Park

Sacramento

August 31 – September 2

Chalk It Up! Festival Fremont Park

Sacramento

September 1

September 8 September 10

Quinceaneras Expo **Town & Country Event Center** 

Sacramento

National Remember Our Fallen Memorial Rancho Cordova City Hall,

To Commemorate 9/11-

ChargePoint

Rancho Cordova

September 21

Fair Oaks Chicken Festival Fair Oaks Park

September 28

Oktoberfest Midtown Sacramento

Der Biergarten

Sacramento

**Bombas** 

Sacramento's Festival De

McFarland Ranch

Galt

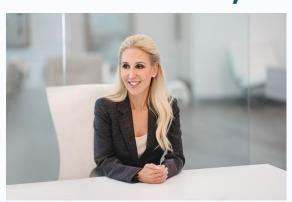
September 14

2024 Autumn Lantern Festival <u>& Night Market</u>

Franklin Light Rail Station

Sacramento

# **Meet Our Attorney**



Jelena Tiemann

**Our Office** 1500 River Park Drive Sacramento, CA 95815

916.999.9000

Need More info?

CONTACT US →





 $\mathbb{X}$ 

Disclaimer: Content of this newsletter may not be used or reproduced without written permission of the author. This newsletter is not intended to replace the services of an attorney. No expressed or implied guarantees have been made or are made by the author or publisher. Information in this newsletter is for informational purposes only and is not a substitute for professional legal advice.

