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The 5 Leading Causes of California Car Accidents



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

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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 [DUI](#), [car, truck, or motorcycle accident](#), [dog 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.

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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 foil-wrapped burritos at 375°F until heated through, about 25 minutes.)

Recipe Courtesy of www.eatingwell.com

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

[Sacramento's Festival De Bombas](#)

McFarland Ranch
 Galt

September 8

[Quinceaneras Expo](#)

Town & Country Event Center
 Sacramento

September 10

[To Commemorate 9/11- National Remember Our Fallen Memorial](#)

Rancho Cordova City Hall, ChargePoint
 Rancho Cordova

September 14

[2024 Autumn Lantern Festival & Night Market](#)

Franklin Light Rail Station
 Sacramento

September 21

[Fair Oaks Chicken Festival](#)

Fair Oaks Park

September 28

[Oktoberfest Midtown Sacramento](#)

Der Biergarten
 Sacramento

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Need More info?

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