



At Home

Making the Most of Living in a Cowboy
Properties Community
Aug. 26, 2022

Quick & Easy Recipes

Recipes for the days when you just want to get dinner on the table quickly.

[Pesto Chicken Bake](#)

[French Bread Pizza](#)

[Tuna & Avocado Wrap](#)

[Teriyaki Chicken & Veggie Foil Packs](#)

[Stuffed Bell Pepper Nacho Boats](#)

[One Pot Creamy Spaghetti](#)

[Greek White Bean Soup \(Fasolada\)](#)

[One Pot Chicken and Mushroom Orzo](#)

[Egg Roll In A Bowl](#)

[Tuscan Chicken Mac and Cheese](#)

[BLT Bean Salad](#)

[One Skillet Pork Chop Supper](#)

[Pepperoni Roll-Ups](#)

[Orzo Pasta Salad](#)

[Sriracha Lime Shrimp Tacos](#)

[Smokey Chili Mac Soup](#)

Amazon Giveaway!

We're giving away three \$50 Amazon gift cards! [Click here to be entered into the gift card giveaway.](#)

You must be a current resident of a Cowboy Properties community to win. One entry per person. All entries must be in by 8 AM MT on Thursday, Sept. 1.

Your Favorite Places

Share your favorite local businesses with us! Supporting local businesses is important to us, especially during these times. [Please fill out this short form](#) to tell us about what businesses you would recommend to your fellow residents, which we will highlight in an upcoming newsletter.

Free Wheeler Pizza

150 South 400 East (Salt Lake City)

Our resident says that Free Wheeler Pizza is the "best pizza ever! Delicious sourdough crust, and a great selection of pint size Ben & Jerry's ice cream. An added bonus is they offer pizza by the slice."

Free Wheeler has been serving in Salt Lake since 1977. Delivery is free in downtown Salt Lake. The garlic rolls and cheese breadsticks are brought up by Google reviewers and specialty pizzas include Mediterranean, alfredo carbonara, pesto chicken, super barbecue chicken, the Greek Supreme and cordon bleu. They also offer calzones, sandwiches and salads.

Covid-19 Update

[Click for the latest resources on vaccine eligibility and distribution.](#) Everyone ages 6 months and up is eligible for the vaccine in Utah. Need a rapid test? [Here is a list of locations.](#) Visit [Covid.gov/tests](#) to receive four free at-home test kits. [Click for the latest information on Covid booster shots.](#)

[Click for information on pharmacies offering free N95 masks.](#)

Assistance Resources

Please let us know if you are having difficulties keeping up with your rent.

We've partnered with [Flex](#) to give you flexibility in how you pay your rent.

Housing Assistance

[rentrelief.utah.gov](#)

General Assistance (Utilities, Food, Housing)

[utahca.org/housing/](#) or call (801) 359-2444
[211utah.org/](#) or call 211

Utah Department of Workforce Services Resources

[jobs.utah.gov/](#)

Food Resources, and Mobile Food Pantry Dates and Locations

[slc.gov/sustainability/food-covid/](#)
[utahfoodbank.org/programs/mobile-pantry/](#)
[feedut.org/](#)