

Whitener

LAW FIRM

YOUR TRUSTED ALBUQUERQUE ACCIDENT & PERSONAL INJURY LAWYERS

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FEATURED ARTICLES

Protecting Our Loved Ones: Recognizing the Signs of Nursing Home Abuse and Neglect



Choosing a nursing home for a loved one is a difficult decision in the best circumstances. Unfortunately, the reality is that [nursing home abuse](#) and [neglect](#) can and do occur.

The experienced attorneys at [Whitener Law Firm](#) can help you observe the signs and advocate for your loved one.

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Don't Ruin Your Personal Injury Case! Avoid 8 Common Mistakes & Protect Your Claim

If you've been [injured due to someone else's negligence](#) and you're seeking compensation, you likely understand that there are certain steps you *should* be taking already. However, did you know that certain actions on your part could actually *jeopardize* your claim?



[Read More Here](#)

5-STAR REVIEW

Whitener law firm took care of me with confidence expertise and compassion. They made a very stressful situation quite bearable and I appreciate that so much! Not only would I recommend this law firm to my own mother I would also recommend this law firm to anyone that needs excellent legal representation.

- Steven W.



Hear from those who've trusted us to fight for them. Visit our [website](#) to read testimonials from clients who turned to Whitener Law Firm during their toughest moments.

RECIPE OF THE MONTH

BBQ SHRIMP WITH GARLICKY KALE & PARMESAN-HERB COUSCOUS

When you buy peeled shrimp, plus a bag of prechopped kale and bottled barbecue sauce, the savings in prep time help to get this healthy dinner done in a jiff.

Ingredients:

- 1 cup low-sodium chicken broth
- 1/4 teaspoon poultry seasoning
- 2/3 cup whole-wheat couscous
- 1/3 cup grated Parmesan cheese
- 1 tablespoon butter
- 3 tablespoons extra-virgin olive oil, divided
- 8 cups chopped kale
- 1/4 cup water
- 1 large clove garlic, smashed
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon salt
- 1 pound peeled and deveined raw shrimp (26-30 per pound)
- 1/4 cup barbecue sauce



Instructions:

1. Combine broth and poultry seasoning in a medium saucepan over medium-high heat. Bring to a boil. Stir in couscous. Remove from heat, cover, and let stand for 5 minutes. Fluff with a fork, then stir in Parmesan and butter. Cover to keep warm.
2. Meanwhile, heat 1 tablespoon of oil in a large skillet over medium-high heat. Add kale and cook, stirring, until bright green, 1 to 2 minutes. Add water, cover, and cook, stirring occasionally, until the kale is tender, about 3 minutes. Reduce heat to medium-low. Make a well in the center of the kale and add 1 tablespoon oil, garlic, and crushed red pepper; cook, undisturbed, for 15 seconds, then stir the garlic oil into the kale and season with salt. Transfer to a bowl and cover to keep warm.
3. Add the remaining 1 tablespoon of oil and shrimp to the pan. Cook, stirring, until the shrimp are pink and curled, about 2 minutes. Remove from heat and stir in barbecue sauce. Serve the shrimp with kale and couscous.

Recipe Courtesy of eatingwell.com

MEET OUR FIRM



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Timothy C. Callaway

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WHAT'S HAPPENING IN & AROUND ALBUQUERQUE

February 11

[Sweet Treats Beer Pairing](#)

Canteen Taproom
Albuquerque

February 13 - 16

[Rio Grande Dance Classic](#)

Sheraton Albuquerque Uptown
Albuquerque

February 23

[Diamond Dash Wedding Show](#)

Embassy Suites by Hilton Albuquerque
Albuquerque

February 28 - March 2

[36th National Fiery Foods & BBQ Show](#)

Sandia Resort and Casino
Albuquerque

March 1 - 2

[ABQ Food Truck Fest](#)

6901-B San Antonio Dr. NE (ABQ Food Park)
Albuquerque

March 9

[Michael Feinstein - Because of You, My Tribute to Tony Bennett](#)

University of New Mexico, Popejoy Hall
Albuquerque

March 14 - 16

[Treasures of the Earth Gem, Mineral & Jewelry Expo](#)

Expo NM State Fairgrounds
Albuquerque

OVER 25 YEARS IN BUSINESS AND MORE THAN \$250 MILLION WON FOR OUR CLIENTS

Whitener
LAW FIRM

Need More info?

[CONTACT US](#)



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