Grilled Honey-Lime Chicken with Pineapple Salsa

**Ingredients:**

- Juice of 4 limes
- 1/4 cup extra-virgin olive oil
- 1/4 cup plus 1 tbsp. chopped fresh cilantro
- 2 tsp honey
- Kosher salt
- 1 lb boneless, skinless chicken breasts
- 2 cups chopped pineapple
- 1 avocado, diced
- 1/4 red onion, diced
- Freshly ground black pepper

**Directions:**

1. Make marinate: in a large bowl, whisk together juice of 3 limes, olive oil, 1/4 cup cilantro, and honey and season with salt.
2. Add chicken to large Ziploc bag or baking dish and pour over marinade. Let marinate in the refrigerator at least 3 hours and up to overnight.
3. When ready to grill, heat grill to high. Oil grates and add chicken. Grill until charred, 8 minutes per side.
4. Meanwhile, in a medium bowl, stir together pineapple, avocado, red onion, juice of 1 lime, and remaining tablespoon cilantro. Season with salt and pepper.
5. Spoon salsa over chicken and serve.

Rail Yard Dogs Hockey Team

Roanoke is small, but when it comes to events and shows.... It’s also mighty! Keep an eye on the events schedule at the Berglund Center. You never know what might be happening in Roanoke. For example, did you know we have a new minor league hockey team?

If you’re interested in catching a game, go to the website to see their schedule.

http://railyarddawgs.pointstreaksites.com/view/roanokerailyarddawgs

Exercise What You’re Learning

Images from: sciencelearnhub, leanitup.com; leanitup.com; medhealth.net

Training comes with injury risk. Avoid injury by consulting a trainer regarding form & weight.
Wellness Weekly Challenge

Commit to visiting 3 places. 1. Somewhere within the next 3 months, 2. Somewhere in the next 3 years, and 3. Somewhere in the next 3 decades. Then, make a plan to make it happen (start #3 by saving $10 a week). “Hope is not a plan.”

1.

2.

3.

Night at Home - Butternut Squash, Arugula and Goat Cheese Pasta

Ingredients:

- 1 medium butternut squash, peeled, seeded and diced into 3/4 inch cubes
- 1 Tbsp vegetable oil
- Salt and pepper
- 12 oz whole wheat dried pasta
- 2 oz goat cheese
- 2 big handfuls fresh baby arugula
- 1/3 cup toasted pine nuts

Directions:

1. Heat the oven to 425. Line a baking sheet with parchment paper (or mist it with cooking spray).

2. In a large mixing bowl, combine the butternut squash and oil, and toss until the squash is evenly coated. Spread the squash out the parpared baking sheet in a even layer. Bake for 20-25 minutes, flipping the squash at the halfway point then returning them to the oven, until the squash are cooked through and soft on the inside. Remove and set aside.

3. While the squash is cooking, bring a large stockpot of generously-salted water to a boil. Add the pasta and cook al dente, according to package instructions.

4. Once it reaches al dente, scoop out about 1 cut of the pasta water and set it aside for later. Then drain the rest of the water and return the pasta to the stockpot. Immediately add in the goat cheese along with 1/4 cup of the reserved pasta water, and toss until the cheese is completely melted and is evenly coating the pasta. Add in the arugula, pine nuts and roasted butternut squash and toss until combined. Serve with pepper.

http://www.gimmesomeoven.com/5-ingredient-butternut-squash-arugula-and-goat-cheese-pasta/
IN CASE OF EMERGENCY

REMAIN CALM & FOLLOW THESE INSTRUCTIONS:

REPORTING AN EMERGENCY
Report all emergencies by dialing the Carilion Clinic police at 540-981-7911 or 77911 from VTC exchange. Do not hang up until the dispatcher instructs you to do so. Inform them of the nature of the emergency, number of people injured, and the exact address or building, floor, area, or department.

SECURE-IN-PLACE
Shelter-in-place during a weather or other outdoor emergency by going inside a sturdy building. Stay away from windows, glass, and objects that could fall on you.

Secure-in-place during violence or active assailant by securing the room or building by locking or barricading the door. Call the Carilion Police at 540-981-7911. Close blinds, block windows, silence cell phones, and stay quiet. Stay behind solid objects, such as desks.

FIRE/EVACUATION
Evacuation routes are posted in the hallways - usually near stairways or exits. Activate the nearest alarm on your way out. If there is no fire alarms, knock on doors and yell “fire” as you exit. Call the Carilion Police at 540-981-7911. If you hear an alarm you MUST evacuate, closing the doors as you leave. Know at least two evacuation routes. Look for illuminated EXIT signs. Do NOT use elevators. Assist those with disabilities. If person cannot evacuate, report their location to emergency personnel.

MEDICAL EMERGENCY
Call the Carilion Police at 540-981-7911. Provide adequate space for the victim and emergency personnel. Unless they are in imminent danger, do not move any victim(s) until emergency personnel arrive. Have someone escort emergency responders to the scene.

SUSPICIOUS PERSON/OBJECTS
Suspicious person:
- Do not confront a suspicious person.
- Do not let anyone into a locked building or office.
- Do not block the person’s access to exit.
- Call the Carilion Police at 540-981-7911. Provide as much information about the individual as possible, including the direction of travel.
Suspicious package or object:
- Do not investigate the object.
- Call the Carilion Police at 540-981-7911. Notify your instructor or supervisor.
- Be prepared to evacuate if necessary.

VT & e2CAMPUS ALERTS
If you receive an Alert, do what it says. If you are not currently signed up for VT or e2Campus Alerts, register at www.vtc.vt.edu.