Garlic Sautéed Prawns

**Ingredients:**

- 6 oz prawns (raw, peeled)
- 1/4 tsp chili powder
- 1/4 tsp salt
- 1 Tbsp Coconut oil or butter
- 1 tsp fresh garlic (minced)
- 2 Tbsp orange juice

**Directions:**

1. Season the prawns with the chili powder and salt.
2. Preheat a frying pan on medium heat. Add the oil and seasoned prawns and sauté until just cooked through and lightly browned, stirring frequently.
3. Add the garlic and sauté for 1 minute more, stirring constantly.
4. Add the orange juice and serve with the Chunky Tomato Spelt (page 5 of this week’s wellness weekly).

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Gourmet Nutrition Cookbook, Page 150 (picture from Epicurus)
Mindfulness Tomorrow

Don’t Forget! Tomorrow, February 4th Laurie Seidel will be leading a Mindfulness session at 12:00 in the Student Commons of VTCSoM. Research widely supports the effectiveness of mindfulness as a tool to reduce burnout, depression, anxiety, emotional reasoning….. Try it!

If you haven’t already RSVP’ed to Lindsay Maguire, please do so today!

VTCSoM Wellness Website!

The Wellness Advocacy Committee is pleased to announce the VTCSoM Wellness website. While we have always had a wellness page on our site, it just got a lot more robust. There are a variety of new resources you can explore. Please bookmark it; it will continue to develop as we add more in the coming months. Your feedback and contributions are absolutely welcome. Please feel free to offer suggestions to any member of the Wellness Advocacy Committee. The link is noted below.

http://medicine.vtc.vt.edu/student_affairs/student_wellness/wellness_advocacy/
Wellness Weekly Challenge

February 14th doesn’t only need to be a day reserved for people “in love,” it can also be a day for people to show the folks they care about a little attention. So, think of three things you can do to support the people you care about and then put your plan in action.

1.

2.

3.

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Night at Home - Chunky Tomato Spelt

**Ingredients:**

- 1/2 cup spelt (soaked over night in the fridge)
- 2 cups water
- 3/4 cup tomato sauce
- 1/2 cup tomato (diced)
- 1/4 cup green onion
- 1/8 tsp salt
- 1 pinch pepper
- 1 pinch Cilantro (dried)
- 1 pinch Rosemary (fresh)
- 1 pinch Thyme (fresh)
- 1 pinch Basil (fresh)

**Directions:**

1. Drain soaking water from the spelt.
2. Bring fresh water to a boil in a medium-sized or large pot. Add the spelt and stir.
3. Cover and reduce heat to medium-low and simmer for 60 minutes.
4. Remove from the heat and strain any excess water.
5. Combine the cooked spelt, tomato sauce, fresh tomato, green onion, salt, pepper, and spices in a pot and warm.