Apple Cinnamon Quinoa Breakfast Bake

Ingredients:

- 1 cup uncooked quinoa
- 1 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/8 tsp ground cloves
- 1/3 cup almonds, chopped
- 2 apples, peeled, diced
- 1/4 cup raisins
- 2 eggs
- 2 cups vanilla soy milk
- 1/4 cup maple syrup

Directions:

1. Preheat the oven to 350. Lightly grease a 7x11 inch baking dish.
2. In a small bowl, mix the uncooked quinoa with the spices. Pour into the greased dish.
3. Sprinkle the apple and raisins on top of the quinoa.
4. In that same bowl, beat the eggs. Whisk in the soy milk and maple syrup.
5. Pour the egg & milk mixture over the top of the fruit and quinoa. Lightly stir to partially submerge the fruit. Sprinkle the chopped almonds on top.
6. Bake for 1 hour or until the casserole is mostly set with only a small amount of liquid left.
7. Allow to cool and then refrigerate. In the morning, cut into squares & microwave single servings.

https://www.popsugar.com/fitness/Apple-Cinnamon-Quinoa-Breakfast-Bake-32210316
Ovarian Cancer Awareness

September is Ovarian Cancer Awareness month. Like all cancer, Ovarian cancer takes the lives of too many. Ovarian cancer is a sneaky killer. Please make sure the women in your life make annual appointments with their care provider to be checked (symptoms include: bloating, difficulty eating/full quickly, abdominal pain, frequent urination). 1 in 75 women will be diagnosed with this cancer during their lifetime and 70% are diagnosed in the advanced stages of the cancer’s progression.

To learn more: http://ovarian.org/knowovarian

Interpersonal Wellness

Sometimes we don’t know we’ve said the something insensitive until we’ve inadvertently caused someone else pain. Naturally, a reflexive response to inadvertent harm is “I didn’t know....” So, in this Wellness Weekly section, general guidelines for currently accepted language will be highlighted. The following terms have been compiled by the National Center on Workforce and Disability (NCWD):

“The” Anything (The blind, The disabled, The autistic) is outdated language. Current practice notes: “People with disabilities, Deaf people, People who are blind, People who are visually impaired, People with autism”

Use of the term, handicapped is outdated. Current practice notes: People with disabilities

More suggestions in future editions. For additional info now: http://www.onestops.info/article.php?article_id=14
Wellness Weekly Challenge

ADD FALL FUN TO YOUR CALENDAR!

October is going to go past in the flash! Before all the fun of fall “leaves,” take a minute to “pick” an adventure and make it a “core” element of your seasonal calendar.

One Option:

**Johnson’s Orchards** in Bedford County, VA

Family owned and operated, you’ll find lots to do on the 200+ acres including 7500 apple trees!

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**Salmon with Lemon, Capers & Rosemary**

**Ingredients:**

- 4 6oz salmon fillets
- 1/4 cup cooking oil
- 1/2 tsp salt
- 1/2 tsp freshly ground black pepper
- 1 Tbsp minced fresh rosemary leaves
- 8 lemon slices (about 2 lemons)
- 1/4 cup lemon juice (about 1 lemon)
- 1/2 cup Marsala wine (or white wine)
- 4 tsp capers
- 4 pieces of aluminum foil

**Directions:**

1. Brush top and bottom of salmon fillet with cooking oil and season with salt, pepper, and rosemary.

2. Place each piece of seasoned salmon on a piece of foil large enough to fold over and seal.

3. Top each piece of salmon with 2 lemon slices, 1 Tbsp of lemon juice, 2 Tbsp of wine, and 1 tsp of capers.

4. Wrap up the salmon tightly in the foil packets.

5. Place a grill pan over medium-high heat or preheat an outdoor grill. Place the foil packets on the hot grill and cook for 10 minutes for a 1-inch thick piece of salmon.


Please feel welcome to submit articles or ideas to any member of the Wellness Advocacy Committee.

Ally Nagy - Class of 2018
Lindsay Maguire - Class of 2019
Jeff Henry - Class of 2020
Ayesha Kar - Class of 2021
Dr. Ally Bowersock, PhD, CSCS, ACSM. EIM, Level 1
Dr. Jennifer Slusher, PhD, LPC
Emily Holt, Committee Chair

Upcoming Wellness Events:

October 2nd  7:20 AM Mindfulness with Laurie Seidel
Student Commons (breakfast too)

October 12th  6:00 AM Yoga with Dr. Ally Bowersock, PhD
Student Commons

October 19th  6:00 PM Yoga with Dr. Beth Polk, MD
Student Commons

October 27th  7:00 PM Medical Movie Night
Student Commons