20-Minute Hoisin Skillet Salmon

Ingredients:
- 1 15.5 oz can low-sodium black beans, drained & rinsed
- 2 Tbsp hoisin sauce
- 1/4 tsp red pepper flakes
- 2 cloves garlic, crushed
- 4 cups medium broccoli florets (about 8 oz)
- 4 5-oz salmon fillets, skin removed
- Juice of 1/2 lemon
- 2 Tbsp roughly chopped cilantro
- Kosher salt

Directions:
1. Combine the beans, 3/4 cup water, hoisin sauce, red pepper flakes, garlic in a large skillet. Top with broccoli, nestle in the salmon and bring to a simmer over medium heat.

2. Once simmering cover the skillet and cook until the salmon is flaky and just cooked through and the broccoli is crisp-tender, 5-6 mins. Drizzle with lemon juice and sprinkle cilantro. Salt to taste.

Sign Painting Party

Like to Paint?!
Thursday, November 16th
6:00 PM at
Green Ridge Multipurpose Room A
All supplies are provided and the course is taught by Lisa Hoyt who has taught art for many years in a variety of places.

Register on-line

Weekly Shout Outs!

Harry Hoyt—Library
Thank you for your dedication in everything you do every day!

Harsh Patolia—Class of 2020
For his supportive energy and positive spirit!

Jeff Henry—Class of 2020
We love Doogan!!

Laurie Seidel -
For her dedication to students’ wellness and mindfulness!!

Rebecca Price—Library
For her cheerful attitude & ready willingness to help!
Wellness Weekly Challenge

TRY PILATES!

IT’S OFFERED AT THE BRAMBLETON CENTER THIS MONTH.
CLASS RUNS FROM NOVEMBER 9TH - JANUARY 30TH
5:30-6:30 PM
TUESDAYS & THURSDAYS

TO REGISTER OR LEARN ABOUT MORE FITNESS OPTIONS, GO TO:
WWW.ROANOKECOUNTYPARKS.COM

Banana Dippers

Ingredients:

- 1 Banana
- Peanut Butter
- Favorite Granola or Trail Mix

Directions:

1. Cut the banana into 1 1/2 inch chunks.
2. Top with peanut butter
3. Then top with granola or trail mix.

http://www.foodnetwork.com/healthy/photos/10-snacks-under-250-calories
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

Quote of the Week:

Everything you want is on the other side of fear.
- Jack Canfield

To send a “Weekly Shout Out” message, email Emily Holt Emholt@carilionclinic.org