African Sweet Potato Chicken Stew

Ingredients:
- 1 lb boneless chicken thighs
- 2 tsp ground coriander
- 3/4 tsp salt
- 2 Tbsp cooking oil
- 1 lg onion, sliced
- 1 cup whole-wheat couscous
- 1 1/2 cups water
- 1 Tbsp grated ginger
- 1 lg sweet potato
- 1 28 oz can whole tomatoes
- 1/4 cup smooth peanut butter
- 2 Tbsp lime juice
- 1/4 tsp cayenne pepper
- 1 cup chopped cilantro

Directions:
1. Cut the chicken into bite-size pieces, sprinkle with coriander & 1/2 tsp salt. Heat oil in skillet. Add the chicken and cook until brown on all sides 4 mins.
2. Add 1 Tbsp oil, onion, and ginger to the pan and cook stirring until brown 3-5 mins. Add sweet potato, tomatoes, and their juice, peanut butter, 1 Tbsp lime juice, cayenne, 1 tsp coriander and 1/4 tsp salt. Bring to a boil. Reduce to simmer & cover. Cook for 14-16 mins. Return the chicken to the pan and cook 2 more mins.
3. Meanwhile, boil water, add couscous & 1 Tbsp lime juice. Cover, remove from heat & let stand for 5 mins. Fluff with a fork, add cilantro. Serve the stew over the couscous.

Annual Drumstick Dash!

**Once Again, It’s Time for an Annual Roanoke Tradition…. The Drumstick Dash!!**

November 23rd

9:00 AM Race Start

The 5K race/family walk is a great way to get out in the community, exercise, and help support the Rescue Mission.

The links below will help you connect to all the information you need to participate!

[Race Info!](#)

[Registration information!](#)
Wellness Weekly Challenge

Elizabeth Bernstein wrote about strategies one can employ to “calm [the] mind in anxious times” The Wall Street Journal article appeared in the October 23, 2017 edition and is definitely worth the quick Google search. It includes several suggestion from a variety of professionals at a variety of ages as well as 7 tips from the experts. A few cool ideas from the article include: create a “calm-down playlist,” “remind [yourself] that problems seem unsolvable between midnight and 5 a.m. and switch thoughts to past or future vacations,” and “picture a water faucet, turn the tap on in [your] mind and let all the water run out.”

Check out the article for lots more excellent suggestions!

Baked Tilapia Curry

Ingredients:
- 1 Tbsp canola oil
- 2 medium/large red bell peppers, halved and sliced
- 1 medium shallot, finely chopped
- 2 Tbsp Thai yellow curry paste
- 1 14 oz can “lite” coconut milk
- 1 Tbsp lime juice
- 1 tsp brown sugar
- 1-1 1/4 lb tilapia fillets
- 1/4 tsp salt
- 1/4 tsp ground pepper
- 1/4 cup chopped fresh cilantro

Directions:
1. Preheat the oven to 425. Coat a 9x13 baking dish with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add bell peppers and shallot and cook, stirring until the peppers are softened (3-5 mins). Add curry paste and cook, stirring, 1 additional minute. Add coconut milk, lime juice, and brown sugar, and bring to a boil. Reduce the heat and simmer for 2 minutes to blend the flavors.
3. Place tilapia in the prepared baking dish and sprinkle with salt and pepper. Pour the curry sauce over the fish.
4. Bake until the fish is opaque in the middle, about 15 mins. Sprinkle with cilantro.

http://www.eatingwell.com/recipe/250893/baked-tilapia-curry/
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:

FAILURE WILL NEVER OVERTAKE ME IF MY DETERMINATION TO SUCCEED IS STRONG ENOUGH.
- Og Mandino

TO SEND A “WEEKLY SHOUT OUT” MESSAGE, EMAIL EMILY HOLT AT EMHOLT@CARILIONCLINIC.ORG

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