Carrot Turmeric Red Lentil Stew

Ingredients:

- 1 Tbsp cooking oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 2 cups red lentils
- 2 tomatoes, diced
- 2 large carrots, peeled & sliced
- 6 cups vegetable broth
- 1/2 tsp turmeric
- 1/2 tsp cumin
- 1/2 tsp black pepper
- Chopped fresh cilantro
- Lime juice, for drizzling

Directions:

1. In a large pot on medium high heat, drizzle a little cooking oil and sauté the onion and garlic until fragrant, about 3 minutes. Add the red lentils and stir to coat well. Add spices and vegetable broth. Turn up the heat to high and bring everything to a rapid boil.

2. Once it starts boiling, turn the heat down to a low simmer and cook uncovered for about 12-15 minutes (until the lentils are cooked through).

3. Adjust the seasoning, remove the stew from the heat and divide into bowls. Top with fresh cilantro and drizzle with lime juice.

**HORSEBACK RIDING!**

No experience necessary!

Get a group of friends together or just sign up to meet new people in Roanoke who share your love of horses.

**Saturday, January 13, 2018**
**11:30-5:30**

The day-long riding adventure includes transportation to the stable, safety equipment, and lunch.

Depart from Green Ridge Recreation Center
Course Number 50111 $65.00 fee

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THE VTC 2018 FITNESS CHALLENGE!!

**All Students, Faculty, Staff, Residents, Fellows, Attendings are all eligible to join a team!**

Teams must include 4 people

**To sign up by January 1, 2018** [CLICK HERE!]

**Contest Runs: January 2 - Match Day, March 16**

Points awarded for Strength, Cardio & Mobility/Flexibility Exercise

(30 mins = 1 pt w/ max of 20 pts per person per week)

**Everyone who participates gets a T-Shirt & the winning team members receive personalized sweatshirts**

Contact any Wellness Advocacy Member for additional details!
Wellness Weekly Challenge

Chickpea Chicken Soup

Ingredients:
- 2 Tbsp cooking oil
- 1-2 cups shredded chicken
- 3 large garlic cloves, crushed
- 1 tsp smoked paprika
- 1/4 tsp ground cayenne
- 4 cups low sodium chicken broth
- 2 15 oz cans chickpeas (low sodium), drained & rinsed
- 1 large can whole tomatoes
- Juice of 1 lemon
- A small bunch of fresh parsley
- Kosher salt & black pepper

Directions:
1. Heat oil in a large pot over low heat. Cook the garlic for 2 minutes, until fragrant. Add tomatoes, paprika, and cayenne; stir for 5 minutes. Add the chicken and stir well.

2. Cover with broth and bring to a boil, then lower the heat and simmer about 35 minutes or until the broth has reduced slightly.

3. Add the drained chickpeas. Adjust seasoning and cook for 5 minutes more then divide the soup into bowls and serve with chopped parsley and a dash of fresh lemon juice.

http://www.eatwell101.com/chickpea-chicken-soup-recipe

GO ICE SKATING
AT
ELMWOOD PARK!

It’s that time of year again. The temporary outdoor rink is up and running; so get out to Elmwood Park!

$6.00 Admission
$2.00 Skate Rental

See you there!

GREETINGS
AT
ELMWOOD!

I’T’S THAT TIME OF YEAR AGAIN. THE TEMPORARY OUTDOOR RINK IS UP AND RUNNING; SO GET OUT TO ELMWOOD PARK!

$6.00 Admission
$2.00 Skate Rental

See you there!
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:

A quiet night at home is one of life’s great pleasures.
- Author unknown

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