Grilled Chicken with Tomato-Cucumber Salad

**Ingredients:**
- 1 clove garlic
- 1 tsp kosher salt
- 1 Tbsp olive oil
- 1/4 lemon, juiced
- 1 cup pear tomatoes, sliced
- 1 cucumber, unpeeled, quartered & sliced
- 3 pepperoncini peppers, stemmed & minced
- 1 Tbsp chopped fresh dill
- Fresh ground pepper
- 4 chicken breasts filleted

**Directions:**
1. Smash the garlic clove, sprinkle with 1 tsp of salt and with the flat side of a large knife, mash and sear to a course paste. Put the garlic paste in a large bowl and stir in the olive oil and lemon juice. Add the tomatoes, cucumber, pepperoncini, and dill and toss. Sprinkle with black pepper & set aside.
2. Preheat a pan to medium high heat. Spray the chicken slices lightly with the olive oil and season with salt & black pepper. Grill the chicken about 2 minutes per side.
3. Place each piece of chicken on a plate and top with the tomato-cucumber salad.
Indian Teatime

Learn how to make potato filled Samosas and Chai (tea), as well as Kaaju Burfee dessert.

Saturday, February 2, 2018
9:00 AM - 12:00 PM
Brambleton Center

Course # 32486
Fee: $37.00
For more information:
www.roanokecountyparks.com

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

FIND A GOOD BOOK TO ENJOY

TAKE A BREAK FROM REQUIRED READING & read for fun. HERE’S A LIST OF BOOKS RECOMMENDED BY HARVARD PROFESSORS IN A RECENT INDEPENDENT ARTICLE:

- **Anna Karenina** by Leo Tolstoy
- **The Internationalists** by Oona Hathaway & Scott Shapiro
- **Just Mercy** by Bryan Stevenson
- **The Theory of Moral Sentiments** by Adam Smith
- **Robot-Proof** by Joseph Aoun

ARTICLE REFERENCED:


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3 Ingredient Chocolate Bark

**Ingredients:**

- 10 oz dark chocolate bark (60% cocoa)
- 1/2 cup Pistachios Roasted & salted (crushed)
- 1/2 cup Fresh Pomegranate Arils

**Directions:**

1. In a double boiler, melt chocolate until smooth. Pour chocolate onto a baking sheet lined with waxed paper. Evenly distribute chocolate using a spatula.

2. Sprinkle pistachios and pomegranate arils over the top. Press gently into the chocolate.

3. Refrigerate for 30 minutes or until set. Store in an airtight container in the refrigerator for up to 7 days.

[https://www.fitnessmagazine.com/recipes/snacks/three-ingredient-chocolate-bark-recipe/](https://www.fitnessmagazine.com/recipes/snacks/three-ingredient-chocolate-bark-recipe/)
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:

Live for the Moments You Can’t Put into Words  
- Author Unknown

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