Salmon Baked in Foil

Ingredients:

- 4 oz salmon fillets
- 2 tsps. Cooking oil (plus 2 Tbsp)
- Salt and pepper
- 3 tomatoes, chopped
- 2 chopped shallots
- 2 Tbsp fresh lemon juice
- 1 tsp dried oregano
- 1 tsp dried thyme

Directions:

1. Preheat the oven to 400 degrees.
2. Sprinkle salmon with 2 tsps. cooking oil, salt, and pepper. Stir the tomatoes, shallots, 2 Tbsp of oil, lemon juice, oregano, thyme, salt, and pepper in a medium bowl to blend.
3. Place a salmon fillet, skin side down, atop a sheet of foil. Wrap the ends of the foil to form a spiral shape. Spoon the tomato mixture over the salmon. Fold the sides of the foil over the fish and tomato mixture, covering completely; seal the packets closed.
4. Place the foil packet on a heavy large baking sheet. Repeat until all of the salmon slices have been individually wrapped in foil and placed on the baking sheet.
5. Bake until the salmon is cooked through (about 25 minutes).

https://www.foodnetwork.com/recipes/giada-de-laurentiis/salmon-baked-in-foil-recipe-1914818
Open Mic Night—Coming Soon!

Save the Date!
3rd Street Coffee House

March 23rd, 7:00 PM

Show off your musical talents and then....

Awaiz Khan, Class of 2020
will take the stage!!

Email Awaiz if you would like to be
one of the opening acts (limited spots).

Tea & Jazz Today!!!

Unwind after class & enjoy

jazz, tea & treats

while listening to jazz
and playing various games!

TODAY at 4:30
in the Student Commons

https://teaandjazz.files.wordpress.com/2012/11/teajazzlogo.jpg
Mark Your Calendars!

VTC WellFest
love life, live life, be well

Save the date
Friday, Feb 16

hokiewellness.vt.edu/students/programs/vtc.html
For more information!
THE VTC 2018
FITNESS CHALLENGE!!

THE CHALLENGE HAS BEGUN!

POINTS UPDATE......

TEAM STANDINGS AS OF 2:00ISH PM 2/9/18

<table>
<thead>
<tr>
<th>Team</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Globo Gym</td>
<td>363.5</td>
</tr>
<tr>
<td>2. Hustlin Hokies (but #GoHeels)</td>
<td>347</td>
</tr>
<tr>
<td>3. GunningNoRunning</td>
<td>304</td>
</tr>
<tr>
<td>4. Spongebob Sweatpants</td>
<td>285</td>
</tr>
<tr>
<td>5. Swole Girls</td>
<td>280</td>
</tr>
<tr>
<td>6. Get Yolked</td>
<td>275.5</td>
</tr>
<tr>
<td>7. Bones &amp; Babies</td>
<td>264</td>
</tr>
<tr>
<td>8. The New Years Resolutioners</td>
<td>216</td>
</tr>
<tr>
<td>9. Mission Slimpossible</td>
<td>210</td>
</tr>
<tr>
<td>10. Pumped Up Chicks</td>
<td>206.5</td>
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<tr>
<td>11. (Chick)en Tikkis</td>
<td>172</td>
</tr>
<tr>
<td>12. #SquatGoals</td>
<td>165</td>
</tr>
<tr>
<td>13. Mighty Morphine Power Rangers</td>
<td>139</td>
</tr>
<tr>
<td>14. Thick &amp; Thin</td>
<td>121</td>
</tr>
<tr>
<td>15. Jak’d-STAT</td>
<td>101.5</td>
</tr>
<tr>
<td>16. Team Quan</td>
<td>91</td>
</tr>
<tr>
<td>17. Got the Runs</td>
<td>85</td>
</tr>
<tr>
<td>18. Team of One</td>
<td>74.5</td>
</tr>
</tbody>
</table>

5 Weeks to go!!!

Remember: 20 points per person per week.
The week is Sunday—Saturday,
so be strategic on the weekends.
It’s not too late to enter your points from past weeks.
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, C SCS, ACSM, EIM - Level 1
Dr. Jennifer Slusher, PhD, LPC
Emily Holt, Committee Chair

Quote of the Week:

“Everything is either an opportunity to learn and grow or an obstacle that keeps you stuck. You get to choose.
- Author Unknown

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