Wellness Weekly

Roasted Sweet Potatoes with Quinoa, Kale, Dried Cranberries, & Feta

Ingredients:
- 3 sweet potatoes, peeled & cubed
- 2 Tbsp cooking oil
- 3 Tbsp olive oil
- Kosher salt & fresh ground pepper
- 1 cup dried quinoa, rinsed
- 1/2 bunch Tuscan kale, thinly sliced
- 1/2 cup dried cranberries
- 1 Tbsp balsamic vinegar
- 1/2 cup crumbled feta

Directions:
1. Preheat oven to 425 degrees. Cover a baking sheet with foil. Arrange sweet potatoes on the baking sheet and drizzle them with the cooking oil, salt, and pepper. Toss to coat thoroughly. Cook for approximately 25 minutes.

2. Combine quinoa and 2 cups of water in a medium sauce pan. Bring to a boil, reduce the heat, simmer for 15 minutes. Remove from heat, and let sit (covered) for 5 minutes. Allow to cool.

3. In a large bowl, combine the quinoa, sweet potatoes, kale, and cranberries.

4. In a small bowl, whisk together the balsamic vinegar and 3 Tbsp olive oil. Drizzle vinaigrette over salad, tossing gently to combine. Season with salt, pepper, and feta.

Citation & Link to Recipe: Roasted Sweet Potatoes with Quinoa, Kale, Dried Cranberries, & Feta
Wellness Weekly Challenge

Roanoke Heart Walk - Team Carilion Saturday, October 20th River’s Edge Park, South

Registration & Pre-Walk Activities: 9:00 AM
Carilion Team Photo: 9:30 AM
Walk Begins: 10:00 AM

Team members who raise $25 will receive a Carilion Clinic Heart Walk t-shirt to wear at the event.

Register online at this hyperlink.

For more information, contact:
Debbie Finney at dmfinney@carilionclinic.org and/or
Cathy Fisher at csfisher@carilionclinic.org

VTC Walking Wednesdays

Announcing: VTC Walking Wednesdays!!!

Please join the new VTC Walking Wednesday group! Starting August 29th and continuing forward on every weather-permitting Wednesday, at NOON. Just head to the bottom of the Riverside 2 stairs and wait for your walking buddies to arrive. ALL faculty, staff, & students of VTCSOM/RI welcome! You can also join the VTC Walking Wednesday Google group (vtcsom-wellness) for additional info.

FREE Outdoor Movie Night at Market Square

Friday, September 28th 7:00—9:00 PM
An American Ascent
Roanoke Parks and Recreation Department will be hosting a documentary film about the first African-American expedition to Denali, North America’s highest peak.

Come check it out!
PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.

LINDSAY MAGUIRE - CLASS OF 2019
JEFF HENRY - CLASS OF 2020
AYESHA KAR - CLASS OF 2021
TBD - CLASS OF 2022
DR. JENNIFER SLUSHER, PhD, LPC
DR. ALLY BOWERSOCK, PhD
EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

“I TRUST THERE IS A PURPOSE BEHIND MY CHALLENGES.”
- AUTHOR UNKNOWN

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY, PLEASE EMAIL EMILY HOLT FOERST, OFFICE OF STUDENT AFFAIRS VTCSOM.
TO SEND A “WEEKLY SHOUT OUT” MESSAGE, EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU