No-Mayo Chicken Salad

Ingredients:
- 2 Tbsp pine nuts (optional)
- 2 cups shredded rotisserie chicken
- 2 celery ribs, thinly sliced
- 1 Tbsp fresh thyme leaves
- 1/4 cup fresh parsley, chopped
- 2 lemons, juiced
- 1 tsp Dijon mustard
- 1/2 shallot, minced
- 2 Tbsp olive oil
- Salt and pepper

Directions:
1. Toast pine nuts over medium-low heat for 2-3 minutes. Remove from heat.
2. In a mixing bowl, combine the chicken, celery, thyme, parsley, and toasted pine nuts.
3. In a small bowl, whisk together the lemon juice, mustard, shallot, and olive oil. Season to taste with salt and pepper.
4. Pour the dressing over the chicken; mix to combine.
5. Enjoy immediately or refrigerate and chill. Can be served with or without croissants, pita bread or lettuce cups.

https://www.healthy-delicious.com/chicken-salad-sandwiches-no-mayo/
Wellness Weekly Challenge

Save Money & Time on Lunches!

In an August 9th on-line article by Samathna Cassetty, registered dietician and contributor to NBC News, readers are provided with the tools for tackling a week’s worth of lunches for under $20.

Then with a little advanced meal prep, you can make 5 separate lunches to get you through the entire work week.

- Meal 1: California Tuna Salad
- Meal 2: Avocado and Edamame Rice Bowl
- Meal 3: Tuna Salad in Lettuce Leaves
- Meal 4: Turmeric Egg Salad
- Meal 5: Cauliflower Fried Rice

Recipes Here

44th Annual Salem Distance Run

Longwood Park
August 11th
Race starts at 8:00 AM

$25.00 for the 5K
$30 for the 10K

If you enjoy distance running, and you’re looking for a race, head to Salem’s Longwood Park bright and early Saturday morning. Ultra-Marathoner Michael Wardian will be there too. Please note, dogs are not allowed and race registration ends at 7:30 AM.

For more information, visit the website.

Movies in the Market

TONIGHT!
August 10th
Market Square Activities start at 6:00 PM

Roanoke’s Market Square hosts movies in the market on the second Friday during the summer months. Tonight is the last of the summer movies. Grab some friends, lawn chairs, snacks, and go enjoy Star Wars: The Last Jedi. Activities start at 6:00 PM and the movie will start at dusk. It’s FREE & Pet-Friendly.

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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

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

“DON’T LIMIT YOUR CHALLENGES. CHALLENGE YOUR LIMITS.”

- JERRY DUNN

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