

**QUOTE OF
THE WEEK:**

“Well begun
is half
done.”

- Mary Poppins

Lasagna Stuffed Zucchini

Ingredients:

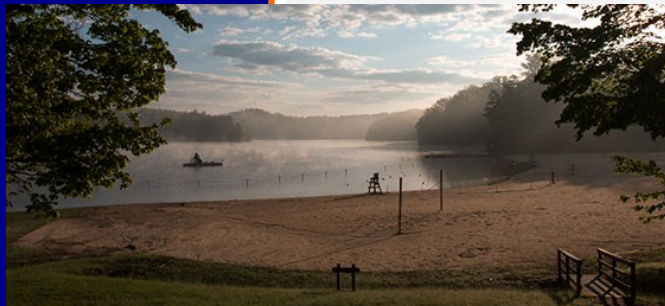
- 1 large zucchini
- 2 tsp cooking oil
- 1/4 tsp salt
- 1/4 tsp pepper
- 1/2 cup part-skim ricotta
- 1 large garlic, minced
- 1 Tbsp chopped fresh parsley
- 6 oz cooked Italian chicken sausage, chopped
- 1 cup diced fresh tomatoes
- 1 tsp Italian seasoning
- 1/3 cup shredded Parmesan cheese

Directions:

1. Preheat oven to 425. Cut the zucchini in half lengthwise. Cut a thin slice off the bottoms so each half sits flat. Scoop out the pulp, leaving a 1/4 inch shell (discard pulp). Brush the cut sides with oil and sprinkle with salt and pepper.
2. Combine ricotta, garlic and parsley in a small bowl. Combine sausage, tomatoes and Italian seasoning in a medium bowl.
3. Spread about 2 Tbsp of the ricotta mixture in each zucchini half. Top with equal portions of the sausage mixture. Place the zucchini boats in a 9x13 baking pan and cover with foil.
4. Bake for 25 minutes. Remove the foil and sprinkle the zucchini with Parmesan. Bake, uncovered, until the cheese is melted and starting to brown, about 5 minutes more.



Fairy Stone State Park



Just 1 hour south of Roanoke on Hwy 220 is a 168 acre lake, adjoining the Philpott Reservoir and Fairy Stone State Park. This park offers hiking and cycling trails, camping, swimming and boating. It's a great place to go when you need to get out and about for the day.

For more information check out:

http://www.dcr.virginia.gov/state-parks/fairy-stone#nearby_attractions

City Market Saturdays



Every Saturday in Downtown Roanoke, you'll find the City Market bustling with activity. From mid-May through the end of September from 11:00—2:00 there are often extra activities available to enjoy. The activities in City Market are just a part of a much larger collection of things to do in

Downtown Roanoke. Learn about all of things you could be experiencing and exploring via this link:

[Downtown Roanoke Events](#)

Wellness Weekly Challenge

Stop Procrastinating!

If you're a champion procrastinator, you've probably discovered that while "Putting off today what should have been done yesterday" has immediate benefits.... The accumulation of work has negative impact on your overall quality of work as well as personal well-being. Break the cycle and start getting things done. Start where it is the most important for you (studying, work-related duties, area where you're most behind). Write down all of the things you need to accomplish. Sit down with a paper calendar and map out a plan for getting them done. Then get started. Ideally, you should start with the worst thing on the list. Once you get that finished, everything else will be easy.

For more ideas, contact Emily Holt (EmHolt@carilionclinic.org for an apt)

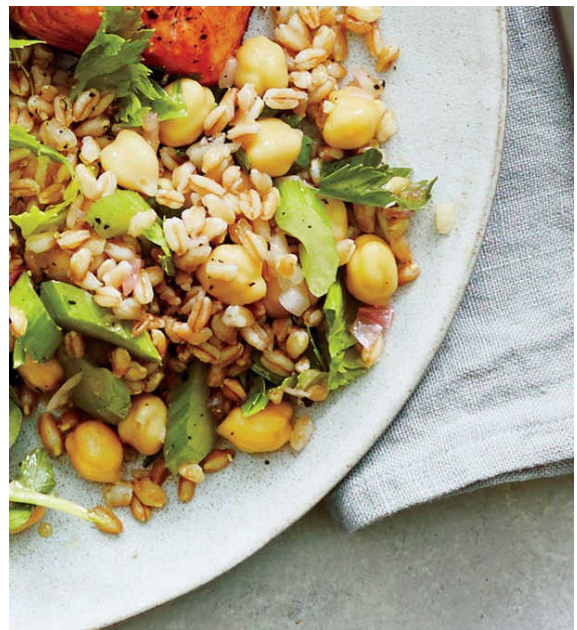
Chickpea-Farro Salad

Ingredients:

- 2 Tbsp extra-virgin olive oil
- 1 Tbsp red wine vinegar
- 2 Tbsp minced shallots
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 1 cup cooked farro
- 1 cup canned chickpeas, rinsed & drained
- 1/2 cup diced celery
- 1/2 cup coarsely chopped celery leaves

Directions:

1. Combine the 1st 5 ingredients in a large bowl and whisk together.
2. Add the remaining ingredients and toss to coat.



If you want to write an article for the Wellness Weekly, just email Emily Holt!