

**QUOTE OF  
THE WEEK:**

“I’m going  
to make  
you so  
proud.”

- Note to Self

## Easy Vegetarian Chili

### Ingredients:

- 1 Tbsp canola oil
- 3/4 cup finely chopped white onion
- 1/2 cup finely chopped red bell pepper
- 4 cloves garlic, chopped
- 2 Tbsp chili powder
- 1 Tbsp ground cumin
- 2 tsp dried oregano
- 1 tsp ground coriander
- 2 (15oz) cans low-sodium black beans, rinsed
- 1 (14oz) can diced tomatoes
- 1/2 cup water
- 1/2 cup shredded cheese

### Directions:

1. Heat oil in a large saucepan over medium-high heat. Add onion, bell pepper and garlic, and cook until tender (about 8 minutes). Stir in the chili pepper, cumin, oregano and coriander; stir for about 30 seconds. Add beans, tomatoes (with their juice) and water. Simmer for an additional 5 minutes.
2. Serve the chili with a bit of cheese on top.



<http://www.eatingwell.com/recipe/256489/easy-vegetarian-chili/>

## Read Mountain Preserve

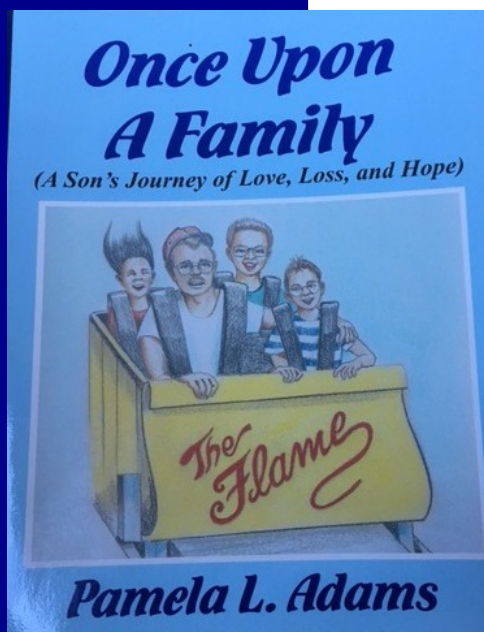


In east Roanoke County, there are 243 acres of forest. The preserve also is host to 5 miles of trails (moderate to strenuous) and the Buzzard's Rocks view of the Roanoke Valley. Check it out this fall!

### Directions from Interstate 81:

Take the Troutville exit and turn onto US 220 South (Cloverdale Road). Travel 5.5 miles to a right onto Hillview Drive. After passing Cortland Road, take second right onto Crumpacker Road. Look for park entrance on the right, just past Tolman Circle.

## A New Resource



Working behind the scenes at VTC, Pam Adams, MALS is a Medical Education Manager for the Department of Basic Science Education. She is also the author of a book on grieving. Written with children who are grieving from loss in mind, the book is a wonderful resource for students, faculty, and staff. I have copies of her book in my office. If the book can help you or someone you know who is facing a challenging moment in time due to loss; please feel welcome to get in touch with me (Emily Holt).

# Wellness Weekly Challenge

**Step out of your comfort zone & try something new!**

One way to get more comfortable in various settings is to push the limits of your comfort zone. Before you know it, a collection of little risks will add up to big reward. And, you will meet new folks along the way!

**What about music or dance?**

**The Brambleton Center offers both!**

Classes include: Ukulele, cigar box guitar, Egyptian style dance, shag, swing, and ballet. Each of these courses is designed for beginners.

[Check out course options here!](#)

## Southwest Quinoa Cakes

### Ingredients:

- 2 cups water
- 1 cup quinoa, preferably red quinoa
- 4 large eggs, lightly beaten
- 1 cup canned black beans, rinsed
- 3/4 cup reduced-fat cottage cheese
- 1/4 cup sliced scallions
- 2 Tbsp all-purpose flour
- 1 tsp baking powder
- 1/4 tsp salt, plus a pinch
- 1 cup shredded pepper jack cheese
- 1 14 oz can fire-roasted diced tomatoes
- 1 clove garlic
- 1 small chipotle pepper in adobo sauce
- 1/4 cup chopped fresh cilantro
- 1 avocado, chopped

### Directions:

1. Preheat the oven to 375. Coat a 12 cup nonstick muffin tin with cooking spray.
2. Bring water to a boil in a medium saucepan. Stir in quinoa. Reduce to a simmer, cover and cook until the grains are tender and reveal their spiraled germ, about 15 minutes. Transfer to a large bowl and let cool about 10 minutes.
3. Add eggs, beans, cottage cheese, scallions, flour, baking powder, and 1/4 tsp salt to the quinoa. Stir until combined. Divide the mixture among the muffin cups. Top with 1 Tbsp cheese.
4. Bake until puffed and brown (about 20 minutes). Let cool and then remove from the muffin pan.
5. While muffins are cooking, combine the tomatoes, garlic, chipotle pepper and a pinch of salt in a blender; puree until smooth. Transfer to a small bowl and stir in cilantro. Serve the cakes with the salsa and avocado.



<http://www.eatingwell.com/recipe/250937/southwest-quinoa-cakes/>