

**QUOTE OF
THE WEEK:**

“The secret
to getting
ahead is
getting
started.”

-Mark Twain

Black Bean & Quinoa Burgers

Ingredients:

- 1 can black beans, rinsed & drained
- 1/2 cup cooked quinoa
- 1/2 tsp cumin
- 1/2 tsp ground black pepper
- 1/2 tsp paprika
- 1/2 tsp sea salt
- 1 Tbsp nutritional yeast
- 1 Tbsp cooking oil

Directions:

1. Preheat oven to 400 degrees.
2. In a medium bowl, combine all ingredients using hands or a fork to mash beans and thoroughly mix (for a paste-like mixture).
3. Divide mixture into four equal balls, and form each into a patty between 1/4 & 1/2 inch thick.
4. In a medium oven-safe saucepan over high heat, cook patties in 1/2 Tbsp cooking oil for 1 minute on each side.
5. Transfer the saucepan to the oven and bake for 15 minutes. Serve with desired toppings.



Deschutes Street Pub



Last year, Roanoke celebrated the arrival of a new business and the new jobs it brought to the area with a street pub celebration. The event was so popular, the street pub event is back again this summer. The Street Pub will have food, beverage, music and fun.

Come check it out!

July 15th 2:00—10:00

Elmwood Park, Downtown Roanoke

<http://www.roanokeoutside.com/streetpub/>

Wellness Activities 2017-2018

Here is a list of just a few things we have planned for this year!

Mindfulness Breakfasts—1st Monday of every month at 8:00 in the Commons

Open Mic Night at the 3rd Street Coffee House

Yoga twice a week (free) in the Commons

Puppies & Pizza will return in December!

Medical Movie Nights—Every other month in the Commons

Tea & Jazz will return in February

Self-Defense will return in the Spring

Please keep your ideas and suggestions coming!

Wellness Advocacy Committee!!

Wellness Weekly Challenge



Get out to Carvin's Cove! Get some fresh air and enjoy the nation's 2nd largest municipal park as well as Virginia's largest conservation easement. This 12,700 acre park hosts hiking, biking, fishing, and boat rentals. There are more than 60 miles of trails to enjoy!

<http://www.roanokeoutside.com/land/carvins-cove-nature-reserve/>

Roasted Garlic Cauliflower

Ingredients:

- 24 ounces cauliflower florets
- 1/4 cup coconut oil, melted
- 4 cloves, garlic, minced
- Kosher salt & ground black pepper
- 1/4 cup freshly grated Parmesan
- 2 Tbsp chopped fresh parsley leaves

Directions:

1. Preheat oven to 425 degrees
2. Lightly oil a baking sheet or coat with nonstick spray. Place cauliflower florets in a single layer onto the prepared baking sheet. Add coconut oil and garlic; season with salt and pepper, to taste. Gently toss to combine.
3. Place into oven and bake for 12-14 minutes, or until tender and golden brown.
4. Serve immediately, sprinkled with Parmesan and parsley, if desired.



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

<http://damndelicious.net/2016/02/08/roasted-garlic-cauliflower/>