

**QUOTE OF
THE
WEEK:**

“Your
desire to
change
must be
greater
than your
desire to
stay the
same.”

-Author
unknown

Sweet Potato Latkes

Ingredients:

- 5 cups grated sweet potato
- 2 eggs
- 2 Tbsp onions, minced
- 1 tsp cinnamon
- Salt and pepper to taste
- Coconut oil

Directions:

1. Mix all the ingredients together in a large mixing bowl.
2. Heat a griddle or frying pan over medium heat and melt a spoonful of coconut oil.
3. Take a small amount of the potato mixture and drop it onto the hot griddle or skillet and form little cakes.
4. Cook for 3 to 5 minutes on each side, cooking until each side is golden brown and heated all the way through.
5. Top the latkes with favorites like fried eggs.



Lebanese Festival



Rain or shine, the weekend of June 2nd is time for the Lebanese Festival.

It will take place at the St. Elias Maronite Catholic Church on Cove Road in Roanoke.

Those in attendance will enjoy food, music, youth dance troops and much more.

Festivities begin at 11:00 Friday thru Sunday

For more details check out the link below:

<http://lebanesefestival.steliaschurch.org/wp/>

Four for the 4th Volunteers?



Are you going to be in Roanoke July 4th?

Do you like running and/or walking?

Do you like volunteering?

If so, you should consider getting involved with the Four on the 4th event! It's a 4-mile Run/Walk in Downtown.

If you're interested in volunteering, you can learn more at the event website. You will also find on the site the volunteer information sheet which needs to be completed by people who want to help.

<http://www.fleetfeetroanoke.com/fouronthe4thvolunteers>

Wellness Weekly Challenge

Try Yoga. Every Monday, Tuesday and Friday during the summer on the Elmwood Park Stage in Downtown Roanoke, folks have a chance to give yoga a try. It is a great way to care for you body and get to know others in the community. It's free! Bring a yoga mat.

Mon - 5:30pm-6:30pm Tues - 7:30am-8:30am Fri - 7:30am-8:30am

For more details go to: <http://freeyogaforthepople.weebly.com/>

Cauliflower Fried Rice

Ingredients:

- 2 cups cauliflower "rice"
- 1 Tbsp coconut oil
- 1/2 cup chopped carrots
- 1 Tbsp green onion, chopped
- 1 garlic clove, minced
- 1 whole egg
- Sea salt to taste

Directions:

1. In a large skillet, sauté the garlic in coconut oil, over medium heat. Add the carrots and a splash of water to prevent sticking, and then cook for 5 minutes or until crisp-tender. Add the green onion and egg which will start to cook quickly.
2. Rice cauliflower via a food processor or hand grater. When riced, it should be similar in size to couscous.
3. Add in the cauliflower rice, along with a dash of salt. Stir to combine and heat through, about 3-5 minutes.
4. Adjust the seasoning to taste and serve hot. Add ground pork, ground turkey, shrimp or chicken for protein if desired.



<http://detoxinista.com/2011/09/vegetable-fried-rice/>