

QUOTE OF THE WEEK:

“I believe
success is
achieved by
ordinary people
with
extraordinary
determination.”

-Zig Ziglar

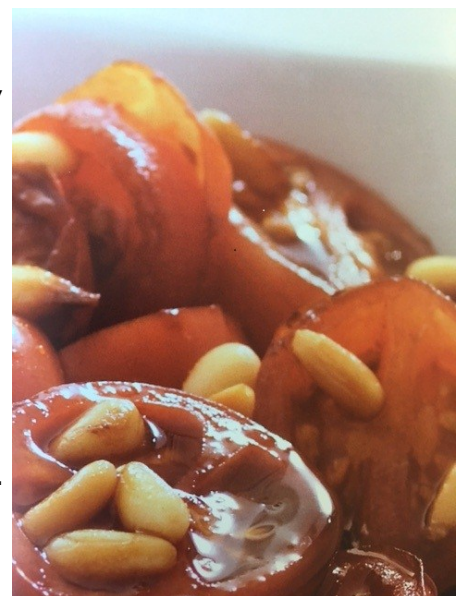
Sweet Balsamic Cherry Tomatoes

Ingredients:

- 1 Tbsp cooking oil
- 1 Tbsp Balsamic vinegar
- 1 Tbsp Pure honey
- 1 1/2 cups Cherry tomatoes (halved)
- 1/4 cup Pine nuts
- 2 pinches salt
- 1 pinch pepper

Directions:

1. Preheat a non-stick pan on medium heat. Add oil, vinegar, honey, tomatoes, pine nuts, salt and pepper.
2. Sauté until the tomatoes are hot to the touch.
3. Remove tomatoes from pan, leaving the sauce and pine nuts.
4. Continue cooking until the sauce begins to thicken.
5. Pour the sauce over the tomatoes and serve.



Music on the Mountain



This year marks the 30th Anniversary of the Music on the Mountain Concert Series. Concerts are on Sunday evenings and begin at 7:00 PM at the Roanoke Mountain Picnic Area (Exit the Blue Ridge Parkway at MP 120.4 and take the Mill Mountain spur road 1.3 miles to the Roanoke Mountain Picnic Area Amphitheater. The Amphitheater stage is located on the left of the picnic area road. Bring a lawn chair. <https://www.friendsbrp.org/30th-anniversary-music-on-the-mountain/>

Roanoke Mountain Adventures



There is always something to do around Roanoke; you just need to know where to look. If you like outdoor activities then, check out:

[Roanoke Mountain Adventures.](#)

This full service outfitter can help you get moving with mountain biking, road cycling, paddleboarding, kayaking, tubing and more. They rent the gear and they offer guided tours.



Wellness Weekly Challenge



<https://www.crafthubs.com/watercolor-tutorial-texture/14463>

Give art a try. Whether it's joining one of the paint nights around town or visiting the Taubman to take a class. Art can be a wonderful way to relieve stress. This weekend, the Taubman is hosting a small watercolor class. You might consider this class or others regularly offered there.

The [VTC Wellness Calendar of Events](#) lists a variety of offerings at the Taubman Museum in Downtown, Roanoke. Check it out!

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

Avocado Deviled Eggs

Ingredients:

- 4 eggs, hard-boiled
- 1 avocado, pitted and cubed
- 2 tsp hot sauce
- 1 tsp lemon juice
- Salt and pepper to taste

Directions:

1. Peel the hard-boiled eggs and cut in half lengthwise.
2. Spoon out the yolks and place the yolks and avocado cubes into a small bowl.
3. Take a fork and mash the egg yolks and avocado into a paste.
4. Add the hot sauce, lemon juice, salt and pepper and mix thoroughly. Refill the egg whites with the yolk mixture.

