

## Slow Cooker Cauliflower Curry & Cashew

### QUOTE OF THE WEEK:

“Treat a man  
as he is, and  
he will remain  
as he is. Treat  
a man as he  
could be, and  
he will  
become what  
he should be.”

- Ralph Waldo  
Emerson

### Ingredients:

- 1 large cauliflower, leaves and stems trimmed
  - 1 red pepper, seeded and thinly sliced
  - 2 small potatoes (pref red), quartered
  - 1/2 onion, chopped
  - 2 garlic cloves
  - Toasted cashews & chopped cilantro for garnish
- The Curry Sauce:
- 2 cups vegetable broth
  - 2 cups unsweetened coconut milk
  - 2 Tbsp yellow curry powder
  - 1 tsp cumin
  - 1/2 tsp cayenne pepper (to taste)

### Directions:

1. Add the whole cauliflower, red peppers, potatoes, garlic and onions to the slow cooker.
2. In a medium bowl, whisk together the vegetable broth, curry powder, cumin and cayenne pepper. Pour mixture into the slow cooker and stir well to coat cauliflower and veggies. Cover and cook on high for 2-3 hours or on low for 4-5 hours. The cauliflower will likely be done before this, but will continue to get more tender as it sits.
3. About 10-15 minutes before serving, stir in coconut milk. Adjust seasoning with salt and pepper. Serve warm, cut into wedges into individual bowls and top with the curry sauce, toasted cashews and freshly chopped cilantro.



## Champloo Desserts - Salem



Wellness isn't always fat-free!

If you are in the mood for hand rolled ice cream and assorted other international treats take a quick drive to Salem.

Champloo is a little spot at 9 South College Avenue & it has big potential for being a community favorite!

## 22nd Annual Marine Mud Run



A very fun and messy way to exercise coming to a mud puddle near you!

**Saturday, September 16, 2017**

**Green Hill Park, Roanoke County**

**Rain or Shine!**

5K Individual

5K Team Race

Kids 12 & under - Pollywog Jog

For more details and to register: [www.mudrun.com](http://www.mudrun.com)

Proceeds benefit Toys for Tots and Camp Roanoke

# Wellness Weekly Challenge

## Make Some Glitter Slime.....



### Seriously.

It's a quick, easy study break, and then something to futz with while you study.

In a small bowl, combine 6 fl oz bottle of Elmer's Glitter glue and 1/2 Tbsp baking soda. Add 1 Tbsp contact lens solution.

If the mixture gets too sticky, add a 1/4 Tbsp of additional contact lens solution.

<http://kindercraze.com/mess-free-glitter-slime-recipe-safe-for-kids/>

## Honey Dijon Chicken & Veggies Foil Packs

### Ingredients:

- 4 boneless skinless chicken breasts
- 3 Tbsp cooking oil
- 6 cloves of minced garlic
- Pinch of salt and pepper
- 1/3 cup honey
- 2 Tbsp Dijon mustard
- Chopped fresh parsley
- Crushed chili pepper (optional)
- 4 zucchini, sliced
- 1 lb grape tomatoes, halved

### Directions:

1. Pre-heat oven to 400. Lay 4 12X12 squares of foil out on a flat surface. Place zucchini slices & tomatoes in the middle of each piece of foil. Season with salt and pepper, top with the chicken fillet.
2. In a small bowl, combine cooking oil, minced garlic, mustard, and honey. Divide the sauce over each chicken pack and sprinkle with crushed chili pepper and chopped parsley.
3. Fold the foil over the chicken and vegetables to close off the pack, pinch the ends together so the pack stays closed.
4. Transfer the packs to a baking sheet and bake for 20-25 minutes or until the chicken is cooked through and veggies are tender. Serve immediately and open carefully.

NOTE: If chicken fillets are thick, slice lengthwise to allow them to cook faster.



<http://www.eatwell101.com/honey-dijon-chicken-veggies-foil-packs>