

Wellness Weekly

Turmeric Roasted Cauliflower Soup

UPCOMING EVENTS:

EVERY
WEDNESDAY IS
WALKING
WEDNESDAY
MEET AT BASE
OF RIVERSIDE 2
STAIRS
12:00

POP PILATES
WITH LYNDSSEY
IVAN
JANUARY 22ND
STUDENT
COMMONS
5:00 PM

MINDFULNESS
FEBRUARY 11TH
STUDENT
COMMONS
12:15

OPEN MIC NIGHT
(AKA VTC TALENT
SHOW)
COMING IN
EARLY MARCH....
START WORKING
ON YOUR ACTS!

Ingredients:

- 6 heaping cups cauliflower florets cut into 1-inch florets
- 3 garlic cloves
- 2 Tbsp cooking oil, plus 1 tsp
- 1 tsp turmeric
- 1 tsp cumin
- 1/8 tsp crushed red pepper flakes (optional)
- 1/2 tsp kosher salt
- 1 medium chopped onion
- 3 cups vegetable broth
- 1/4 cup canned coconut milk
- 2 Tbsp chopped cilantro

Directions:

1. Preheat oven to 450. Smash the garlic cloves with the side of a knife.
2. Place the cauliflower florets and smashed garlic in a large bowl and drizzle with cooking oil. Shake the bowl a few times to coat the cauliflower.
3. In a small bowl combine the turmeric, cumin, salt, and crushed red pepper flakes. Sprinkle evenly over cauliflower, tossing well to coat.
4. Place the cauliflower on a large rimmed baking sheet and bake for 25-30 minutes. Turning cauliflower as needed.
5. In a medium pot over medium heat, add 1 tsp cooking oil and onion; cook until translucent. Add the broth and roasted cauliflower. Boil and cover on low for 15 minutes.
6. Using blender of choice, blend until smooth. Salt as needed, stir in coconut milk, and serve.

Optional: top with cilantro and/or coconut milk



Wellness Weekly Challenge

Visit the Taubman



The Taubman hosts a variety of collections for visitors to enjoy.

To learn more about what is currently on display visit the website or [click here](#).

Free General Admission

Hours:

Wednesday—Saturday: 10:00-5:00

Sunday: 10:00-9:00

On-Going VTC Wellness Activities

Pop Pilates

January 22nd
5:00 PM

February 5th
5:00 PM



Wellness Google Group

Need Wellness Event Reminders!?

Join:

vtcsom-wellness-g@vt.edu

Walking

Wednesdays

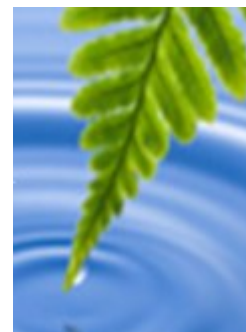
Every Wednesday at noon—group meets at the base of the Riverside 2 steps.



Mindfulness

January 28th
12:15

February 11th
12:15



VTC Fitness Challenge Week 3 Standings

1	Will Run for Margs	367
2	The Titan Fit Swolemales	310
3	Nocardia for Old Men	308
4	Quadratus Firmoris	240
5	Gains before Brains	233
6	VALKyries	228
7	Swole Girls	225
8	Squat It Like It's Hot	219
9	Spite Team	215
10	Cirque du Sore Legs	194
11	Nicolas Cage Fighters	188
12	A Little Week Behind	169
13	We Got (Clinical) Skillz	121
14	Thick & Thin	118
15	Mission Slimpossible	111
16	Knee High by the 4th of July	103
17	Pumped Up Chicks	102
18	Sparkle Motion	77
19	Airi Wants a Free Tank	76
20	We Get You In	74
21	Dopaleans	70
22	Harolds and Kumar	64
23	JAK'd STAT	57
24	Kalorie Kings	43
25	Mass PECTrometry	28
26	Running on Empty	20
27	Team Name TBD	18
28	Los four Dost	0

**PLEASE FEEL WELCOME TO SUBMIT ARTICLES OR IDEAS TO ANY
MEMBER OF THE WELLNESS ADVOCACY COMMITTEE.**

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

ROBYN GOODRICH - CLASS OF 2022

DR. JENNIFER SLUSHER, PHD, LPC

DR. ALLISON BOWERSOCK, PHD, CSCS, ACSM-EIM

LAURIE SEIDEL, MSN, RN

EMILY M. HOLT FOERST, COMMITTEE CHAIR

QUOTE OF THE WEEK:

“Challenges are gifts that force us to
search for a new center of gravity.

Don’t fight them.

Just find a new way to stand.”

- Oprah Winfrey

IF YOU WOULD LIKE TO CONTRIBUTE TO OR COMMENT ABOUT THE WELLNESS WEEKLY,
PLEASE EMAIL [EMILY HOLT FOERST](mailto:EMILY.HOLT.FOERST@VTCSOM), OFFICE OF STUDENT AFFAIRS VTCSOM.

TO SEND A “WEEKLY SHOUT OUT” MESSAGE,

EMAIL EMILY HOLT FOERST AT EMILY_10@VT.EDU