

## Cauliflower Wings

### QUOTE OF THE WEEK:

“I may not  
be there yet,  
but I’m  
closer than  
I was  
yesterday.”

- Author  
Unknown

### Ingredients:

- 1 head of cauliflower, cut into large florets
- 1 cup flour
- 1 cup milk
- 1/2 tsp kosher salt
- Fresh ground pepper
- Garlic powder to taste
- 1 cup buffalo-style hot sauce
- 1/4 cup butter, melted
- Optional: dressing & celery

### Directions:

1. Preheat oven to 450. Line two large baking sheets with parchment paper.
2. Make batter. Combine, flour, milk, and garlic powder in a medium bowl. Season with salt and pepper and whisk until the batter is smooth.
3. Dredge the cauliflower into the batter until evenly coated. Shake off the excess batter and transfer cauliflower to the lined baking sheets.
4. Bake until the cauliflower begins to turn golden around the edges, about 20-25 minutes.
5. Meanwhile make buffalo sauce. In a medium bowl, whisk together hot sauce and melted butter until evenly combined. Toss baked cauliflower “wings” in the sauce before serving.
6. Serve with dressing and celery if desired.



# Chestnut Ridge Trail

If you're looking for a relatively low impact trail in Roanoke, try the Chestnut Ridge Trail. If you have a dog, you can bring them on a leash. If you hike the full loop, the trail is 2.8 miles.



There are a couple spots at which you can enter the trail. For details on how to find it, check out the website below.

<https://www.alltrails.com/trail/us/virginia/roanoke-area-trails>

## Interpersonal Wellness

Sometimes we don't know we've said the something insensitive until we've inadvertently caused someone else pain. Naturally, a reflexive response to inadvertent harm is "I didn't know..." So, in this Wellness Weekly section, general guidelines for current inclusive language will be highlighted. The following terms have been compiled by the National Center on Workforce and Disability (NCWD):

Outdated & Stigmatizing: Retarded — Current Language: Cognitive disability or developmental disability

Outdated & Offensive: Mongoloid — Current Language: Down Syndrome

Outdated "person stricken/afflicted by MS" — Current Language: "Person who has multiple sclerosis"

More suggestions in future editions. For additional info now:

[http://www.onestops.info/article.php?article\\_id=14](http://www.onestops.info/article.php?article_id=14)

# Wellness Weekly Challenge

## ANOTHER FUN FALL FARM TO CONSIDER



**Jeter Farm in Bonsack, VA**  
Corn maze, hay rides, u-pick pumpkin patch,  
games & more!

Fridays 3-6, Saturdays 9-6, Sundays 12-6  
until October 29th

Check it out on Facebook or <http://www.jeterfarm.com/fall-festival.html>

### Zucchini “Meatballs”

#### Ingredients:

- 3 medium zucchini
- Kosher salt
- 2 cloves of garlic, minced
- 1/4 cup thinly sliced basil
- 1 egg, lightly beaten
- 1 cup panko breadcrumbs
- 1/2 cup freshly grated Parmesan, divided
- Fresh ground pepper
- 2 Tbsp cooking oil
- 1 (24 oz) jar marinara sauce

#### Directions:

1. Grate the zucchini on a medium grater. Line a medium bowl with a kitchen towel. Add the grated zucchini. Season with salt to taste and toss with your hands. Pull up the sides of the towel and squeeze the zucchini until most of the excess moisture is removed.
2. Transfer the dried zucchini to a clean bowl. Add the garlic, basil, egg, and panko bread crumbs, and 1/4 cup Parmesan. Season to taste with salt and pepper. Form the zucchini mixture into small balls. You should end up with about 12.
3. Meanwhile heat cooking oil in a large skillet over medium heat. Add the meatballs and brown (about 8-10 minutes). Place cooked meatballs on a paper towel when cooked.
4. Wipe skillet and pour marinara sauce into it. Heat on medium and add the zucchini balls. Simmer for 3-5 minutes. Serve.



<http://www.delish.com/cooking/recipe-ideas/recipes/a48034/zucchini-meatballs-recipe/>

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

ALLY NAGY - CLASS OF 2018

LINDSAY MAGUIRE - CLASS OF 2019

JEFF HENRY - CLASS OF 2020

AYESHA KAR - CLASS OF 2021

DR. ALLY BOWERSOCK, PHD, CSCS, ACSM. EIM, LEVEL 1

DR. JENNIFER SLUSHER, PHD, LPC

EMILY HOLT, COMMITTEE CHAIR

**UPCOMING WELLNESS EVENTS:**

OCTOBER 2ND	7:20 AM MINDFULNESS WITH LAURIE SEIDEL STUDENT COMMONS (BREAKFAST TOO)
OCTOBER 12TH	6:00 AM YOGA WITH DR. ALLY BOWERSOCK, PHD STUDENT COMMONS
OCTOBER 19TH	6:00 PM YOGA WITH DR. BETH POLK, MD STUDENT COMMONS
OCTOBER 27TH	7:00 PM MEDICAL MOVIE NIGHT STUDENT COMMONS