

THINGS TO REMEMBER:

- Eat More fruits & veggies
- Eat Lean Meat
- Eat Less Processed foods
- Rinse canned foods to reduce sodium
- Avoid products with high fructose corn syrup

I Don't Have Time to Cook

5-Minute Lentil Tomato Salad

Vegan, gluten-free
Serves about 4 side servings

Ingredients

15 oz. can lentils
1 1/2 cups cherry tomatoes
1/4 cup white wine vinegar (or white balsamic vinegar)
1/8 cup chives (optional)
Salt to taste
Other additions: olive oil, basil, parsley, etc.

Directions

Rinse and drain lentils. Halve/quarter cherry tomatoes. Slice chives.
Add all ingredients to a small bowl and toss to combine. Salt to taste, and adjust vinegar if necessary.
Serve immediately or refrigerate in a covered container to let flavors develop more. Stir before serving.

From thegardengrazer.com



Pumpkin Spice Protein Balls



www.dietsinreview.com

Yield: 10-12 balls

Ingredients

- 18 pitted dates
- 1/2 cup almonds
- 1/2 cup rolled oats (use gluten-free oats for GF)
- 1/2 tsp pumpkin pie spice*

Instructions

1. Place the dates in a food processor with the "s" blade and mix until they're in small pieces.
2. Then add the remaining ingredients and mix until only fine pieces remain. If a bit of batter sticks between your fingers and feels "doughy," you're in a good place. If it's not sticking together, add a few more dates and pulse.
3. Next, scoop out 1 Tablespoon measurements and carefully form into balls. Placing one hand in a plastic bag while forming the balls will make the process a lot easier and less messy.

Quick Snacks:

- ◆ Pistachios
- ◆ Raw Almonds
- ◆ Apple Slices & Almond Butter
- ◆ Protein Bar
- ◆ Cup of Blueberries

One Pan Mexican Quinoa

INGREDIENTS:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- Kosher salt and freshly ground black pepper, to taste
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

DIRECTIONS:

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin; season with salt and pepper, to taste. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro.
3. Serve immediately.



www.damndelicious.net

I Don't Like Lentils & I'm in a Hurry!

Emily's Chicken (or Flank Steak)

You will need:

- 1 Gallon Ziploc bag
- 1 lb of boneless chicken breasts (or a 1.5 lb flank steak)
- 1 bottle Wishbone Italian Salad Dressing

Instructions:

Put the meat & dressing in the bag. Seal the bag. Place in fridge all day. When ready to eat, grill or cook in oven until desired level of done.

Serve with a bag of Steamfresh (found in freezer section of grocery store) steamed veggies and/or a sweet potato (cooked in microwave on "potato" setting or for about 10 minutes give or take due to potato size).

*"I really
regret
eating
healthy
today..."
Said no
one... ever!"*

Date Night Dinner

Baked Shrimp Scampi



Serves 2

- 1 pound (12 to 15 per pound) shrimp in the shell
- 1 1/2 tablespoons good olive oil
- 1 tablespoons dry white wine
- Kosher salt and freshly ground black pepper
- 6 tablespoons unsalted butter, at room temperature
- 2 teaspoons minced garlic (4 cloves)
- 2 TBL minced shallots
- 1 1/2 tablespoons minced fresh parsley leaves
- 1/2 teaspoon minced fresh rosemary leaves
- 1/8 teaspoon crushed red pepper flakes
- 1/2 teaspoon grated lemon zest
- 1 tablespoons freshly squeezed lemon juice
- 1 medium egg yolk
- 1/2 cup panko (Japanese dried bread flakes)
- Lemon wedges, for serving

Preheat the oven to 425 degrees F.

Peel, devein, and butterfly the shrimp, leaving the tails on. Place the shrimp in a mixing bowl and toss gently with the olive oil, wine, 2 teaspoons salt, and 1 teaspoon pepper. Allow to sit at room temperature while you make the butter and garlic mixture.

In a small bowl, mash the softened butter with the garlic, shallots, parsley, rosemary, red pepper flakes, lemon zest, lemon juice, egg yolk, panko, 1/2 teaspoon salt, and 1/4 teaspoon of pepper until combined.

Starting from the outer edge of a 14-inch oval gratin dish, arrange the shrimp in a single layer cut side down with the tails curling up and towards the center of the dish. Pour the remaining marinade over the shrimp. Spread the butter mixture evenly over the shrimp. Bake for 10 to 12 minutes until hot and bubbly. If you like the top browned, place under a broiler for 1 minute. Serve with lemon wedges.

Weekly Words for Willpower!

SUCCESS IS NO ACCIDENT.
It is hard work, perseverance,
learning, studying, sacrifice
and most of all, **love** of what you are doing.
- Pele

Share Your Favorites!

Hey VTCSOM,

The Office of Student Affairs has started a new student wellness publication. Our plan is to help students find ways to stay healthy while in medical school. If you have recipes you love that don't take forever to prepare; please share. We will also be including fitness & nutrition tips in future editions, so please feel welcome to share fitness & nutrition suggestions too.

Send ideas to:

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