

Low-Carb Chicken Zucchini Enchiladas

QUOTE OF THE WEEK:

“You may encounter many defeats, but you must not be defeated. In fact, it may be necessary to encounter the defeats, so you can know who you are, what you can rise from, how you can still come out of it.”

- Maya Angelou

Ingredients:

- 1 Tbsp cooking oil
- 1 large onion, chopped
- Salt to taste
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 2 tsp chili powder
- 3 cups shredded chicken
- 1 1/3 cup red enchilada sauce, divided
- 4 large zucchini, sliced with a mandolin or peeler
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded cheddar

Directions:

1. Preheat oven to 350
2. In large skillet over medium heat, heat oil. Add onion and salt.
3. Cook until golden and brown (about 5 mins). Add garlic, cumin, chili powder, shredded chicken and 1 cup enchilada sauce.
4. Stir well until combined.
5. Slice zucchini. Lay out slices. Add 2 Tbsp of the chicken mixture on top of each slice, then roll up and then place in baking dish.
6. Top enchiladas with remaining enchilada sauce.
7. Sprinkle with shredded cheeses. Bake for 20 minutes (or until cheese is melted).



Weekly Group Tutoring Sessions

If you're an M1, one way to maintain academic wellness is to attend the

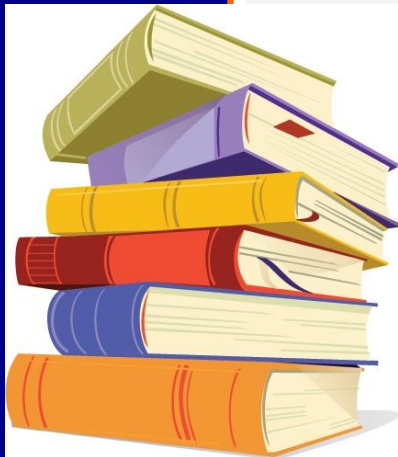
Weekly Group Tutoring Sessions

Every Thursday

5:00PM

M211

A current M2 student tutor will lead the hour long review sessions. You can ask questions. The tutor can quiz you. The group can work together to clarify confusing content. Come check one out!



Yoga Thursdays

Mark your calendars!

Starting in **September**,
the Wellness Advocacy Committee
will be hosting

Yoga Thursdays

Every **2nd Thursday** of the month at **6:00 AM**
led by Dr. Ally Bowersock, PhD
and

Every **3rd Thursday** of the month at **6:00 PM**
led by Dr. Elizabeth Polk, MD
in the

Student Commons.

Grab a yoga mat and come join us; it's **FREE!**

Wellness Weekly Challenge

Give it 5 minutes

In a recent article by Leah Fessler in Quartz, one key to billionaire CEO and Instagram founder Kevin Systrom's success was highlighted. When asked what he does to fight procrastination, he said he makes a deal with himself to give whatever he's avoiding 5 minutes. Once he starts, he often gets the project/task finished. The notion of using a time limit, as Fessler notes in her article, isn't new. The

Tomato Timer idea has been around for a while. However, Systrom's idea of just 5 minutes is significantly shorter than the tomato timer idea which suggests 25 minutes. One can argue it might be easier to bargain with oneself over 5 minutes.

Give one or both a try and see if either works for you.

[Tomato Timer link](#) [Leah Fessler article](#)

Skinny Burrito Bowl

Ingredients:

- 1 cup brown jasmine rice
- 1 lb ground turkey
- 1 Tbsp Taco seasoning
- Kosher salt
- 1/4 cup plain yogurt
- 2 tsp Hot sauce
- 2 cups grape tomatoes, halved
- 2 avocados, diced
- 1 15 oz can black beans
- Cilantro for garnish

Directions:

1. In a small pot, cook rice according to package directions.
2. Meanwhile in a large skillet, over medium heat, cook the turkey until it's no longer pink, 6-7 minutes. Season with taco seasoning and salt.
3. In a small bowl, mix together yogurt and hot sauce.
4. Assemble burrito bowl: divide rice among four bowls and top with ground turkey, tomatoes, avocados, and black beans. Drizzle with spicy yogurt. Garnish with cilantro.



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

<http://www.delish.com/cooking/recipe-ideas/recipes/a46525/skinny-burrito-bowl-recipe/?visibilityoverride>