

## QUOTE OF THE WEEK:

Life doesn't  
get easier  
or more  
forgiving;  
we get  
stronger  
and more  
resilient.

- Dr. Steve  
Maraboli

## Parmesan Spinach Cakes

### Ingredients:

- 12 oz fresh spinach
- 1/2 cup part-skim ricotta cheese, or low-fat cottage cheese
- 1/2 cup finely shredded Parmesan cheese
- 2 large eggs, beaten
- 1 clove garlic, minced
- 1/4 tsp salt
- 1/4 tsp freshly ground pepper

### Directions:

1. Preheat oven to 400 degrees.
2. Pulse spinach in three batches in a food processor until finely chopped. Transfer to a medium bowl. Add ricotta (or cottage cheese), Parmesan, eggs, garlic, salt and pepper; stir to combine.
3. Coat 8 cups of the muffin pan with cooking spray. Divide the spinach mixture among the 8 cups (they will be very full).
4. Bake the spinach cakes until set, about 20 minutes. Let stand in the pan for 5 minutes. Loosen the edges with a knife and turn out onto a clean cutting board or large plate. Serve warm, sprinkled with more Parmesan, if desired.

**Note to chef:** 10 oz trimmed mature spinach is equal to 10 cups raw or about 8 cups of baby spinach. Mature spinach is typically better in cooked dishes and baby spinach is typically better in raw dishes.



<http://www.eatingwell.com/recipe/252946/parmesan-spinach-cakes/>

## Midnight Movies at the Grandin

The Grandin movie theatre is really cool and if you haven't been there for a movie yet, you should really go sometime soon! If you're nocturnal, you might consider going to one of the midnight movies there. Tonight the theatre is showing Mallrats. Check out the other options coming soon on their website:

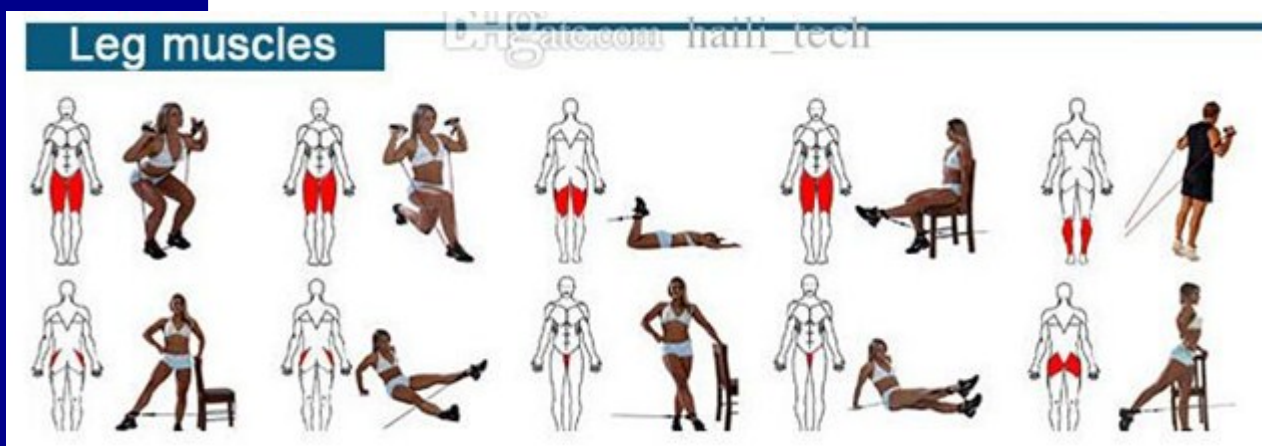


<https://www.grandintheatre.com/calendar/midnight-movies>

## Resistance Band Station in the Gym

Get the most out of the resistance band station in the student gym!

Here are some shoulder exercises you can try:



<http://www.dhgate.com/product/11pcs-in-1-set-fitness-resistance-bands-exercise/231012643.html#!>

# Wellness Weekly Challenge

Surf the Urge. If you've set a goal to cut back on shopping, caffeine, sugar.... but temptation is at your heels. Try to "surf the urge." Set your watch for 5 minutes. Resist the temptation during that window of time. Give yourself a chance to make it past the moment without giving into the temptation. Typically, it will be enough time for you to successfully redirect yourself and stick with your goal.

This idea comes from Dr. Kelly McGonagal, Ph.D., Stanford University professor and author of *The Upside of Stress*.

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

## On the Go - Grain-Free Granola

### Ingredients:

- 1/2 cup unsweetened coconut flakes
- 2 cups slivered raw almonds
- 1 1/4 cup raw pecans
- 1 cup raw walnuts
- 3 Tbsp chia seeds
- 1 Tbsp flax seed meal
- 1 1/2 tsp ground cinnamon (optional)
- 2 Tbsp coconut, can or muscavado sugar
- 1/4 tsp sea salt
- 3 Tbsp coconut oil
- 1/4 cup + 1 Tbsp maple syrup or honey
- 1/4 cup dried blueberries (optional)
- 1/4 cup roasted unsalted sunflower seeds (optional)

### Directions:

1. Preheat oven to 325 degrees and position a rack in the center of the oven.
2. In a large mixing bowl, combine the coconut, nuts, chia seeds, flax seed, cinnamon, coconut sugar and salt.
3. In a small saucepan over low heat, warm the coconut oil and maple syrup and pour over the dry ingredients and mix well.
4. Spread the mixture evenly onto a large baking sheet (may require two depending on size) and bake for 20 minutes. Then remove from the oven, add the dried blueberries and roasted sunflower seeds and stir.
5. Increase oven temperature to 340 degrees and return to the oven for another 5-8 minutes, or until deep golden brown.
6. The coconut oil will help this granola crisp up nicely, but be sure to watch it carefully as it browns quickly.
7. Once the granola is visibly browned and done cooking (about 27 minutes total), remove from the oven and let cool completely.
8. Store in a contain with an air-tight seal and it should keep for a few weeks.

