

Zucchini Noodles with Avocado Pesto & Shrimp

QUOTE OF THE WEEK:

Strive for
progress
not
perfection.

— Author
unknown

Ingredients:

- 5-6 medium zucchini, trimmed
- 3/4 tsp salt
- 1 ripe avocado
- 1 cup packed fresh basil leaves
- 1/4 cup unsalted shelled pistachios
- 2 Tbsp lemon juice
- 1/4 tsp ground pepper
- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, minced
- 1 lb raw shrimp, peeled & deveined
- 1-2 tsp Old Bay seasoning

Directions:

1. Use spiral slicer and spiralize the zucchini. Place noodles in a colander and sprinkle with salt. Allow to set for 15-30 minutes.
2. Combine avocado, basil, pistachios, lemon juice, pepper and a 1/4 tsp salt in a food processor. Pulse until finely chopped. Add 1/4 cup oil and process until smooth.
3. Heat 1 Tbsp oil in a large skillet over medium heat. Add garlic and cook stirring for 30 seconds. Add shrimp and sprinkle with Old Bay; cook, stirring occasionally, until the shrimp is almost cooked through, 3-4 minutes. Transfer to a large bowl.
4. Add the remaining 1 Tbsp oil to the pan. Add the drained zucchini noodles and gently toss until hot, about 3 minutes. Transfer to the bowl, add the pesto and gently toss to combine.



Roanoke St. Patrick's Day Festival



Head downtown this weekend and you'll find it is certainly busier than usual! With the parade starting at 11:00 and a day full of fun, time will definitely fly! Check out the website below to get a full idea of all the festivities including a map of where various elements of the festival are located.

<http://www.downtownroanoke.org/events/signature-events/st-patricks-day-parade-and-festival>

April Events Posted

- ◆ Do you have difficulty thinking of what to do when you need a distraction?
- ◆ Do you know there is usually something going on in Roanoke; even if on the surface that looks false?
- ◆ Do you know there is a *Wellness Events Calendar* among the resources on the VTCSOM wellness website?
- ◆ Do you know you can email Emily Holt (EmHolt@carilionclinic.org) if you'd like to add an event to the calendar?

Take a peek at the calendar and bookmark this link:

[VTCSOM Wellness Events Calendar](#)

Wellness Weekly Challenge

Get better sleep!

Sometimes it's easier said than done, but healthy sleep habits lead to healthier and more productive days.

Check out the links under Personal Wellness on the VTCSOM website link below for some resources to test out if you are working on your sleep habits:

http://medicine.vtc.vt.edu/student_affairs/student_wellness/wellness_advocacy/

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

Packed Lunch - Dolmas Wrap

Ingredients:

- 1/4 cup chopped cucumber
- 1/4 cup chopped tomato
- 1/4 cup low-fat plain yogurt
- 1 Tbsp crumbled feta cheese
- 1/8 tsp garlic powder
- 1 whole-wheat lavash or wrap
- 3 prepared dolmas

Directions:

1. Combine lettuce, cucumber, tomato, yogurt feta and garlic powder in a small bowl. To serve, spread the lettuce-yogurt mixture on the lavash, top with dolmas and roll.

Note to Reader:

Dolmas are stuffed grape leaves. They are typically filled with vegetables and grains. They can be found in cans or jars in the Middle Eastern food section or sometimes on the grocery salad bar.

Lavash is a thin, Middle Eastern bread found near wraps and tortillas.



<http://www.eatingwell.com/recipe/249927/dolmas-wrap/>