

From your
Wellness Committee

It seems only logical to start off this holiday season newsletter with some advice and suggestions on managing those troublesome holiday gifts we give ourselves; extra calories! This time of year is full of holiday parties with co-workers, friends and family. Also, there is an onslaught of delectable debauchery from third party vendors that we do business with, i.e. pharmaceutical reps. The following pages contain a list of healthy recipes and foods that you can share in meeting rooms and holiday parties from your very own committee members.

As we roll into the holiday season and start thinking towards a new year, now seems the most appropriate time to introduce the University Of Louisville School of Medicine's brand new Wellness Committee. By working in conjunction with ULP's Wellness Committee, we hope to be a source of information and guidance on how to live a healthier and happier life for all U of L and ULP staff and faculty.

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That being said, we are growing and looking for people who are interested in wellness! Please contact us (contact information is located on the last page) if you would like to be on our listserv to attend meetings and contribute to your time, energy and passion for wellness to our community within the School of Medicine. Also, please keep on the lookout for a very short survey that will arrive to your email inbox. Our committee will rely heavily on your thoughts and opinions; topics important to **YOU** will be featured in our quarterly newsletter! Feel free to get involved, but mostly, feel free to read and apply some of your Wellness Committee's suggestions for a healthier life today!

-Miranda Sloan, Department of Psychiatry

Pine Nut Stuffed Mushrooms

Prep time

10 mins

Cook time

20 mins

Total time

30 mins

Gluten-Free and Vegan

Recipe type: Appetizer

Serves: 24

Ingredients

- 24 large button mushrooms
- ¼ cup white onion, minced
- 2 Tbsp. olive oil
- ½ cup cooked brown rice
- ½ cup cooked quinoa
- 2 carrots, peeled and grated
- ½ cup pine nuts, finely chopped
- 2 Tbsp. organic salsa
- 1 tsp. sea salt
- ½ tsp. ground black pepper
- 2 chives, finely chopped

Instructions

Preheat oven to 350 degrees F. Prepare a baking dish with nonstick baking spray.

Clean mushrooms and remove stems. Set mushroom caps aside; discard stems.

In a small skillet over medium heat, cook onion in olive oil until translucent, approximately 6 minutes.

Add cooked brown rice, quinoa, carrots, pine nuts, salsa, sea salt and pepper; cook until warm, approximately 3-4 minutes. Remove from heat.

Using a teaspoon, transfer rice mixture in each mushroom cap. Slightly over-stuff mushroom caps with rice mixture.

Place stuffed mushrooms in a single layer on prepared baking dish. Bake, uncovered for 15 minutes.

Remove from the oven; garnish with fresh chives.

Serve warm.

Did you know...?

Whether it's Christmas, Hanukkah, Kwanza, Thanksgiving, New Years, or the Super Bowl high caloric foods are a part of the tradition. Here is breakdown of some of the most popular foods, their calories, and what you have to do to burn them off.

1 slice of an 8" pumpkin pie (4.7 oz)
279 calories = 1 hour & 17 minutes of walking

1 cup of cranberry sauce (9.8 oz)
418 calories = 48 minutes jogging

1 cup of egg nog (8 fl. Oz)
344 calories = 1 hour & 35 minutes of jogging

3 slices of honey glazed ham (3 oz)
360 calories = 41 minutes jogging

1 large baked potato (10.7 oz)
278 calories = 42 minutes cycling



Sugar Free Whole Wheat Apple Cake

Ingredients

- 6 cups sliced apples, without skin
- 2 teaspoon ground cinnamon
- $\frac{1}{3}$ cup [sucanat](#) (optional to sweeten apples)
- 3 eggs
- 2 cups applesauce, unsweetened
- $\frac{1}{2}$ cup butter, softened
- 2 teaspoon vanilla extract
- $\frac{1}{3}$ cup cider or apple juice
- 3 cups whole wheat pastry flour
- 1- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{8}$ teaspoon ground nutmeg
- 8 packets stevia

Instructions

- Preheat the oven to 350 degrees.
- Combine sliced apples, cinnamon and sucanat until all apples are coated well.
- Spray a bundt pan with cooking spray and lightly flour inside of pan.
- Mix together eggs, applesauce, butter, vanilla and cider.
- Sift in another bowl flour, salt, baking soda, nutmeg and stevia.
- Add dry ingredients to the wet and mix well.
- Pour half of the batter into the prepared pan, then lay half of the sliced apples over the batter. Repeat with batter and finish with the rest of the apples.
- Bake for one hour to an hour and fifteen minutes until toothpick in center comes out clean.
- Remove cake from the oven and set it on a wire rack for 15 minutes. Then loosen edges with a knife and invert onto a plate to remove from pan. Flip back over onto a serving plate.

Dark Chocolate Sea Salt Covered Almond Bark

Ingredients

- 1/2 cup Swerve Sweetener
- 2 tbsp water
- 1 tbsp butter
- 1½ cups roasted almonds (unsalted)
- ¼ tsp sea salt
- 4 oz food-grade Cocoa Butter
- 2.5 oz unsweetened chocolate, chopped
- ½ cup powdered Swerve Sweetener, sifted
- ¾ cup cocoa powder
- ½ tsp vanilla extract
- Additional sea salt for sprinkling

From the desk of Emily Carr,
SOM

Instructions

Line a large baking sheet with parchment paper.

In a medium saucepan over medium heat, combine Swerve and water, stirring occasionally. Bring to a boil and cook until mixture darkens, about 7 to 9 minutes. Mixture will smoke slightly; this is normal.

Remove from heat and whisk in butter. Add almonds and stir quickly to coat, then stir in sea salt.

Spread almonds out onto prepared baking sheet, breaking up any clumps.

In a heavy saucepan over low heat, melt cocoa butter and chocolate together until smooth.

Stir in sifted powdered erythritol, then stir in cocoa powder, until smooth.

Remove from heat and stir in vanilla extract.

Reserve ¼ cup of the almonds and set aside. Stir remaining almonds into the chocolate. Spread out onto same parchment-lined baking sheet, keeping nuts in a single layer.

Sprinkle with reserved almonds and additional sea salt.



Winter Fruit Salad

Total Time: 30 minutes

Yield: 6 servings

From the desk of Meg Samples, SP Lab

Ingredients:

½ cup sugar

1 1" piece ginger, peeled and thinly sliced

1 vanilla bean, split lengthwise and seeds scraped out

1 lemon

5 large navel or blood oranges

2 mangoes, peeled and diced

2 firm bananas, peeled and diced

5 kiwis, peeled and diced

12 kumquats, thinly sliced crosswise, seeds removed

1 cup pomegranate seeds (from 1 pomegranate)



Directions:

Combine the sugar, 2 cups water, the ginger and vanilla seeds and pod in a saucepan. Use a vegetable peeler to remove wide strips of zest from the lemon and 1 orange, add to the saucepan and bring to a boil over medium-high heat. Reduce the heat and simmer 5 minutes. Refrigerate until cold.

Meanwhile, peel the remaining oranges with a paring knife, cutting along the natural curve of the fruit. Hold an orange over a large bowl and cut along both sides of each membrane to free the segments, letting them fall into the bowl. Squeeze each empty membrane to release the juices. Repeat with the remaining oranges. Add the mangoes, bananas, kiwis, kumquats and pomegranate seeds and gently toss. Pour the syrup over the fruit and chill overnight.

Morning Glory Muffins

From the desk of Ashley Kniebbe, SOM

Yield: 12-16 Muffins

Prep Time: 20 Minutes

Cook Time: 30-35 Minutes

Total Time: 1 Hour 20 Minutes

Ingredients:

2 ½ cups Flour

1 ¼ cup Sugar

1 Tbsp Cinnamon

2 tsp Baking Soda

2 cups Grated Carrots

1 cup Raisins

1 cup Shredded Coconut

1 cup Chopped Pecans

1 Apple, peeled and grated

4 Eggs

½ cup Vegetable Oil

1 Tbsp Vanilla

Directions:

Preheat oven to 350 degrees.

In a large bowl, whisk together flour, sugar, cinnamon, and baking soda. Mix in carrots, raisins, coconut, pecans and apples - mix well. In a medium bowl, whisk together eggs, oil and vanilla. Stir mixture into the fruits/veggies mixture and mix until all ingredients combine.

Scoop dough with ice cream scoop into lined or vegetable oil sprayed muffin tin. Bake for 30-35 minutes or until the muffins come out clean when a toothpick has been inserted into the middle of each muffin. Remove from pan and let cool on a wire rack.

Managing Holiday Stress

1. Set realistic expectations. Stick to your gift budget, buy prepared foods rather than cooking everything from scratch, don't overschedule yourself, manage your time effectively.
2. Make your own traditions. Don't be a victim of the holiday blues. Plan a vacation, volunteer your time, and try not to overindulge, particularly in alcoholic beverages.
3. Make some time just for you. It's easy to get caught up with the hustle and bustle of the holidays, taking care of everyone around you. The holidays are a great time for personal reflection on last year's accomplishments and to start looking at next year's goals.

Spiced Sweet Roasted Red Pepper Hummus

Ingredients:

1 (15 oz) can garbanzo beans, drained	1 clove garlic, minced
1 (4 oz) jar roasted red peppers	½ tsp ground cumin
3 tbsp lemon juice	½ tsp cayenne pepper
1 ½ tbsp tahini	¼ tsp salt
1 clove garlic	1 tbsp chopped fresh parsley

Instructions:

In an electric blender or food processor, puree the chickpeas, red peppers, lemon juice, tahini, garlic, cumin, cayenne, and salt. Process, using long pulse, until the mixture is fairly smooth, and slightly fluffy. Make sure to scrape the mixture off the side of the food processor or blender in between pulses.

Transfer to a serving bowl and refrigerate for at least 1 hour. The hummus can be made up to 3 days ahead and refrigerated. Return to room temperature before serving.)

Sprinkle the hummus with the chopped parsley before serving.

Baked Tortilla Chips

Ingredients:

1 (12 oz) pkg corn tortillas	1 tsp ground cumin
1 tbsp vegetable oil	4 tsp chili powder
3 tbsp lime juice	1 tsp salt

Instructions:

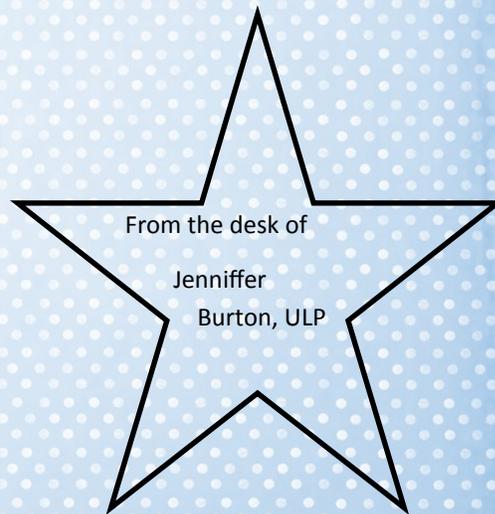
Preheat oven to 350 F.

Cut each tortilla into 8 chip sized wedges and arrange the wedges in a single layer on a cookie sheet.

In a mister, combine the oil and lime juice. Mix well and spray each tortilla wedge until slightly moist.

Combine the cumin, chili powder, and salt in a small bowl and sprinkle on the chips.

Bake for about 7 minutes. Rotate the pan and bake for another 8 minutes or until the chips are crisp, but not too brown. Serve with salsa, garnishes or guacamole.



Easy Cheesy Zucchini Bake

2 medium-sized zucchini, cut in slices or half-moon slices

2 medium-sized yellow squash, cut in slices or half-moon slices

2 T thinly sliced green onion

3/4 tsp. garlic powder

1/2 cup + 1/2 cup low-fat white cheese (I used Pizza Cheese, which is a low-fat blend of Mozzarella, Provolone, Romano, and Parmesan)

1/2 cup coarsely grated Parmesan (I would use a little less if you only have the very finely grated Parmesan from a can)

salt and fresh ground black pepper to taste

Instructions:

Preheat oven to 350F. Spray an 8" x 8" baking dish with olive oil or non-stick spray. Wash the squash and cut in slices or half-moon slices. Wash basil, spin dry or dry with paper towels and finely chop. Slice green onions.

Combine the sliced squash, chopped basil, sliced green onions, dried thyme, garlic powder, and both kinds of cheese and stir together until the veggies are coated with cheese and the herbs are well-distributed. Season with salt and fresh ground black pepper. Put the mixture in the baking dish and bake uncovered for about 25-30 minutes.

When the zucchini is nearly cooked through, take the casserole dish out of the oven and sprinkle over the remaining 1/2 cup of grated cheese. Put the dish back in the oven and bake 10-15 minutes longer, or until the cheese is melted and nicely browned and zucchini is fully cooked. Serve hot.

From the desk of
Amy Kiper, Program
Coordinator





Happy Holidays Cards!

Contact us:

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Now, 7 tips to stay active this holiday season!

1. Go out and play! There is no such thing as bad weather, only poor wardrobe choices when you head out. Grab your coat, gloves and hat then take a walk through one of our scenic parks, have a snowball fight (please don't hit your friends in the face...), or try out a new sport like skiing or snowboarding (wear a helmet!).
2. Rearrange your house. You might be stuck inside anyway due to inclement weather. Redecorate a room, move some furniture around (lift with your legs, not your back), and give your space a fresh new look.
3. Take a new class. Whether its dance, yoga/meditation, or Jiu-Jitsu (this is a lot of fun with your significant other) just try something new.
4. Don't just exercise your brain, exercise your mind. Try putting together a tricky puzzle.
5. Did it snow last night? Grab a sled or garbage can lid and head to the closest hill (that doesn't let out into a roadway).
6. Try a new workout video or YouTube video with a friend! Seven minute abs anyone?
7. Set a goal and keep it. Whether it's doing something x1, x3, x7 days a week, pick a goal and keep it.