March & April Wellness News

Big Loser Finale Event

Monday, March 12th, 2018
Bootcamp Workout at the Wellness Center @ 5:30 PM
Wellness Dinner & Awards Ceremony in the Pub @ 7:30 PM

This event is open to all members, please come see all the hard work and progress the competitors have put in!

The Outing Club Otters Swim Team Training Camp

Tuesday April 3rd — Friday April 6th
6:00 — 8:00 PM
Saturday April 7th & Sunday April 8th
7:00 — 10:00 AM
Ages 7-14

We will be teaching athletic fundamentals geared toward building stronger swimmers. This camp is not mandatory for swim team participants but is strongly encouraged. A background in swim team is not necessary. $100 per Athlete

The Outing Club is interested in what YOU are cooking at home to maintain a clean & healthy diet

Turn in your Wellness Recipes at the Wellness Center

Fried Cabbage by Bob Specht

Ingredients:
- 2 tbsp. Canola Oil
- 1 Head Green Cabbage Finely Shredded
- 2 tbsp. Bacon Bits
- Salt & Pepper to Taste
- Light or Fat Free Sour Cream

In a large skillet over medium to high heat, put the oil in the pan, let it come to temperature then add the cabbage. Let the cabbage cook down for a few minutes then carefully stir. After the cabbage has wilted and starts to brown, add the bacon bits, salt and pepper. Continue sautéing until the cabbage is tender. Serve hot and garnish each serving with a tablespoon of sour cream.

Silver Dollar Banana Nut Pancake by Ernie Brauner

Ingredients:
- 6 eggs: 3 Whites and 3 Whole Eggs
- 1 Ripe Banana
- 3 tbsp. Coconut Flour
- Pinch Ground Cinnamon
- 3 Dashes Vanilla
- Optional: Walnuts Chopped (sub pecans, almonds, cashews, etc.)

Blend eggs 3-5 minutes then add banana, coconut flour, cinnamon, vanilla and blend. Heat skillet to medium-low heat and gently pour two inch circles of batter in skillet. Sprinkle with nut selection then cook pancakes until they swell around nuts. Flip pancakes for another minute or two. Serve with your choice of topping based on diet plan.

Instant Pot Beef & Cauliflower Rice by Anne Helms

Ingredients:
- 1 pound organic grass-fed ground beef or ground bison
- 1 whole onion, chopped
- 6 cloves garlic, minced
- 1 bag frozen cauliflower rice variety (I like the mix of cauliflower and sweet potato!)
- 1 head broccoli
- 2 tablespoons sesame oil
- ½ teaspoon pink Himalayan sea salt
- ½ teaspoon turmeric
- Chopped fresh chives (optional)

Set instant pot on high or fast cook setting. Sauté onion & garlic in sesame oil, add meat & season accordingly. Finely chop broccoli and add to instant pot. Let cook on fast cook pressure setting and enjoy!