

Happy Holidays! These healthy dishes will make a delicious impression at any holiday party. Don't forget to stay active and exercise.



Mini Roasted Vegetable Tartlets

- 1 red onion
- 1 red bell pepper
- 1 orange or yellow bell pepper
- ½ eggplant
- 1 zucchini
- 1/4 cup olive oil, or as needed
- Salt and pepper, to taste
- 45 frozen mini phyllo tart shells
- 2 (5-ounce) package Boursin Garlic & Fine Herbs Cheese

1. Preheat oven to 400 F degrees. Cut all of the vegetables into a small dice; toss with olive oil. Season vegetables with salt and pepper. Roast vegetables on 2 sheet pans until tender and golden brown, about 15 minutes.

2. Put 1 teaspoon of Boursin into each tart shell, top with roasted vegetables.

3. Bake tart shells on a sheet pan until light golden brown, about 8 minutes.

Yield: 45 mini tarts



Sweet Potato Dip

- | | |
|---|--|
| 1 c. cooked sweet potato (1 medium sweet potato) | 1T red wine vinegar |
| 1 (15 oz.) can Great Northern beans, drained and rinsed | 1T olive oil |
| 1T tomato puree | ½ tsp. onion powder |
| ¼ c. diced red bell pepper | 1 tsp. chili powder |
| 1 lime, juiced | ¼ tsp. cayenne pepper (if desired, for added heat) |
| 1 tsp. chopped garlic | ½ tsp. cumin |
| | ½ tsp. salt |

Combine all of the ingredients in a food processor until well combined. Add water until desired consistency. This dip is great served with raw vegetables (cucumbers, carrots, celery, etc.) or whole wheat pita chips. Can even use as a spread for sandwiches.

Yield: 2 cups

Nutrition Info (per 2T serving): 39 calories, 6g carbohydrates, 1g fat, 2g protein



Spiced Apple Cider

- 6 cups apple cider or apple juice
- 3 T maple syrup or to taste
- 3 cinnamon sticks
- 4 fresh ginger slices, peeled & cut 1/8-inch thick
- 1 orange w/ peel cut into large strips & juice of orange

In a large saucepan combine all of the ingredients and simmer for 20 minutes, stirring frequently. Remove cinnamon, ginger, and orange peel before serving.

Makes 8 six-ounce servings



P2W Ambassador Highlight

My name is Samantha Talley and I am a senior Speech-Language Pathology major at MUW. This is currently my second year to serve as a Passport to Wellness ambassador. I love being a part of encouraging healthy living both on and off-campus. As a transfer student, Passport to Wellness has allowed me to get involved and build relationships, while also obtaining a healthier lifestyle myself.

Healthy Tip: I believe it is much easier to form and stick to a healthy habit when we have accountability. I personally love staying active by participating in group classes. The Stark Center and Campus Rec offers great workout classes that are not only fun, but also leave you feeling great afterward.

Exercise

E	G	E	A	T	L	E	S	S	E	S	T	E	G
E	I	R	A	F	K	L	E	Y	T	O	N	A	N
O	R	C	G	I	I	S	N	S	O	R	O	S	I
H	O	A	H	T	S	O	O	A	R	S	I	C	K
E	N	L	O	N	X	F	B	I	S	H	T	A	L
S	G	O	J	E	L	T	F	S	E	E	A	R	A
I	H	R	E	S	C	O	Y	O	G	A	R	D	W
C	T	I	E	S	O	I	A	G	S	R	D	I	N
R	T	E	T	U	O	K	R	O	W	T	Y	O	S
E	B	S	A	S	T	R	E	N	G	T	H	G	E
X	M	W	T	R	F	F	E	E	L	G	O	O	D
E	N	B	A	L	A	N	C	E	Y	A	R	C	A
M	U	S	C	L	E	S	N	E	T	A	E	W	S
S	G	Y	M	S	H	A	P	E	J	A	O	R	G

BONES
FEEL GOOD
WORKOUT
CARDIO
GYM
YOGA
EXERCISE
WALKING
MUSCLES
CALORIES
EAT LESS
JOG
STRENGTH
HYDRATION
BALANCE
HEART
SWEAT
FITNESS
SHAPE



Spring Fitness Challenge 2019

"Whatcha Gonna Do" at Campus Rec for your New Year fitness goals in 2019? We have lots to choose from, check us out at The Stark Recreation Center.

Remember Spring Fitness Challenge first weigh in is January 17, 2019 from 5-7 p.m. RecFitness Kickoff is from 5:30-6:30 p.m. #muwwhatchagonnado

Holiday RecFitness Schedule

November 19 - December 13, 2018 | January 7 - 16, 2019

Spring term schedule will begin January 22, 2019

	Monday	Tuesday	Wednesday	Thursday
12:30 - 1:15 PM	Body Sculpt	Yoga	Barre	
4:15 - 5:00 PM	POUND	Power House		Zumba Beatz
5:15 - 6:00 PM	Barre	HIIT		

Living W Well
Co-Editors:

Elizabeth Fain
Senior Biology major, Caledonia, MS

Shelby Dickerson
Senior Speech-Language Pathology major, Booneville, MS