On your marks, get set, DASH!

DASH Basics

- Complete DASH Pre-Assessment
- Set weekly wellness goals
- Report progress on goals to your team leader
- Win sweet prizes for meeting your goals
- Attend a DASH event
- Sign up to give a DASH presentation
- Share your wellness advice and encouragement

Questions? Email Alia or Tomas!

DASH Docs

Info. Presentation | Team Leader Packet

January DASH Events

Thurs. 1/12      DASH Info. Meeting
                12 –1 p.m. ● room 150

Fri. 1/13       Last day to sign up for DASH

Mon. 1/23      Self Defense Class
                4-5 p.m. ● Fitness Center

Wed. 1/25      Nutritionist Presentation
                12 p.m. ● room 345

Tues. 1/31     Winter Warm-Up
                12-1 p.m. ● Atrium

WELLNESS AREAS

NUTRITION
SOCIAL-EMOTIONAL
FITNESS
STRESS MANAGEMENT
Chicago winters can be ROUGH, for natives and newcomers alike. Take a break and escape the cold at Winter Warm-Up, a DASH event filled with tips and tricks on surviving and staying healthy throughout the long winter months. Highlights include:

- Tea bar
- Vitamin D lamps
- How to winterize your car
- Tips on avoiding colds and the flu
...and more!

Tuesday, January 30th
12 p.m.
Atrium
Ingredient Spotlight

LENTILS

Lentils (Lens culinaris) are indigenous to central Asia and are one of the oldest cultivated legumes or pulses. Lentils come in a variety of colors and nutritional benefits. They are inexpensive and have multiple culinary uses.

Nutritional Profile

One cup of cooked lentils contains:

- 230 calories
- 18 grams of protein
- 1 gram of fat
- 40 grams of carbohydrates (including 16 grams of fiber and 4 grams of sugar)
- 90 percent of folate
- 37 percent of iron
- 49 percent of manganese
- 36 percent of phosphorus
- 22 percent of thiamin
- 21 percent potassium
- 18 percent of vitamin B6

Lentils are also a source of riboflavin, niacin, pantothenic acid, magnesium, zinc, copper, manganese, and selenium.

Recipe Ideas

Lentils provide lots of nutritious recipe options!

- Soups and stews
- Salads
- As a rice or pasta substitute
- In wraps and sandwiches
- With eggs
- In stir-fry
- In a smoothie
- Click here for unique recipes with lentils!
Lentil Soup

Serves: 8  
Time: 1 hour

Ingredients

- 1.5 cups lentils
- 3 tablespoons olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 1 carrot, chopped
- 1 garlic glove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon dried or ground oregano
- 1 bay leaf
- 3 tablespoons tomato paste
- 1/4 cup red wine vinegar or dry red wine
- 8 cups water

Steps

1. Wash the lentils and soak in warm water for 2 hours. Drain and set aside.
2. Add olive oil to a large stock pot.
3. Sauté onions, carrot, and celery on medium-high heat for 5 minutes, or until soft.
4. Add lentils, bay leaf, garlic, salt, pepper.
5. Cover and simmer for 20 minutes. (or until lentils are tender)
6. Add tomato paste, bay leaf, oregano, and vinegar or wine.
7. Simmer another 30 minutes.
8. Stir and serve.

*For more nutrition, add spinach, kale, sweet potatoes, or other vegetables with the carrots and celery!

On DASHer!

Do you know a medical student who sets a great example for health and wellness? Submit his/her name to SWAG to be featured in next month’s DASH Dish newsletter!

SWAG Board Members:

- Kumuda Pradhan (kpradhan@luc.edu)
- Lexi Riopelle (ariopelle@luc.edu)
- Kimber Sable (ksable@luc.edu)
- Maggie Skoch (mskoch1@luc.edu)
- Kate Swain (kswain1@luc.edu)