DASH Dish is now SWAGazine. All newsletter contents will include SWAG events, student wellness news at Loyola, as well as DASH updates. Please look for the DASH Dish section of SWAGazine for all DASH-related updates!

Thank you to all who joined us for Winter Warm-Up! Keep your eyes open for information about our next upcoming event, “Swag Fest!”
Art Relaxation Session

Unwind with some snacks and therapeutic artistic expression. SWAG will provide art supplies and information. All you need is your creativity!

Monday, February 27th
12:00—1:00 p.m.
Atrium

Looking Ahead: MARCH RACES

Interested in training for a race? Make St. Patrick’s Day your goal! Grab a friend and put on your green gear to get active on March 11th. Races are taking place for all running levels.

Leprechaun Leap 5K & 8K
Date: Saturday, March 11th
Time: 9:30am start time
Location: Fullerton Pkwy and Cannon Drive (Lincoln Park), Chicago
*Proceeds from the run benefit The Greater Chicago Food Depository.
http://chicagoevents.com/event.cfm?eid=342

Get Lucky Half Marathon, 14K & 7K
Date: Saturday, March 11th
Time: Half Marathon and 14K race start time is 9am
7K start time is 10:30am
Location: Soldier Field Stadium Green
http://www.chicagogelucky.org

** The first 10 people to sign up for these races will get their entry fees subsidized by Student Life. Stop in to see Alia or Tomas to register!**
Ingredient Spotlight

SPAGHETTI SQUASH

Spaghetti squash is a long, yellow vegetable. It is a variety of the winter squash and has a mild taste similar to pasta. This squash variety is often used as a healthy substitute for pasta because of its low carbohydrate levels.

Nutritional Profile

Nutritional Profile: 1 cup of spaghetti squash contains:

- 40 calories
- 0 grams fat
- 0 mg cholesterol
- 10 grams carbohydrate
- 9% DV vitamin C
- 8% DV vitamin B6
- 121 mg omega-3-fatty acids
- 72 mg omega-6-fatty acids

Spaghetti squash also contains the essential minerals calcium, iron, phosphorus, and zinc.

Recipe Ideas

Substitute spaghetti squash for a nutritious, low carb option when you are craving your favorite pasta dishes. Try spaghetti squash carbonara or spaghetti squash with meatballs!
Turkey Bolognese Spaghetti Squash

Serves: 3-4

Ingredients

- 6 cups roasted spaghetti squash
- 1 pound cooked ground turkey breast (or ground beef, if you prefer)
- Mozzarella cheese
- Your favorite marinara sauce

To prepare the squash

Preheat oven to 325°.

Rinse the outside of the squash under running wash and scrub with a vegetable brush.

Dry it completely and then use a sharp, knife to cut it in half, slowly working your way around the squash long ways.

Use a large metal spoon to scoop out the seeds and pulp from the center.

Place both halves in a baking dish with the cut side down.

Add ¾ to 1 inch of water and cover the dish with plastic wrap.

Microwave on high for 10-12 minutes, turning your dish halfway through cooking if necessary, until you can easily pierce the squash with a fork. The length of cooking time will depend on the size of the spaghetti squash and your microwave.

Scrape the spaghetti squash strands out of the squash using a fork into a baking dish.

Pour marinara sauce, cooked ground turkey, and mozzarella cheese over the spaghetti squash.

Bake for 20-30 minutes or until cheese is well melted.

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DASH REMINDERS:

- Keep setting goals, and reporting your progress to your team leader
- Goals should be in the areas of nutrition, fitness, stress management, and social-emotional health. Try mixing it up and trying new areas of wellness to explore each week!
- SIGN UP TO GIVE A WELLNESS WORKSHOP, CLASS, SEMINAR, PRESENTATION, ETC.! ...in whichever area(s) of health you feel strongest  Sign up [here](#)
- Share your wellness inspiration, advice, interesting articles, quotes, etc. [here](#)
- If you want to contribute to the SWAG newsletter, contact Kimber Sable or Lexi Riopelle (ksable@luc.edu or ariopelle@luc.edu)
- PRIZES FOR STUDENTS ACHIEVING THEIR GOALS COMING AT THE END OF THE MONTH!!!!!!