

COWBOY FIT

Community Wellness Newsletter

HEALTHY HALLOWEEN CANDY?

While Halloween candy isn't exactly considered a health food, that doesn't mean you can't enjoy a little without feeling guilty afterward! For the Spooky Season, it's all about moderation. Consider reaching for these healthier options.

Low sugar options

- Fun sized Peanut M&Ms: 9g sugar and contain protein and fiber.
- York peppermint Patties mini: 9g sugar and 50 calories
- 3 Muskateers mini: 8g sugar
- Almond Joy: 8g sugar vitamins, minerals and fiber.

Gluten free candy

- Smarties
- Tootsie Rolls
- Almond Joy and Mounds
- Hershey's milk chocolate kisses and bars

Best Overall

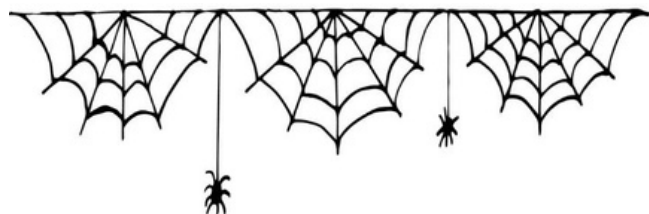
- Hersheys Special Dark- contains antioxidants. Two minis have 88 calories and 5.23g of fat.
- Twizzlers-2 snack size contains 100 calories and no fat!
- Fun sized Snickers-Surprised? Although it is relatively high in calories, it is more likely to leave you satisfied due to the extra protein.



Wellness Center classes and other offerings:

Monday/Wednesday
@12:10pm:
Cardio Pound

Tuesday/Thursday
(October 4,6,18,20) @12:10pm:
15 minute Walk for Wellness
Can't make it to the Wellness Center? Have Kevin come to you! Email Kevin at Kevin.Galloway@okstate.edu to schedule a time for him to come walk with your department!





OSU-OKC Pink Out 5K Fun Run!
Friday October 21st, 2022

8am-10am

OSU-OKC Campus

Free registration:

includes a shirt and medal!

<https://apply.osuokc.edu/register/pinkout2022>



Need Extra Support, but don't know who to call?

988 is a direct, three-digit lifeline that connects you with trained behavioral health professionals that can get all Oklahomans the help they need.



Dial 211 statewide or visit heartlineoklahoma.org to be connected with a professional who can direct you to a variety of resources you may need. Examples of resources 211 can connect you to include, mental health, crisis, rent, food, clothing, legal assistance, and education to name a few

WHAT'S COOKIN' IN PETE'S PAN? BUTTERNUT BAKED ZITI

Ingredients

- 4 cups cubed butternut squash
- 2 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon freshly cracked pepper
- 1 pound ziti pasta, cooked
- 1 14 ounce can fire-roasted tomatoes
- 2 garlic cloves, minced
- ¾ cup milk, whatever kind you prefer!
- 8 ounces mozzarella cheese, freshly grated
- 4 ounces parmesan cheese, freshly grated
- 1 (8 ounce) container ricotta cheese
- ¼ cup seasoned fine breadcrumbs
- ¼ cup panko bread crumbs

Directions

1. Preheat the oven to 425 degrees F. Toss the squash with the olive oil, salt and pepper. Spread it on a baking sheet and roast until tender and slightly caramelized on the edges, about 20 to 25 minutes.
2. While the squash is roasting, cook the pasta according to the directions. When finished, you can run it under cool water to stop it from cooking and also give it a quick spray of olive oil, tossing it, to keep it from sticking together.
3. Reduce the heat in the oven to 375 degrees F. Spray a 9x13 inch baking dish with nonstick spray.
4. Place the squash, tomatoes and garlic in a blender or food processor. Puree until smooth and creamy. Transfer the mixture to a large saucepan or skillet (make sure it's large enough to add the ziti!) and add the milk. Heat over medium-low heat, stirring often.
5. Once the squash mixture is warmed, stir in most of the cheese. Add in small handfuls and stir until completely melted before adding more. I like to do about three quarters of the cheese, saving some for the top. Once the cheese is all melted, taste the sauce and season it more if needed. I like to start with 1/4 teaspoon of salt and pepper if needed.
6. Add the ziti to the squash sauce and toss well. Transfer all of the ziti into the baking dish. Scoop the ricotta in between the ziti - I like to do spoonfuls folded between the pasta all throughout the dish. Top the ziti with the remaining cheese. Top with the breadcrumbs.
7. Bake for 35 to 40 minutes, until golden and bubbly on



OSU-OKC

Wellness Center

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Email: okc.wellness@okstate.edu

<https://osuokc.edu/wellness>



Hours of Operation

Monday-Thursday

8 a.m.-6 p.m.

Friday

9 a.m.-3 p.m.

Saturday-Sunday

Closed

Hours are subject to change
during interim periods.

