

UPCOMING EVENTS

October

6

L&L Caffeine: Friend or Foe? | 11:00am-1:00pm | CCHS

I will be presenting valuable information about caffeine and how it directly affects your body.

7

Pickleball | 4:15pm-5:15pm | Eagle Park Courts

We will meet at the Aquatics Center to play games of pickleball. I will be teaching anyone new to the game; we are there to have fun!

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Walk Group | 4:15pm-5:15pm | CCHS Trailhead

We will meet at a local park. We will collectively walk on the path.

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Yoga Class | 4:15pm-5:15pm | MCB

We will meet at the Marshall building at door 13. We will focus on standing, sitting, balancing, and resting poses.

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Wellable: Talk Tuesday Productivity 101

"This webinar addresses time, tasks, and energy management to rethink productivity and find work-life balance, sharing ideas for making the most of the workday, increasing efficiency, and beating burnout." Wellable Team

Tuesday October 6 th	10am EST	12pm EST	3pm EST
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[Sign-Up Here!](#)

Steak Taco Salad



Prep Time: 25 minutes

Cook Time: 10 minutes

Yield: 4 servings

Ingredients

- 1 (12 ounce) flank steak
- ¾ teaspoon kosher salt
- ½ teaspoon black pepper
- 2 teaspoons olive oil
- ¾ cup chopped white onion
- ½ cup unsalted chicken stock
- 1 can unsalted pinto beans
- 3 cups chopped romaine lettuce
- 1 ½ cups chopped tomato
- 1 ounce multi-grain tortilla chips
- 1 ripe avocado, thinly sliced
- 1 ½ ounces queso fresco, crumbled
- Fresh cilantro leaves
- 4 lime wedges

Directions

1. Heat a large skillet over medium-high heat. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Add to pan; cook 5 minutes on each side or until desired degree of doneness. Place on a cutting board; let stand for 5 minutes. Cut across the grain into slices; cut slices into 3/4-inch pieces.

2. Add oil to pan; swirl to coat. Add onion; sauté for 2 minutes. Add 1/4 teaspoon salt, stock and beans to pan; bring to a boil. Cook for 4 minutes, scrape pan to loosen browned bits.

3. Place lettuce in bowls. Top evenly with bean mixture, steak, tomato, tortilla chips and avocado. Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, queso fresco, and, if desired, cilantro leaves. Serve with lime wedges.

[Recipe Link!](#)