

Events this Week

Holiday Challenge Sign Up

Monday, Nov. 5:
11:30am – 1:30pm
Cafeteria

Tuesday, Nov. 6:
5:00 – 6:30pm
Cafeteria

Thursday, Nov. 8:
11:30am – 1:30pm
Cafeteria

Friday, Nov. 9
7:00 – 9:00am
Lakeside Lobby

Step Ahead can come to you! Contact us to schedule a workshop for your group. Call us at 508/856-2319 or 800/522-4617, or email at info@stepaheadprogram.com.

All UMass Memorial and UMass employees always get a 10% discount at Sneakerama, on Lake Avenue South in Worcester!

Walk Winners!

Congratulations to all who took part in our challenge! Together, you walked, biked, raked, swam, cleaned, and skipped 5,639 miles around the Mediterranean Sea!

We have winners!

- Joanne Park walked the most miles (524).
- The Pill Crushers, with an average of 219 miles, win a Step Ahead healthy breakfast and fitness club membership.
- Other winners picked at random from all finishers are Ping Lui, Liyan Yang, Linda Tacchi, Darlene Sargent-Murphy and Debra Gascoigne.

These local organizations and businesses donated prizes. Many thanks to:

- Fitness Center, UMass Memorial Medical Center, University Campus
- New England Backpacker, Mountain St.
- YWCA, Salem Square.
- Greendale YMCA, Shore Drive.
- Central YMCA, South Main St.
- World Gym, White City Plaza and Greendale Mall (All UMass employees get a special monthly rate).

Please support these generous donors!

Recipe of the Week

Rich and Creamy Zucchini Lasagna Serves 6

1/2 lb. whole wheat lasagna noodles, cooked in unsalted water
3/4 C. part-skim mozzarella cheese, grated
1-1/2 C. fat free cottage cheese (or fat free ricotta cheese)
1/4 C. reduced fat Parmesan cheese, grated
1-1/2 C. raw zucchini, sliced
2-1/2 C. no salt added tomato sauce
2 tsp. basil, dried
2 tsp. oregano, dried
1/4 C. onion, chopped
2 - 3 cloves garlic, chopped
1/8 tsp. black pepper
1 Tbsp. reduced fat Parmesan cheese

- Preheat oven to 350 °F. Lightly spray 9- by 13- inch baking dish with vegetable oil spray.
- In medium bowl, combine mozzarella, Parmesan and cottage cheese. Mix well and set aside.
- Combine tomato sauce with remaining ingredients, except 1 Tbsp. Parmesan. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.
- Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and 1 Tbsp. Parmesan cheese. Cover with aluminum foil.
- Bake for 40-45 minutes, uncover the last 10 minutes. It should be bubbly in the center. Cool for 10-15 minutes before serving.

Nutritional information:

Total calories: 280	Carbohydrates: 43g
Total Fat: 4.6g	Dietary Fiber: 5.2g
Saturated Fat: 2.5g	Protein: 18g

Tip of the Week

When eating a frozen dinner, add extra frozen vegetables by cooking them with the meal or on the side. If cooking them with the meal, add a few more minutes to the cooking time.
To learn more about Step Ahead visit www.stepaheadprogram.com