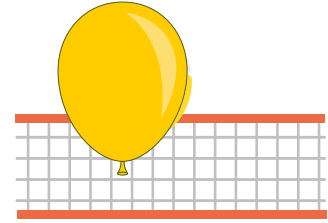


COWBOY FIT

Community Wellness Newsletter

New Fitness Class

Balloon volleyball is a quick and easy way to get moving. It's a low impact activity that everyone can do.



COMING IN SEPTEMBER



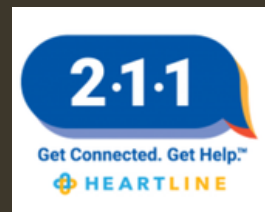
In honor of National Yoga Month, The Wellness Center is excited to offer Yoga classes throughout the month! Classes will be taught by various instructors from the YMCA of Greater Oklahoma City.
Classes: Tuesday's at 12pm
Wednesday's at 5pm
Wellness Center studio, Room

Wellness Center classes and other offerings:

Monday/Wednesday @12:10pm:
Cardio Pound

Tuesday/Thursday @12:10pm:
(7/8,10,22,24)
Balloon Volleyball

Free 1 month membership at the Wellness Center for New Community Residents! Email Kevin.Galloway@okstate.edu for more information



WHAT'S COOKIN' IN PETE'S PAN? FOIL PACK SHRIMP PASTA

Ingredients

- Salt, to taste
- 1 lb. linguine or fettuccine
- 3 tbsp. salted butter
- 3 tbsp. olive oil
- 1 1/2 lb. large shrimp, peeled, deveined, rinsed and patted dry
- 4 garlic cloves, minced
- 1/2 c. dry white wine
- 3 14.5-ounce cans diced tomatoes
- Black pepper, to taste
- 1/4 tsp. red pepper flakes
- 1/2 c. heavy cream, warmed
- Basil and parsley leaves, torn
- 1/3 c. grated parmesan cheese



Directions

1. Bring a large pot of salted water to a boil. Add the pasta and cook about 2 minutes less than the time for al dente on the package. Drain.
2. Meanwhile, preheat the oven to 350°. Heat 1 tablespoon each butter and olive oil in a large skillet over medium-high heat. Add half the shrimp, season with salt and cook until they're nicely browned and opaque, 1 1/2 to 2 minutes, turning once. Remove them to a plate and set aside. Repeat with more butter and oil, the remaining shrimp and some salt.
3. Reduce the heat to medium. Add the remaining 1 tablespoon each butter and olive oil to the skillet. Throw in the garlic and stir to prevent it from burning, then stir in the wine. Let the liquid reduce a couple of minutes. Stir the tomatoes with their juices, 3/4 teaspoon salt, black pepper to taste and the red pepper flakes into the sauce. Simmer for about 7 minutes.
4. Grab 2 large sheets of heavy-duty foil and overlap them by about 8 inches on a rimmed baking sheet. Pour the drained pasta onto the foil. Spoon the tomato sauce and sautéed shrimp on top, making sure you include all the juices.
5. Tightly wrap the foil into a packet, rolling up the sides so it won't leak. Bake for 15 minutes.
6. Open the foil pack right before serving, drizzle with the warm heavy cream and sprinkle with the basil, parsley and cheese. Be sure to get some of the sauce with each serving. It's heavenly!

OSU-OKC
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Hours of Operation

Monday/Wednesday
8 a.m.-6 p.m.
Tuesday/Thursday
8 a.m.-5 p.m.
Friday
9a.m-3p.m
Saturday-Sunday
Closed

