



RECIPES TO BOOST YOUR IMMUNE SYSTEM

Strawberry & banana w/ a twist

- 1/2 cup of plain yogurt
- 1 Banana
- 1 cup of strawberries
- 1/2 cup of pineapple chunks

Depending on how thick you want the smoothie you can add ice or milk.
Blend all ingredients together in a blender, serve and enjoy!



Vegetable Soup

- 2 tablespoons olive oil
- 2 cups chopped onions or thinly sliced leeks (whites only)
- 1 cup thinly sliced celery
- 2 teaspoons Italian seasoning
- Coarse salt and ground pepper
- 3 cans reduced-sodium vegetable or chicken broth
- 1 can diced tomatoes, with juice
- 1 tablespoon tomato paste
- 8 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, lima beans, peas, potatoes, and zucchini (cut larger vegetables into smaller pieces)

1. Heat oil in a large stockpot over medium heat. Add onions or leeks, celery, and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are sautéed, 5 to 8 minutes.
2. Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer, and cook, uncovered, 20 minutes.
3. Add your 8 cups of vegetables to pot, and return to a simmer. Cook, uncovered, until vegetables are tender, 20 to 25 minutes. Season with salt and pepper, as desired.

Pour soup into individual bowls, should serve about 8.



Roasted Vegetable Dish

- Choose a variety of your favorite fresh vegetables (ex: eggplant, bell pepper, red onion and zucchini)
- Cut them all into bite sized chunks
- Place vegetables in bowl and pour 2-3 tablespoons of olive oil over them. Add fresh herbs and spices to taste.
- Preheat oven to 350 degrees F.
- Spread vegetables out over a single layer over a baking sheet
- Roast for about 20 minutes or until vegetables are tender
- Let vegetables cool, serve and enjoy!



Fall Fruit Salad

- 2 fresh apples of your choice
- 2 fresh pears
- 1 tablespoon of lemon juice
- 1 cup of green or red grapes
- 2 tablespoons of white grape or grape juice

Cut apples and pears into bite sized pieces. Place in bowl and sprinkle them with 1 tablespoon of lemon juice. Add grapes and grape juice and mix all together.

