

December Nutrition Newsletter

Stay Well this Holiday Season

- 1). Protect yourself from the flu. Stay away from those who may be coughing or sneezing, wash your hands frequently and make sure to get a flu shot.
- 2). If you should fall ill, take time to recover and rest up. Drink some ginger tea or have chicken soup (see recipe below). Lemon juice with honey and warm water is soothing for sore throats.
- 3). Zinc rich proteins like lean meat, dark meat poultry, wheat germ or seafood are good ways to support a healthy immune system.
- 4). Drink at least 8 glasses of liquid a day such as water, seltzer, juice, herb tea or decaf coffee, soup or low fat milk.
- 5). Enjoy more complex carbs such as fruits & vegetables, nuts, legumes, peas and whole grain pastas, rice and breads to help boost your immune system.

<http://www.westwindsornj.org/phn.2013.winter.ww.pdf>

Immune-Boosting Chicken & Rice Soup

Serves 2-3

Ingredients:

1tsp olive oil
1/2 small onion, chopped
1/2 cup celery, sliced
1-2 carrots, coarsely chopped
1 teaspoon finely chopped fresh garlic
1 teaspoon chopped fresh ginger
1/4 teaspoon smoked paprika
3 cups low sodium chicken broth
3/4c cooked brown rice
1 cup skinned, boned, chopped deli rotisserie chicken
Salt & pepper if desired

Directions:

Heat olive oil in a 4 quart saucepan over medium heat until sizzling. Add onion, celery, carrots and garlic and ginger; continue cooking 3-5 minutes or until onions are softened.

Add chicken broth and paprika. Continue cooking, stirring occasionally, 7-9 minutes or until mixture comes to a boil and carrots are tender. Stir in rice and chicken. Cook 5-7 minutes or until heated through. Season with salt and pepper, if desired. Serve immediately.

