

## **Eat Well to Stay Well**

Although cold and flu season hits hard during the winter, your immune system is working hard all year round. You can protect yourself during cold and flu season by stocking up on these immunity-boosting foods.

### **Citrus Fruit**

The famous vitamin C helps fight infection and is a good antioxidant to eat alongside vitamin E. Grapefruits, oranges, lemons, limes and tangerines are all part of this family. You can find a varie-



season throughout the year. Citrus not your thing? Try bell peppers — they have more vitamin C than an orange!

#### **Sweet Potatoes**

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While sweet potatoes may not be considered a traditional cold-fighting food, they're a great source of Vitamin A, which plays a key role in maintaining the health of your nasal membranes, keeping infections from entering your body.

### **Garlic**

This member of the onion family contains antibacterial agents and is brimming with antioxidants. There's no need to munch on whole cloves, rather, add garlic to dishes like sautéed vegetables, salad dressing, hummus and pesto.

### Ginger

This root is known to help aid in digestion, but it also contains powerful disease-fighting phytochemicals. Grate fresh ginger into salad dressings, marinades, soups and smoothies.

### **Berries**

Strawberries, blueberries, blackberries, and raspberries contain hefty doses of vitamin C. This antioxidant helps fight when your body is warding off foreign invaders like cold and flu germs.

Adapted from foodnetwork.com and dailyburn.com

# Spicy White Bean & Sweet Potato Stew with Greens

## **Ingredients**

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 1 bell pepper, chopped
- 2 garlic cloves, minced
- 1 lb sweet potato, cut into 1 inch cubes
- 1 hot chili pepper, seeded and minced (optional)
- 1 tsp. ginger, peeled and grated
- 1 (14 1/2 oz.) can diced tomatoes
- 2 (15 oz.) cans white beans (rinsed)
- 1 tsp. brown sugar
- 1/4 tsp. ground cumin
- 2 (16 oz.) cans low sodium vegetable broth
- 2 cups greens (collards, kale or other greens) chopped, simmered until tender and drained

### **Instructions**

- Heat the oil in a large skillet over medium heat. Add the onions, bell pepper, and garlic. Cover and cook until softened, about 5 minutes.
- Transfer mixture to a 4-6 quart slow cooker. Add the potatoes, chili pepper, ginger, tomatoes, beans, brown sugar, cumin, and broth; season with salt and pepper. Cover and cook on low 4-6 hours.
- Close to serving time, stir in the cooked greens. Adjust seasonings and serve.

Adapted from geniouskitchen.com

## Mark your calendars for the next Fresh Food Box pick-up! (Orders due by 3PM Fri. before Wed. pick-up.)

JANUARY 2018								FEBRUARY 2018						
Su	Мо	Tu	We	Th	Fr	Sa	Su	Мо	Tu	We	Th	Fr	Sa	
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### **Crock Pot Stuffed Bell Peppers**

## **Ingredients**

- 6 large green bell peppers (you can also use yellow or red)
- 1 pound lean ground beef (even better if you use ground turkey)
- 1/4 cup oatmeal
- 1/4 cup long grain white rice, uncooked
- 1 large onion, finely chopped
- 1 large carrot, shredded
- 1 tsp. salt
- 1/2 tsp. pepper
- 2 small cans tomato sauce
- 1 cup water
- 1/2 cup shredded cheese

### Instructions

- Cut the top off and remove seeds from green peppers.
- Wash and set aside.
- Combine ground beef, oatmeal, uncooked rice, onion, carrot, salt and pepper in a large mixing bowl.
- Fill each pepper 2/3 full (rice will need room to swell).
- Stand the peppers side-by-side in the slow cooker.
- Pour water in crockpot **around** the peppers (not over).
- Pour the tomato sauce evenly over the peppers.
- Cook on low for 6 to 8 hours.
- If desired sprinkle cheese over the tops, place lid on crockpot and wait five minutes for cheese to melt.

Adapted from stockpilingmoms.com

### **Cinnamon-Baked Pears**



## **Ingredients**

- 3 ripe pears
- 1/2 cup rolled oats
- 1/4 cup chopped almonds, walnuts or pecans (optional)
- 1 tsp ground cinnamon
- 1/2 tsp cinnamon sugar
- 2 oz butter, melted
- 1/3 cup brown sugar
- 1/8 tsp salt

### **Instructions**

- Preheat oven to 400°F
- In a bowl, combine oats, ground cinnamon, sugar, nuts, and salt. Pour in half of the melted butter and mix.
- Cut the pears in half and scoop out some of the center.
   Brush the insides with the remaining butter, and sprinkle with cinnamon sugar.
- Spoon oats and cinnamon mix into the center of pears.
- Bake for 35 to 40 minutes or until the pears get soft.

Adapted from belgianfoodie.com

## **Ginger's Pretty Awesome!**



There are many ginger health benefits proven by medical studies, including:

**Stroke and Heart Disease** - These two diseases may be kept at bay with regular ginger use, especially when eaten with other key superfoods. Garlic, ginger and onions all have an anti-blood-clotting ability, yet when they're eaten together they're a powerful mainstay against heart attacks and stroke.

**Indigestion and Nausea** - Eating whole ginger, drinking fresh ginger juice and inhaling diffused ginger essential oil are all highly effective ways to curb stomach disorders.

**Cholesterol** - Researchers have found that ginger extract lowered LDL cholesterol to a similar extent as a doctor-prescribed drug used to lower cholesterol levels.

Additional health benefits of ginger maybe found online at https://draxe.com/10-medicinal-ginger-health-benefits/

## **Just A Few Ways to Use Ginger**

- Grate ginger root and combine it with carrots, apples and lemon juice in your juicer
- Sprinkle grated ginger on desserts
- Make it into ginger tea
- Add a teaspoon of ground ginger to pancake batter
- Sprinkle ground ginger over vegetables before roasting
- Add to a stir-fry
- Use in soups (carrot ginger soup is amazing!)
- Make ginger-flavored applesauce
- Use fresh ginger in salad dressings