



# Recipes To Feed Your Immunity

## Mushroom Miso Soup

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| 1 tablespoon canola oil                | 2 tablespoons white miso paste |
| 5-1/2 cups low sodium vegetables stock | 16 ounces mushrooms, chopped   |
| 1 large yellow onion, chopped          | ½ teaspoon black pepper        |
| 2/3 cup old-fashioned rolled oats      | 1 teaspoon salt                |
| 3 cloves garlic, minced                |                                |

Heat oil in a large soup pot over medium-high heat. Saute onion 2 to 3 minutes or until translucent. Add garlic, mushrooms and salt, reduce heat to medium and cook 4 to 5 minutes, stirring occasionally. Add stock and oats, cover and simmer for 8 minutes. Place miso and pepper in a large blender (note: boiling miso can destroy its probiotic properties so be sure the soup is warm, not boiling, as you add it to the blender). After soup has cooled slightly, pour into blender. Puree 45 seconds to 1 minute or until smooth.

## Kimchi Fried Rice

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|---|-------------------------------------|
| 1-2 tablespoons oil (peanut oil gives this great flavor!) | ½ cup kimchi, chopped               |
| ½ medium onion, diced                                     | 2 cups cooked brown rice            |
| 2 teaspoons finely chopped fresh ginger                   | Salt to taste                       |
| 1 cup chopped veggies of your choice                      | ½ teaspoon reduced sodium soy sauce |
| (mushrooms, red bell pepper, zucchini, peas, carrots)     | (optional, only if necessary)       |
|   | Pepper to taste                     |
|   | ¼ cup chopped scallions             |

In a large skillet, heat the oil over medium-high heat. Add onion and saute for 2 to 3 minutes, stirring, then turn heat down to medium. Add ginger and veggies. Saute until ginger is fragrant and veggies are tender, stirring often, about 5 to 7 minutes. Add chopped kimchi, and cook until heated through, about 1 to 2 minutes. Add rice, and continue cooking until warm and combined, about 3 minutes more (add a bit more oil or a little water if too dry). Add salt, taste and adjust. Note: Kimchi adds a lot of saltiness, so add salt sparingly and to taste, as each kimchi is different. Add pepper to taste. If tasting bland, add soy sauce. Stir in scallions.

## Fresh Asparagus-Tomato Salad

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2 cups mixed salad greens or baby spinach	4 teaspoons olive oil
1 lb. thin fresh asparagus, trimmed and cut diagonally into 1-1/2 inch pieces	1 teaspoon honey
1 cup cherry tomatoes, halved	1/8 teaspoon salt
1/2 cup fresh basil leaves	1/8 teaspoon black pepper
2 tablespoons white wine vinegar	2 tablespoons shredded Parmesan cheese
	2 tablespoons chopped walnuts, toasted

In a large bowl, combine the first four ingredients (through basil). For vinaigrette, in a small screw-top jar combine the next five ingredients (through pepper). Cover and shake well. You could also make vinaigrette in a bowl and use whisk to mix well. Pour vinaigrette over salad greens mixture; toss gently to coat. Sprinkle with cheese and nuts.

## Artichoke-Spinach Strata

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The new breakfast or brunch casserole; assemble and chill overnight, bake in the morning.

1-1/2 tablespoons canola oil, divided	1 lb fresh spinach
1/2 teaspoon black pepper	baguette, cut into 3/4- in. cubes
1 (9-oz) pkg frozen artichoke hearts, thawed	2-1/2 cups skim or 1% milk
6 large eggs	3 oz spreadable garlic/herb cheese*
4 garlic cloves, minced, divided	1 teaspoon kosher salt
12 oz whole-grain or whole-wheat	3 oz Swiss cheese, shredded* (3/4 cup)

Heat 1-1/2 teaspoon oil in Dutch oven over med-high heat; add artichokes and 2 garlic cloves; saute until fragrant and softened, about 4 minutes. Remove from pan. Add remaining 1 tablespoon oil and 2 garlic cloves; cook, stirring often, 30 seconds. Add spinach gradually, tossing constantly until spinach wilts, about 3 minutes. Transfer spinach to a strainer to cool. Whisk together milk, salt, pepper, and eggs in a large bowl. Squeeze spinach to remove excess moisture. Add spinach, artichokes, bread and crumbled garlic/herb cheese to milk mixture; toss well to combine. Spoon bread mixture into 13 x 9 glass or ceramic baking dish coated with cooking spray; sprinkle with Swiss cheese. Cover and chill 8 hours or overnight. Preheat oven to 350. Let the strata stand at room temperature while the oven preheats. Uncover strata, bake at 350 until set and lightly browned around the edges, about 45 minutes. Remove from oven; let stand 5 to 10 minutes before serving.

*\*Note: to reduce fat content I used Alouette reduced fat garlic and herbs cheese instead of full fat, and Jarlsberg Lite cheese instead of Swiss.*