



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

# Dietitian's Dish

## Helpful Foods for a Healthier New Year

Immune-boosting foods are a hot topic. Is there any truth to certain foods directly protecting our immune systems? It's debatable, but what we do know is that normal body functions and lifestyle habits produce free radicals which attack healthy cells.

This causes a battle within our body against infection and disease. Antioxidants (like Vitamins C & E and carotenoids) are more plentiful within fruits and vegetables, helping to protect healthy cells from damage by free radicals.



Although the researched benefits of bone broth are limited, the inclusion of vegetables contributes protective antioxidants and flavor. Go ahead and make a comforting soup with a homemade bone broth.

Then, serve it with a Vitamin-C rich fruit salad to boost the nutritional benefits!

## Ham Bone Broth

### Ingredients:

- 3 sprigs fresh parsley
- 3 sprigs fresh thyme
- 2 medium carrots, coarsely chopped
- 2 medium celery ribs, coarsely chopped
- 1 ham bone
- 1 medium yellow onion, coarsely chopped
- 1 bay leaf
- 3 quarts cold water
- 1/2 cup fresh lemon juice
- 1/2 tsp. black peppercorns



### Directions:

1. In 5- to 6-quart slow cooker, stir all ingredients; cover and cook on high 8 hours.
2. Strain broth through cheesecloth-lined fine-mesh strainer; transfer to 2 wide, shallow 2-quart containers. Add 1/2 cup ice to each container; cool 20 minutes, cover and refrigerate overnight. Spoon fat off top of broth before using or freezing.
3. Use the bone broth in a Slow Cooker Ham and Split Pea Soup ([find the recipe on Inseasonazine.com](http://findtherecipeoninseasonazine.com)).