



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

Dietitian's Dish

Enjoy Healthier Holidays

Gaining an immune boost from foods requires consistently eating a balanced diet, full of antioxidant-rich items. Eating more plant-based foods with a variety of vitamins and minerals is important. In fact, our body accepts and uses the nutrients in foods better than from a supplement. So instead of popping a multi-vitamin to load up on Vitamins A, C, D & E, make sure you're adding foods that are rich in these antioxidants.

Did you know that one cup of broccoli has as much Vitamin C as an orange? Cantaloupe and other orange hued fruits & vegetables are also high in Vitamin A, which fights infection. Adding fish or seafood and fortified dairy items adds Vitamin D. Nuts and seeds are a great source of Vitamin E.

Start simple by mixing in some of these antioxidant-rich foods into your meal.

Top cereal or oatmeal with fruit. Add nuts or seeds on salad in place of croutons. Or, add broccoli into mac & cheese.

This one-pot option is delicious and time-saving!

Serve with a vitamin-rich fruit salad and serving of protein (fish, lean meat, beans, etc.) for a balanced meal.

One-Pot Mac & Cheese

Ingredients:

- 3 cups reduced fat milk
- 1/2 (16-ounce) box whole-grain elbow pasta
- 1/4 tsp. mustard powder
- 1/4 tsp. salt
- 1/8 tsp. ground black pepper
- 1-1/2 cups shredded Cheddar Jack cheese (6 ounces)
- 2 cups chopped broccoli



Directions:

1. In medium saucepot, heat milk to a simmer over medium-high heat; add pasta and reduce heat to medium. Cook pasta 5 minutes, stirring occasionally. Then add the chopped broccoli. Continue cooking 2-3 more minutes or until al dente and most of the milk has been absorbed; remove from heat.
2. Stir in mustard powder, salt and pepper; gradually stir in cheese until smooth and creamy. Makes about 4 cups.