



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

Dietitian's Dish

Stay Healthier with Immune-Boosting Nutrients

During cold and flu season, people tend to seek special foods or supplements believed to boost immunity. Eating a balanced diet with a range of vitamins and minerals, goes a long way.

But, getting adequate sleep, exercising, and reducing stress in addition to balanced nutrition helps to prime the body against infection and disease.

Some nutrients identified as critical for growth and function of the immune system include Vitamins C & D, zinc, selenium, iron, and protein. Sources of these key nutrients include citrus fruits, vegetables, seafood, meat, and other plant-based foods.

The combination of oranges, shrimp, chicken and peppers in these delicious skewers offer a variety of immune-boosting nutrients.

Floribbean Shrimp and Chicken

Ingredients:

- 2 cups orange juice
- 1 tsp. grated orange peel
- 1 tsp. honey
- 1-1/2 tsp. chili powder
- 1/4 tsp. ground cumin
- 3/4 lb. large shrimp, peeled and deveined
- 1/2 lb. skinless, boneless chicken breast
- 3 small seedless Navel oranges, peeled
- 2 medium bell peppers, cut into 1-inch pieces



Directions:

1. In a small saucepan, stir together orange juice, grated orange peel, honey, chili powder, and cumin; cook and stir over medium heat until sauce reduces to approximately 1 cup or coats the back of a spoon. Set aside 1/4 cup sauce.
2. Rinse shrimp and pat dry. Cut chicken into 3/4-inch pieces. Divide each orange into 8 wedges. On twelve 8-inch skewers (or six 12-inch skewers), alternately thread chicken, shrimp, and orange with pepper pieces, leaving about 1/4 inch between pieces.
3. In a grill with cover, arrange preheated coals around drip pan. Test for medium heat above pan. Place kabobs on grill over drip pan, cover, and grill for 6 minutes. Carefully turn kabobs (be sure oranges turn also); brush generously with sauce, cover, and grill for 5-7 more minutes, until the shrimp is opaque, and the chicken is tender and no longer pink. Continue brushing with sauce.
4. Thin the reserved 1/4 cup sauce with 1-2 Tbsps. of water or until desired consistency. Drizzle sauce over the kabobs to serve.

Recipe (adapted) and image from Floridasnatural.com.