



RECIPES FOR IMMUNE SUPPORT

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Sardine & Avocado Salad

2 servings
 20 minutes

Ingredients

3 1/2 ozs Sardines (packed in oil, drained)
 1/2 Lemon (juiced and divided)
 1 tbsp Parsley (finely chopped)
 4 cups Baby Spinach (packed)
 1/4 cup Radishes (thinly sliced)
 1 tbsp Extra Virgin Olive Oil
 1 Avocado (sliced)
 1/8 tsp Sea Salt

Directions

- 1 Place the sardines on a plate and drizzle with half the lemon juice and parsley. Set aside and let marinate for 15 minutes.
- 2 Divide the spinach into bowls along with the radishes and sardines. Drizzle with extra virgin olive oil and the rest of the lemon juice. Top with avocado, season with sea salt and enjoy!

Notes

No Sardines, Use tuna instead.



Vegetarian Ramen

4 servings
 30 minutes

Ingredients

- 4 Egg
- 2 tsps Sesame Oil
- 1 tbsp Ginger (grated)
- 2 Garlic (cloves, minced)
- 6 cups Low Sodium Organic Chicken Broth (or any type of broth will work)
- 2 cups Shiitake Mushrooms
- 1 tbsp Tamari
- 8 ozs Gluten Free Ramen Noodles
- 2 cups Broccoli (chopped into small florets)
- 4 cups Kale Leaves (baby kale leaves or chopped large kale leaves)
- 1 cup Frozen Corn (thawed)
- 3 stalks Green Onion (chopped)

Directions

- 1 Tap the bottom of each egg on a curved surface to make a small circular crack through the shell but do not rupture the inner membrane. Add cold tap water to a pot so it covers the eggs. Place the pot over high heat until it comes to a boil. Once boiling, set the timer for 4 minutes (or 6 to 8 if you like the yolk cooked through). Remove the eggs from the water when they are done and place them in a bowl of cold water to prevent them from overcooking.
- 2 Place a large soup pot over medium heat. Add the sesame oil, ginger and garlic. Saute for about 1 minute and then pour in the chicken broth. Add the mushrooms and tamari. Bring to a boil then reduce heat to a simmer. In a separate pot, boil water, add the ramen noodles and cook following package instructions.
- 3 Set the broccoli on top and steam until bright green (about 4 minutes).
- 4 Set the kale on top and steam until wilted (about 1 to 2 minutes). Turn off the heat.
- 5 Take a spoon and tap the eggs all over to create tiny cracks. Run them under cold water for a few minutes and then peel. Slice each egg in half.
- 6 Ladle your soup into bowls. Top with with the thawed corn, green onion and egg. Sprinkle with sesame seeds and tabasco sauce if you desire.

Notes

Better Broth, Good ramen is all about the broth. Try making your own bone broth or veggie broth for some really awesome flavour.

Missing Veggies, Use up whatever veggies you have on hand. Cauliflower, cabbage, zucchini - anything goes really!



Creamy Roasted Garlic & Kale Soup with Cauliflower

4 servings
 1 hour 15 minutes

Ingredients

12 Garlic (cloves, peeled and trimmed)
 1 Yellow Onion (large, roughly chopped)
 1 head Cauliflower (sliced into florets)
 3 tbsps Extra Virgin Olive Oil (divided)
 1 1/3 tbsps Italian Seasoning
 1 tsp Sea Salt
 8 cups Kale Leaves (packed)
 3 3/4 cups Organic Vegetable Broth (divided)

Directions

- 1 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 3 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 4 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 5 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

Notes

Leftovers, Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

Serve it With, An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

Too Thick, If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.