



The

FAMILY IMMUNITY COOKBOOK

101 EASY RECIPES TO BOOST HEALTH

TOBY AMIDOR

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INTRODUCTION

Worrying about your family's wellness is stressful.

As a busy working mom with three kids, keeping my family healthy is a priority, and I know how overwhelming it can be to figure out the best way to do that. Fortunately we have help. Our bodies have a built-in defense against illness: the immune system.

A healthy immune system is vital to good health. The immune system helps fight off any foreign invaders to the body. If our immune systems are healthy, it's easier to resist bacteria, viruses or anything else trying to make us sick. A global pandemic has shaken the way we view our health and that of our families, and it's easy to feel like the odds are stacked against us. Research has even started to reveal that unhealthy eating can potentially impair the immune system's response to vaccines, including COVID-19. Keeping your family's immune systems strong and resilient is your first-line defense for safeguarding their health. It is more important now than at any other point in our lives to make sure our immune systems are operating at peak efficiency.

But that sounds complicated. How do we build healthy immune systems anyway? Simple. As a dietician, it's my job to know how to keep our bodies strong and working to the best of their ability, and it all starts with what you eat.

A healthy diet improves immunity. Unfortunately, during times of high stress, it's easy to forget how much we benefit from eating well.

To make healthy eating a little easier, I've identified 25 of the top immune-boosting foods, which you'll find in chapter one, and incorporated them into the 101 recipes in this book. These are ingredients that provide immune-essential nutrients to keep your body's defenses in tip-top shape, or they are foods that help decrease inflammation and boost antioxidant activity, which helps your body defend itself from illness and can also promote healing. Also in chapter one, I break down the concept of eating well so it's easy to understand and do. Our bodies get different nutrients from different foods, so when we do not eat a balanced and varied diet inclusive of fruits, vegetables, proteins, starches (including whole grains), milk and dairy products, and healthy fats, we can miss out on some (or even many) of the things that keep our immune systems healthy and working properly. Adding these 25 foods to your family's well-balanced diet is an important part of maintaining and helping to enhance their healthy immune systems.

When you combine healthy eating with staying hydrated, getting plenty of sleep, exercising regularly, consuming alcohol in moderation, and finding good ways to deal with stress, you set up your family's immune systems to be at their best — and hopefully set them up to be sick less often or prepare their bodies to fight off an illness when they do get sick. In the pages ahead I've included guidance on how to help your family do just that, as well as tips and tricks for getting healthy, well-balanced meals on the table with less stress.

With my own children, I tried very hard to develop their healthy eating habits early on. If these habits are established in childhood, and sustained throughout adulthood, the impact on health can be profound. We all want lifelong wellness for our families, so let's set them up for success. Starting now.

*Wishing you and your family
happy, healthy cooking!*





CHAPTER

1

25 FOODS TO BUILD YOUR IMMUNE SYSTEM

The following 25 foods provide nutrients to keep your immune system healthy. For each food, you will find a description of its immune-boosting properties, shopping tips, storage tips and recipes in this cookbook using the food. I recommend including at least five of these foods into your family's meals and snacks every day.



TOP 25 IMMUNE- BOOSTING FOODS

1. GARLIC
2. YOGURT
3. BEEF
4. LENTILS
5. SUNFLOWER SEEDS
6. EGGS
7. RED PEPPERS
8. ALMONDS
9. ORANGES
10. STRAWBERRIES
11. GINGER
12. GRAPES
13. SPINACH
14. MUSHROOMS
15. SWEET POTATOES
16. ASPARAGUS
17. CHICKPEAS
18. SALMON
19. TURMERIC
20. WALNUTS
21. OATS
22. AVOCADOS
23. GREEN TEA
24. PEARS
25. CAULIFLOWER

1 GARLIC

WHY THIS FOOD?

Provides many nutrients, including antioxidants and sulfuric compounds. Recent research has shown that garlic stimulates a variety of cells linked to the immune system.

Garlic provides small amounts of important vitamins and minerals, such as the antioxidant vitamin C, vitamin B6, selenium and potassium. In addition, garlic contains over 100 sulfuric compounds, which research suggests provides the anti-inflammatory properties in garlic. A 2015 review¹ of recent research concluded that garlic appears to boost the immune system's functions, as it helps stimulate a multitude of cells all linked to the immune system. As an added bonus, one clove of this aromatic vegetable provides only 4 calories.

SHOPPING TIP: Choose unblemished garlic bulbs that are tight and firm with dry skin.

STORAGE TIP: Store garlic in an open or ventilated container in a cool, dark place for up to 3 months. Once the bulb has been separated into cloves, use within about 10 days.

RECIPES WITH GARLIC

- Spinach and Mushroom Egg Bake
- Garlic Dip
- Garlic and White Bean Stuffed Mushroom Caps
- Garlic Shrimp with Chickpeas
- Branzino with Garlic-Lemon Sauce
- Creamy Farro with Garlic, Spinach and Cheese
- Garlic Soy Mushrooms

2 YOGURT

WHY THIS FOOD?

Provides live, active cultures that act as probiotics, which can help boost the immune system.

Whether you choose traditional or Greek yogurt, this fermented dairy product contains live, active cultures. These "good" bacteria act as probiotics in your digestive system, which means they provide health benefits and help protect the digestive tract. Research has shown that some strains of probiotics can help boost your immune system and promote a healthy digestive tract.

SHOPPING TIP: When shopping for yogurt, look for "live, active cultures" in the yogurt. If you don't see the term "live, active

cultures" on the container, check the ingredients list for the names of bacteria like *L. acidophilus* and *L. thermophiles*, which indicate they are present.

STORAGE TIP: When you buy yogurt, place it in your refrigerator immediately after arriving home. It should be stored in the coldest part of the refrigerator, toward the back and away from the door. The shelf life of yogurt is seven to fourteen days. To use, spoon the portion of yogurt needed from a larger size container and place the remaining yogurt back in the refrigerator. Do not leave yogurt at room temperature for over two hours.

Moldy yogurt should be discarded, even if there is a little spot on the lid.

RECIPES WITH YOGURT

- Orange Greek Yogurt Pancakes with Strawberry Sauce
- Poached Pear Yogurt Bowl
- Green Tea Smoothie Bowl with Raspberries
- Immune-Boosting Green Tea Smoothie
- Pear-Ginger Smoothie
- Yogurt "Caramel" Dip with Pears
- Strawberry Kiwi Almond Yogurt Bark
- Turkey-Chickpea Meatballs with Lemon-Yogurt Sauce
- Yogurt Marinated Pork Kebabs
- Greek Yogurt Chocolate Mousse with Strawberries
- Grape and Greek Yogurt Popsicles

3 BEEF

WHY THIS FOOD?

Top source of zinc, which can help rev up your immune system defenses.

Zinc is a mineral involved in many metabolic activities in your body, including the production of protein and wound healing. It also plays a role in immune function. Because the body doesn't store zinc, it is important to get zinc daily, and one of the best sources is beef. On average, a three-ounce (90 g) cooked serving of beef provides 39 percent of the recommended daily value of zinc. To keep with a healthy diet, choose lean cuts of beef whenever possible.

SHOPPING TIP: Packages of beef will specify the cut, weight, price per pound, total price, sell-by date and safe handling instructions. Purchase your beef on or before the sell-by date. Look for beef that is bright, cherry red and that is firm to the touch. If the beef is

in a sealed bag, the color is typically darker purplish-red. Once it's exposed to the air, it will turn that bright, cherry red color. Make sure the package is cold and has no holes or tears. Choose packages without excess liquid. For ground beef, you'll see the percent lean to percent fat. For example, you'll see "90% lean; 10% fat."

STORAGE TIP: When shopping for beef, place it in your cart just before checkout. If it takes longer to get home, consider keeping it in a cooler in your car. Once you get home, refrigerate or freeze immediately. Freeze beef in its original packaging for up to two week. If you plan to store it longer, wrap it in heavy-duty aluminum foil or place it in resealable plastic freezer bags, removing as much air as possible. When storing beef in your refrigerator, place it on the lower shelf on a plate or tray to catch any juices. Label each package in your refrigerator or freezer with the date, name of beef cut and weight or number of servings. Use beef roasts or steaks within about 3 days of purchase. Ground beef should be used within 1 to 2 days of purchase.

Freeze beef in its original packaging for up to two weeks.

RECIPES WITH BEEF

- Vegetable-Beef Soup
- Roast Beef and Sautéed Onion Sandwich
- Balsamic Steak Salad
- Beef and Mushroom Bolognese with Penne
- Beef and Rice Stuffed Bell Peppers
- Steak Pizza with Peppers and Onions
- Beef and Sweet Potato Bowls

4 LENTILS

WHY THIS FOOD?

Good plant-based source of zinc and vitamin B6, both of which play a role in your immune system's defense.

Lentils are a good plant-based source of zinc, with one cooked cup (250 mL) providing 17 percent of the recommended daily dose of the mineral. This legume is also an excellent source of iron, providing 37 percent of the recommended daily amount, and a good source of vitamin B6, providing 18 percent of the recommended daily amount. Zinc, iron and vitamin B6 all help create infection-fighting white blood cells.

SHOPPING TIP: At the market, look for dried lentils near the packaged beans and rice. They may also be found in the soup aisle. Choose dried lentil packages that do not contain holes and are clean and sealed. Canned lentils can be found next to the beans. Choose cans that are not leaking, bulging, dented, rusted or without a label.

STORAGE TIP: Store dried or canned lentils in the pantry in a cool, dry place. Dried lentils can be stored for up to 1 year from the date of purchase and after opening. Canned food can be stored unopened from 2 to 5 years. Once opened, contents should be stored in the refrigerator covered for up to 5 days.

RECIPES WITH LENTILS

- Lentil Shepard's Pie
- Lentil-Stuffed Eggplant
- Hearty Lentil Tomato Soup
- Jasmine Rice with Peas and Lentils

5 SUNFLOWER SEEDS

WHY THIS FOOD?

Provides vitamin E, selenium, copper and manganese, all needed to maintain — and even boost — your immune system.

One ounce (28 g) of sunflower seeds is an excellent source of the antioxidant vitamin E, selenium, copper and manganese. Vitamin E is essential for the body and it boosts the immune system so it can fight off invading bacteria and viruses. Selenium, also essential for humans, plays a critical role in protecting the body from chronic inflammation and infection. Copper and manganese are minerals that both help maintain your immune system.

SHOPPING TIP: At the market, you can find sunflower seeds near the nuts. When shopping, sunflower seeds are available salted and unsalted and in shell or shelled. Choose sunflower seeds that have closed, clean packages without any dirt, rips or holes.

STORAGE TIP: Store closed bags or containers of sunflower seeds in your pantry in a cool, dry place away from the sunlight. After opening, store sunflower seeds in an airtight container in a cool, dark location in your pantry for up to a few months.

RECIPES WITH SUNFLOWER SEEDS

- Nutty Seeded Breakfast Cookies
- Nut and Seed Clusters
- Smashed Chickpea and Sunflower Sandwich



CHAPTER 3

BREAKFAST

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Orange Greek Yogurt Pancakes WITH STRAWBERRY SAUCE

Pancakes can certainly be part of a healthy breakfast, especially when they include immune-boosting fruits like oranges and strawberries, as well as whole wheat flour, which adds fiber. Although this recipe uses strawberries, other berries like blueberries, raspberries and blackberries also have immune-boosting benefits and can always be used instead of or together with the strawberries.

STRAWBERRY SAUCE

- 4 cups (1 L) fresh or frozen and thawed strawberries, thinly sliced
- 2 tbsp (30 mL) 100% pure maple syrup
- Juice of 1/2 lemon

PANCAKES

- 1 cup (250 mL) unbleached all-purpose flour
- 1 cup (250 mL) whole wheat flour or white whole wheat flour
- 1 1/2 tsp (7 mL) baking powder
- 1/2 tsp (2 mL) baking soda
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) nonfat milk
- 1/2 cup (125 mL) nonfat plain Greek yogurt
- Zest and juice of 1 orange
- 2 tbsp (30 mL) canola oil
- 2 tbsp (30 mL) light brown sugar
- 2 large eggs, beaten
- Nonstick cooking spray

- 1 TO MAKE THE STRAWBERRY SAUCE: In a medium saucepan, heat the strawberries, maple syrup and lemon juice over high heat and bring the mixture to a boil. Lower the heat to low and simmer, stirring occasionally, until the strawberries have softened, 20 to 25 minutes. Remove the saucepan from the heat and allow the sauce to cool for at least 10 minutes in order to slightly thicken.
- 2 TO MAKE THE PANCAKES: In a medium bowl, sift the all-purpose flour, whole wheat flour, baking powder, baking soda and salt.
- 3 In a separate medium bowl, whisk together milk, yogurt, orange juice and zest, canola oil and brown sugar until well combined. Add the eggs and whisk until incorporated.
- 4 Pour the flour mixture into the wet mixture and gently stir them together, mixing until just combined. Do not overmix.

SERVES 4

SERVING SIZE
2 pancakes
plus 1/4 cup
(60 mL) sauce

IMMUNE-
BOOSTING
FOODS: ②

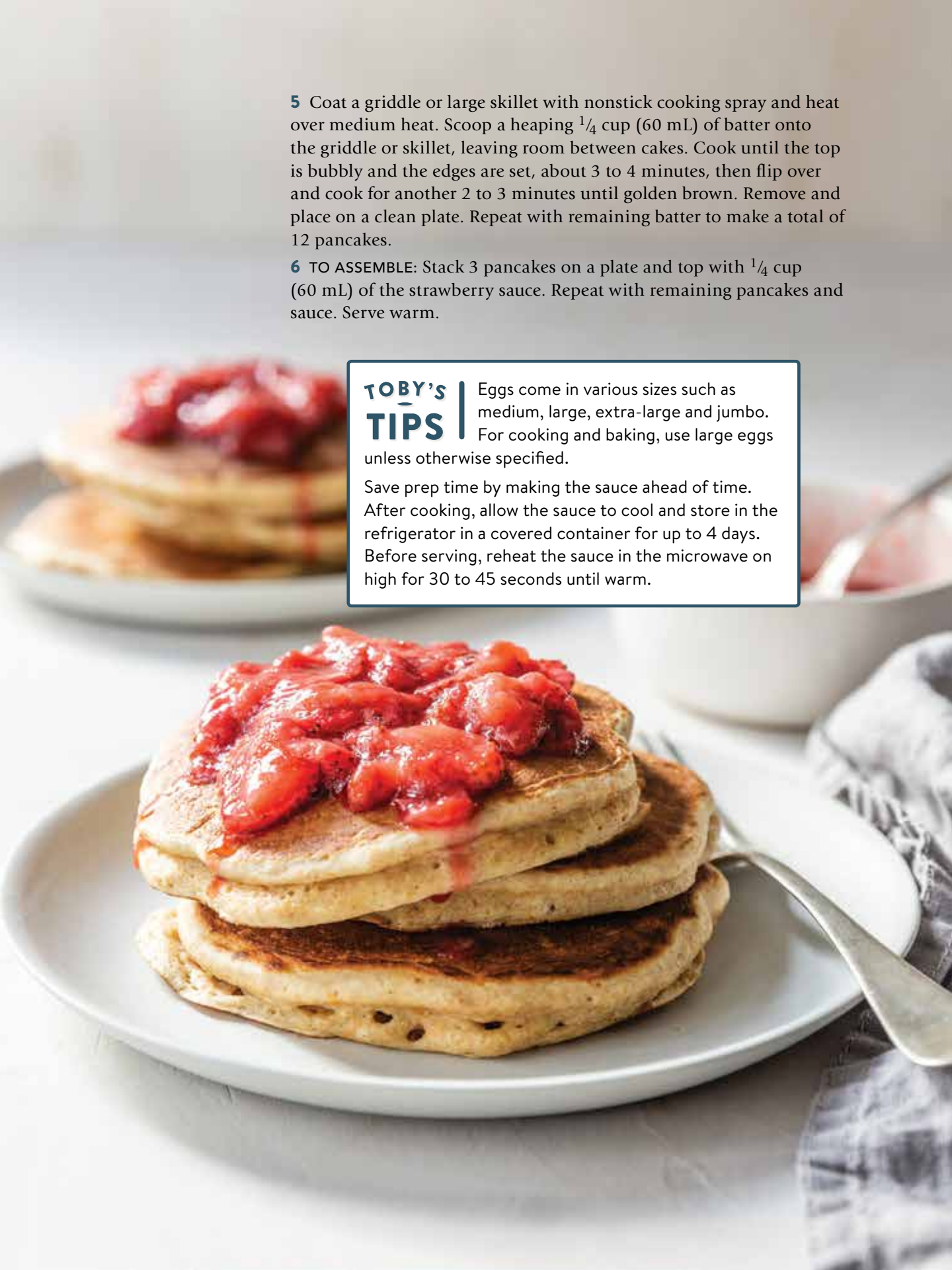


- 5 Coat a griddle or large skillet with nonstick cooking spray and heat over medium heat. Scoop a heaping 1/4 cup (60 mL) of batter onto the griddle or skillet, leaving room between cakes. Cook until the top is bubbly and the edges are set, about 3 to 4 minutes, then flip over and cook for another 2 to 3 minutes until golden brown. Remove and place on a clean plate. Repeat with remaining batter to make a total of 12 pancakes.
- 6 TO ASSEMBLE: Stack 3 pancakes on a plate and top with 1/4 cup (60 mL) of the strawberry sauce. Repeat with remaining pancakes and sauce. Serve warm.

TOBY'S TIPS

Eggs come in various sizes such as medium, large, extra-large and jumbo. For cooking and baking, use large eggs unless otherwise specified.

Save prep time by making the sauce ahead of time. After cooking, allow the sauce to cool and store in the refrigerator in a covered container for up to 4 days. Before serving, reheat the sauce in the microwave on high for 30 to 45 seconds until warm.





Strawberry Limeade

Make your own fruit-flavored sparkling “soda” using fresh fruit and herbs. It’s a flavorful way to add fluids to your day and help boost your immune system.

- 2 cups (500 mL) fresh or frozen and thawed strawberries, quartered

1/2 cup (125 mL) fresh lime juice (about 4 limes)

1/4 cup (60 mL) honey
- 2 cups (500 mL) ice

4 cups (1 L) seltzer or sparkling water

1/4 cup (60 mL) packed mint leaves

- 1

Place strawberries, lime juice and honey in a blender and blend for 30 to 45 seconds on high until smooth.
- 2

Fill a medium pitcher with ice and the strawberry mixture, and then add the seltzer. Stir gently with a wooden spoon. Add the mint leaves and stir to combine. Transfer the pitcher to the refrigerator and chill for at least 20 minutes to allow the flavors to blend.
- 3

Divide the chilled drink among 4 tall glasses and serve.

TOBY'S
TIPS

Instead of mint, use basil.

To get the most juice out of your limes, using clean hands roll the limes several times while pressing down on them on a flat surface before cutting them.

SERVES 4

SERVING SIZE
1 1/2 cups
(375 mL)

IMMUNE
BOOSTING
FOODS: ①



Smoked Salmon Crostini

These crostini are certainly gorgeous, but the most beautiful thing is that they take less than 30 minutes to whip up. Make them as delicious and simple hors d'oeuvres to serve at any party, or try them as a creative snack for the family.

- 3/4 baguette, preferably whole wheat

3 tbsp (45 mL) olive oil

3/4 cup (175 mL) whipped cream cheese

2 tbsp (30 mL) chopped dill

1/8 tsp (0.5 mL) ground black pepper

3/4 English cucumber, thinly sliced (48 pieces; See note)

4 oz (125 g) smoked salmon, cut into 24 bite-size pieces

3 tbsp (45 mL) capers

PREHEAT THE OVEN TO 400°F (200°C)

- 1

Cut the baguette on a diagonal into twenty-four 1/4-inch (0.5 cm) slices. Arrange them in an even layer on a baking sheet. Brush the olive oil over both sides of the baguette slices. Bake, turning the slices over halfway through, until the bread is golden brown, about 8 minutes.
- 2

In a small bowl, combine cream cheese, dill and black pepper, and mix well.
- 3

To assemble, spread about 1 teaspoon of the cream cheese mixture over each toasted baguette slice. Press 2 cucumber slices on the top of the cream cheese mixture and then place 1 piece of smoked salmon over the cucumbers. Garnish with 2 to 3 capers.

TOBY'S
TIPS

English cucumbers work well in appetizers like these because they have fewer seeds and are less watery than the regular slicer cucumbers typically found at grocery stores.

To minimize food waste, dip leftover cucumber slices in extra cream cheese dip, hummus, or your dressing of choice.

SERVES 6

SERVING SIZE
4 pieces

IMMUNE
BOOSTING
FOODS: ①



NOTE
For very thin slices of cucumber, use a mandoline slicer.





Pear Salad with Walnuts and Dried Cranberries

This side salad is perfect to pair with soup or a sandwich for lunch or to serve as a starter salad for dinner. If you want to make it a main salad, top with rotisserie chicken or leftover chicken breast.

VINAIGRETTE

- 1/2 cup (125 mL) balsamic vinegar
- 1 clove garlic, minced
- 2 tsp (10 mL) Dijon mustard
- 1 tsp (5 mL) onion powder
- 1 tsp (5 mL) granulated sugar
- 1/8 tsp (0.5 mL) salt
- 1/4 cup (60 mL) extra virgin olive oil

SALAD

- 1/2 cup (125 mL) raw or dry roasted, unsalted walnuts, coarsely chopped
- 6 cups (1.5 L) mixed greens
- 1 pear, cored and thinly sliced into half-moons
- 1/4 cup (60 mL) dried cranberries
- 1/4 cup (60 mL) shaved Parmesan cheese

- 1** TO MAKE THE DRESSING: Whisk together the balsamic vinegar, garlic, mustard, onion powder, sugar and salt in a small bowl. While continually whisking, slowly drizzle in the olive oil until incorporated.
- 2** TO MAKE THE SALAD: Heat the walnuts in a small saucepan over medium-low heat. Cook, tossing regularly, until the walnuts are toasted, 5 minutes. Remove the walnuts from the pan and set aside to cool for at least 10 minutes.
- 3** In a large salad bowl, add the mixed greens and top with the sliced pear and cranberries. Sprinkle with the Parmesan cheese. Drizzle the dressing onto the salad right before serving.

TOBY'S TIPS

- Swap the dried cranberries for dried cherries.
- To save time, prepare the balsamic vinaigrette ahead of time or use a store-bought version.

SERVES 4

SERVING SIZE
1 2/3 cups (400 mL), plus about 2 tbsp (30 mL) dressing

IMMUNE-BOOSTING FOODS: ②



Chipotle Chicken Sandwich

WITH AVOCADO

Do you ever crave a fast food sandwich, but don't want all that grease? This spiced chicken sandwich is the answer. Whip it up for a delicious lunch or dinner and your family will be begging for "at home" takeout from now on.

Grill Pan	Four 5-ounce (150 g) thinly sliced skinless, boneless chicken breasts
3 tbsp (45 mL) canola oil	Nonstick cooking spray
Juice of 1 lime (about 1 tbsp or 15 mL)	1 avocado, peeled, pitted and thinly sliced
2 tsp (10 mL) chipotle powder	4 whole wheat rolls, toasted
2 tsp (10 mL) smoked paprika	¼ cup (60 mL) light mayonnaise
2 tsp (10 mL) garlic powder	1 tomato, thinly sliced
2 tsp (10 mL) cumin	4 slices reduced-fat Monterey Jack cheese
2 tsp (10 mL) coriander	
½ tsp (2 mL) salt	

- 1

In a medium bowl, whisk together the canola oil, lime juice, chipotle powder, smoked paprika, garlic powder, cumin, coriander and salt. Add the chicken breasts and turn to coat. Cover the bowl and place in the refrigerator to marinate for at least 30 minutes and up to 24 hours.
- 2

Coat a grill pan or sauté pan with nonstick cooking spray and heat over medium heat. When the oil is shimmering, add the chicken and cook until the internal temperature reaches at least 165°F (74°C), 4 minutes on each side. Discard excess marinade.
- 3

Place several slices of avocado on one half of each roll and top with chipotle chicken. Spread 1 tbsp (15 mL) of the mayonnaise on the other half of each roll and top with 1 slice of cheese and 1 to 2 slices of tomato. Press the sandwiches together and enjoy.

TOBY'S
TIP

To add spiciness, increase the chipotle powder and smoked paprika by 1 tsp (5 mL). Conversely, to decrease the spiciness cut back on the two spices by 1 tsp (5 mL).

SERVES 4

SERVING SIZE

1 sandwich

IMMUNE
BOOSTING
FOODS: ①





Sheet Pan Salmon

WITH ASPARAGUS

When it comes to cooking, my motto is easy to cook and easy to clean. This recipes takes less than 30 minutes to whip up and as with any sheet pan dinner, there are minimal dishes to clean. As for taste, my three kids devour this dish within minutes of it coming out of the oven.

- Baking sheet lined with aluminum foil and coated with nonstick cooking spray

3 tbsp (45 mL) unsalted butter, softened

2 tbsp (30 mL) olive oil, divided

1 shallot, finely chopped (about 1/2 cup/125 mL)

3 cloves garlic, minced
- 2 tbsp (30 mL) chopped parsley

2 tbsp (30 mL) chopped rosemary

1/4 tsp (1 mL) kosher salt

1/8 tsp (0.5 mL) ground black pepper

1 1/2 lbs (750 g) salmon fillet

1 bunch asparagus (about 2 lbs/1kg), trimmed

1 lemon, thinly sliced

PREHEAT THE OVEN TO 450°F (230°C)

- 1 In a small bowl, use a fork or potato masher to mash the softened butter. Add 1 tbsp (15 mL) of the olive oil, the shallot, garlic, parsley, rosemary, salt and black pepper and stir to combine.
- 2 Place the salmon fillet, skin side down, in the center of the prepared baking sheet. Spoon half the butter mixture and spread over the salmon.
- 3 Divide the asparagus evenly and place on all sides of the fillet in a single layer. Drizzle the remaining 1 tbsp (15 mL) of the olive oil over the asparagus and place the lemon slices over the asparagus and salmon. Spoon the remaining butter in several places over the asparagus.
- 4 Bake until the salmon is cooked through and reaches an internal temperature of 145°F (63°C), about 10 to 12 minutes.

TOBY'S TIP | Use 1/2 cup finely chopped yellow onion in place of the shallot.

SERVES 4

SERVING SIZE
6 oz (175 g)
fish and about
1/2 cup (125 mL)
asparagus

IMMUNE
BOOSTING
FOODS: ②



NOTE
Swap the
herbs for
anything in your
refrigerator,
like dill or
thyme.

Beef and Mushroom Bolognese WITH PENNE

Mushrooms blend beautifully with the beef in this Bolognese. Not only do the flavors combine well, but you’re getting two immune-boosting foods in one dish. It’s a win-win all around!

- 2 tbsp (30 mL) olive oil

1 rib celery, chopped

1 carrot, chopped

1 yellow onion, chopped

3 cloves garlic, minced

1 lb (500 g) lean ground beef (at least 90% lean)

6 oz (175 g) Portobello mushroom caps, chopped

1 cup (250 mL) low-sodium beef broth

1 cup (250 mL) reduced fat (2%) milk

1/8 tsp (0.5 mL) ground nutmeg

1 can (28 oz/796 mL) diced tomatoes, with juice
- 1/4 cup (60 mL) tomato paste

1 tbsp (15 mL) apple cider vinegar

1 tbsp (15 mL) dried parsley flakes

1 tsp (5 mL) dried basil

1 tsp (5 mL) dried oregano

1 tsp (5 mL) honey

3 bay leaves

1/4 tsp (1 mL) salt

1/4 tsp (1 mL) ground black pepper

12 oz (375 g) whole wheat penne or ziti

1/3 cup (75 mL) grated Parmesan cheese

- 1

Heat the olive oil in a large sauté pan over medium heat. When the oil is shimmering, add the celery, carrots and onion and cook until the vegetables have softened, about 5 minutes. Add the garlic and cook until fragrant, 1 minute more. Add the ground beef and mushrooms and cook until the meat is no longer pink, breaking up the pieces of beef with the back of a wooden spoon, about 8 minutes.
- 2

Add the beef broth and bring the mixture to a boil over high heat. Lower the heat to medium-low and cook, uncovered, until some of the liquid is evaporated, about 10 minutes. Add the milk and nutmeg and bring the mixture to a boil over high heat. Lower the heat to medium-low and cook, uncovered stirring occasionally, until some more of the liquid is evaporated, about 10 minutes.
- 3

Add the tomatoes with juice, tomato paste, apple cider vinegar, parsley, basil, oregano, honey, bay leaves, salt and black pepper. Bring the mixture to a boil over high heat, and then lower the heat to low and simmer, covered, until the sauce and flavors combine, about 30 minutes. Uncover the sauté pan and continue cooking, stirring occasionally, until the sauce thickens, 30 minutes more.

SERVES 6

SERVING SIZE
1 1/2 cups
(375 mL) pasta,
plus 1 cup
(250 mL) sauce

IMMUNE-
BOOSTING
FOODS: ②



- 4

While the sauce thickens, fill a large pot with 4 to 6 quarts (4 to 6 L) of water and bring to a boil over high heat. Add the penne and stir to combine. Return to a boil, then lower the heat to medium-low and simmer until the pasta is al dente, 10 minutes, stirring occasionally. Drain the pasta and place in a bowl. Cover to keep warm.
- 5

Once the sauce has thickened, add the Parmesan cheese to the sauce and stir to combine. Discard bay leaves before serving.
- 6

To serve, place the pasta in a serving bowl and top with the sauce. Serve warm.

TOBY'S
TIP

To cut back on the sodium, choose low-sodium or no-added sodium diced tomatoes and tomato paste.



Golden Pork Chops

Boneless pork chops are a lean cut of meat that can be part of a healthy eating plan. Marinating the pork in flavorful ingredients like turmeric, honey and orange adds fabulous flavor and several immune-boosting foods.

- | | |
|------------------------------------|---------------------------------------|
| Juice and zest of 1 orange | 1/8 tsp (0.5 mL) ground black pepper |
| 1/4 cup (60 mL) olive oil, divided | Four 4 oz (125 g) boneless pork chops |
| 1 tbsp (15 mL) honey | 1 shallot, chopped |
| 2 tsp (10 mL) ground turmeric | |
| 1/4 tsp (1 mL) salt | |

1 In a medium bowl, whisk together the orange juice and zest, 3 tbsp (45 mL) of the olive oil, the honey, turmeric, salt and black pepper. Place the pork chops in the bowl and turn to coat evenly. Cover the bowl and place in the refrigerator for at least 30 minutes and up to 24 hours to marinate.

2 Heat the remaining 1 tbsp (15 mL) olive oil in a large sauté pan over medium heat. When the oil is shimmering, add the shallots and cook until translucent, 3 minutes. Remove the pork chops from the marinade, shaking off any excess marinade and discard the marinade. Add the pork chops to the pan and cook until the internal temperature reaches 145°F (63°C), 4 to 5 minutes on each side. Remove the pork chops from the pan onto a plate and allow to rest for 10 minutes before serving.

TOBY'S
TIPS

Serve the pork chops with Sautéed Spinach with Fennel and Red Onions (page 000) and Jasmine Rice with Peas and Lentils (page 000).

To save time with prep, marinate the pork the night before.

SERVES 4

SERVING SIZE
1 chop

IMMUNE
BOOSTING
FOODS: ②



Beef and Sweet Potato Bowls

Bowls have become very popular because they're not only fun to make, but they're also fun to eat! When making bowls like this one, be sure to include a whole grain or starch, lots of veggies and a lean protein for a nicely balanced meal.

1/2 cup (125 mL) low-sodium soy sauce	Nonstick cooking spray
1/3 cup (75 mL) unseasoned rice vinegar	2 tbsp (30 mL) olive oil, divided
1 tbsp (15 mL) honey	1 tsp (5 mL) fish sauce
1 tbsp (15 mL) sesame oil	2 sweet potatoes (about 1 1/2 lbs/ 750 g), washed, peeled and cut into 1/2-inch (1 cm) cubes
2 tsp (10 mL) sriracha	5 oz (150 g) baby spinach
1/2 tsp (3 mL) ground ginger	3/4 cup (175 mL) dry quinoa
2 cloves garlic, minced	1 1/3 cup (325 mL) low-sodium vegetable broth
1 lb (500 g) top sirloin steak	2 limes, quartered

- 1** In a large bowl, whisk together the soy sauce, rice vinegar, honey, sesame oil, sriracha, ginger and garlic. Add the steak and turn to coat evenly. Cover and place in the refrigerator to marinate for at least 30 minutes and up to 24 hours.
- 2** Preheat the oven to 425°F (220°C). Coat a sheet pan lined with aluminum foil with nonstick cooking spray.
- 3** In a medium bowl, whisk together 1 tbsp (15 mL) of the olive oil and the fish sauce. Add the sweet potatoes and toss to coat. Place the sweet potatoes in a single layer on the prepared baking sheet. Cook until slightly browned, about 15 minutes, flipping once halfway through. Remove the sheet pan from the oven and allow to cool for at least 10 minutes. Decrease the temperature of the oven to 400°F (200°C).
- 4** Coat an oven-friendly grill pan or sauté pan with nonstick cooking spray. When the oil is shimmering, shake off excess marinade from the steak and discard the marinade. Add the steak to the grill pan or sauté pan and cook steak until slightly browned, about 4 to 5 minutes on each side. Carefully place the pan into the preheated oven and cook the steak until it reaches an internal temperature of 145°F (63°C). Set the steak on a cutting board to rest 10 minutes and then cut against the grain into 1-inch slices.

SERVES 4

SERVING SIZE
1 bowl

IMMUNE
BOOSTING
FOODS: ②



- 5** In a medium saucepan, heat the remaining 1 tbsp (15 mL) olive oil. When the oil is shimmering, add the spinach and cook until wilted, 3 minutes, stirring occasionally. Add the quinoa and toast for about 2 minutes, stirring regularly. Add the vegetable broth and bring the mixture to a boil over high heat. Lower the heat to low and simmer, covered, until the liquid is absorbed, 15 minutes. Remove the saucepan from the heat and fluff with a fork.
- 6** To assemble the bowls, spoon 1/2 cup (125 mL) of the quinoa onto the bottom of each bowl. Top with about 3/4 cup (175 mL) of the sweet potato and about 4 oz (125 g) of the steak. Serve with lime wedge to be squeezed on before eating.

TOBY'S
TIP

You can swap the fish sauce with low-sodium soy sauce.





Sautéed Spinach

WITH FENNEL AND RED ONION

Fennel is an easy-to-use vegetable that can be enjoyed raw or cooked. When raw it has a licorice-like flavor that becomes milder when cooked and is complemented beautifully when paired with cooked spinach and a splash of orange juice.

- | | |
|--|--|
| 2 tbsp (30 mL) olive or canola oil | 8 oz (250 g) baby spinach |
| 1 red onion, quartered and thinly sliced | ¼ cup (60 mL) basil leaves, cut into ribbons |
| 2 cloves garlic, minced | 2 tbsp (30 mL) 100% orange juice |
| 1 tbsp (15 mL) unsalted butter | ¼ tsp (1 mL) salt |
| 1 fennel bulb, trimmed, cored and sliced into ¼-inch (0.5 cm) pieces | ⅛ tsp (0.5 mL) ground black pepper |

- 1 In large sauté pan, heat the olive oil over medium heat. When the oil is shimmering, add the onion and garlic and cook until the onion is translucent and garlic is fragrant, about 3 minutes.
- 2 Add the butter and allow to melt for 1 minute, then add the fennel and cook until it has softened, about 5 minutes. Add the spinach and basil and cook until wilted, 3 to 4 minutes.
- 3 Add the orange juice, salt and black pepper and toss to combine. Serve warm.

TOBY'S TIPS | Swap the spinach for kale or use a combination of both.

To minimize food waste, keep the fronds (or top part) of the fennel to toss into a vegetable salad or to add to broth or soup.

SERVES 4

SERVING SIZE
1 cup (250 mL)

IMMUNE-
BOOSTING
FOODS: ①



Sweet Potato Mash

This fall favorite will fill your home with the scent of cinnamon, maple syrup and toasted pecans. Once your family or neighbors smell the delicious aroma, they'll be begging for a taste.

Baking sheet lined with aluminum foil	1/4 cup (60 mL) reduced fat (2%) milk
Immersion blender or blender	2 tbsp (30 mL) unsalted butter
4 lbs (2 kg) sweet potatoes (about 4 large potatoes)	1 tbsp (15 mL) 100% pure maple syrup
1/3 cup (75 mL) raw pecans, chopped	1/2 tsp (2 mL) cinnamon
	1/4 tsp (1 mL) salt

PREHEAT THE OVEN TO 425°F (220°C)

- 1 Using a fork, poke a few holes in each of the sweet potatoes. Place sweet potatoes on the prepared baking sheet and bake until the potatoes are tender, about 1 hour. Remove the sweet potatoes from the oven and let them cool for about 15 minutes.
- 2 Place the pecans in a small sauté pan over medium-low heat. Cook until pecans are slightly toasted being careful not to burn them, 5 minutes. Remove the pecans from the pan and set aside to cool slightly.
- 3 When the sweet potatoes are cool enough to handle, slice lengthwise and using a spoon, scoop out the flesh and place in a large bowl. Add the milk, butter, maple syrup, cinnamon and salt. Blend using an immersion blender or add to a blender and blend on high speed.
- 4 Spoon the mashed potato mixture into a serving bowl and sprinkle with toasted pecans. Serve warm.

TOBY'S
TIPS

Save time by swapping store-bought roasted unsalted chopped pecans for the raw ones and skip step two.

To make the recipe vegan, swap the milk to soymilk and use a plant-based butter or non-dairy margarine.

SERVES 6

SERVING SIZE
about 3/4 cup
(175 mL)

IMMUNE
BOOSTING
FOODS: ①



Banana Walnut Cake with Cream Cheese Frosting

I tend to have leftover bananas, but I hate letting them go to waste! I try to find baking recipes to use them in, and this is one cake I love to make. It’s a delicious way to help minimize food waste in my home and yours.

9-inch (23 cm) round cake pan coated with cooking spray

- 1 cup (250 mL) unbleached all-purpose flour
- 1 cup (250 mL) whole wheat flour or white whole wheat flour
- 1 tsp (5 mL) ground cinnamon
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- 1/8 tsp (0.5 mL) salt
- 1/4 cup (60 mL) unsalted butter, softened
- 1/4 cup (60 mL) reduced fat (2%) plain Greek yogurt
- 1/2 cup (125 mL) packed light brown sugar

- 1/4 cup (60 mL) pure maple syrup
- 3 bananas, mashed
- 2 large eggs
- 1 tsp (5 mL) vanilla extract
- 1 cup (250 mL) low fat milk
- 3/4 cup (175 mL) walnuts, coarsely chopped, plus more for garnish

FROSTING

- 8 oz (250 mL) cream cheese
- 1/4 cup (60 mL) reduced fat (2%) plain Greek yogurt
- 1/4 cup (60 mL) reduced fat milk
- 1/2 tsp (2 mL) vanilla extract
- 3/4 cup (175 mL) confectioners’ (icing) sugar

PREHEAT THE OVEN TO 350°F (180°C)

- 1 In a large bowl, sift together the all-purpose flour, whole wheat flour, cinnamon, baking powder, baking soda and salt.
- 2 Using an electric mixer, beat the butter and Greek yogurt on high speed until smooth. Add the brown sugar and maple syrup and continue beating until creamy. Add the bananas, eggs and vanilla and continue to beat on high until mixture is smooth. Add half the dry ingredients into the wet ingredients and beat on low speed until incorporated. While mixing, alternate adding the milk and the remaining dry ingredients until combined. Add the walnuts and use a spoon to gently fold into the batter until evenly distributed. Do not overmix.
- 3 Pour the batter into the prepared cake pan and transfer to the center rack of the oven. Bake until a toothpick inserted into the center of the cake comes out clean, 25 to 30 minutes. Turn the cake out onto a wire rack and set aside for at least 15 minutes to cool.

SERVES 12

SERVING SIZE
4 1/4 oz (132 g)
slice



- 4 TO MAKE THE FROSTING: In a large bowl, add the cream cheese, yogurt, milk and vanilla. Using an electric mixer, beat until creamy. Add the confectioners’ sugar, 1 to 2 tbsp (15 to 30 mL) at a time. Continue mixing on high speed until incorporated.
- 5 Using a spatula, spread the frosting evenly over the top of the cake. Sprinkle with extra walnuts and serve immediately.

TOBY’S TIP | To reduce the fat of the frosting, use reduced fat cream cheese or Neufchatel cheese.



AN EASY-TO-FOLLOW, FAMILY FRIENDLY COOKBOOK FILLED WITH DELICIOUS RECIPES ALL DESIGNED TO BOOST HEALTH, ENERGY AND WELLNESS.

All of us want to keep our families safe and healthy. We also want to eat delicious and satisfying food. *The Family Immunity Cookbook* includes 25 of the top immune-boosting foods, incorporated into 101 delicious recipes. These are ingredients that provide immune-essential nutrients like vitamin C, vitamin D, zinc, selenium, iron and protein to keep your body's defenses in tip-top shape, or they are foods that help decrease inflammation and boost antioxidant activity such as berries, fatty fish or avocados, which help your body defend itself from illness and can also promote healing.

But that sounds complicated. How do we build healthy immune systems anyway? Simple. Bestselling cookbook author and nutritionist Toby Amidor is skilled at making tricky topics fun and easy to understand – she's done the work for you. She expertly describes the nutritional benefits of foods and then weaves them into recipes the whole family will enjoy. It tastes so good you won't even know it's good for you!

Armed with Toby's tips and tricks, you can minimize that stress associated with cooking. These include meal prepping, preparing freezer-friendly foods to keep your kitchen stocked with healthy meals, cooking one pot meals to minimize dishes and finding recipes that can be prepared and cooked in 30 minutes or less.



TOBY AMIDOR, MS, RD, CDN, FAND, is a *Wall Street Journal* bestselling cookbook author, leading dietitian and recipe developer who believes that healthy and wholesome can also be appetizing and delicious. She is the author of six cookbooks, including *The Best 3-Ingredient Cookbook*, *The Best Rotisserie Chicken Cookbook*, *Smart Meal Prep For Beginners*, *The Healthy Meal Prep Cookbook* and *The Easy 5-Ingredient Healthy Cookbook*. She is the founder of Toby Amidor Nutrition and the nutrition expert for FoodNetwork.com. She lives in New York.

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