

# Recipes **From the Blue Zones® Kitchen**

## Veggie Cassola

From The Blue Zones Kitchen

- Ingredients:**
- 1 zucchini, cut into ½-inch dice
  - 1 large onion, chopped
  - 2 large red or yellow bell peppers, chopped
  - 2 carrots, peeled and coarsely chopped
  - 1 Italian eggplant, cut into ½-inch dice
  - ¼ cup extra-virgin olive oil
  - Salt and pepper (optional)
  - 1 bunch parsley, chopped
  - 5 leaves basil
  - 1 sprig thyme, minced
  - 1 sprig oregano, stemmed and minced
  - 3 bay leaves

- Directions:**
- Preheat oven to 300 degrees.
  - In a large bowl, toss all vegetables with olive oil. Add salt and pepper to taste.
  - Toss with herbs, then spread out evenly on large roasting pan.
  - Roast for 1 hour.
  - Remove bay leaves, then serve with crusty bread or Sardinian flatbread.

This delicious vegetable dish is bursting with key nutrients to support immune health during cold and flu season. The bell peppers boast a hearty serving of vitamin C, which is not only a vitamin, but an antioxidant as well. Vitamin C supports our immune system and should be consumed daily to reap the most benefits. Although research says vitamin C cannot exactly cure a cold in average doses, some studies say that it could lessen the duration of a cold if taken regularly. Higher than average doses are just excreted in the urine or can have adverse effects. Vitamin C is also responsible for helping our bodies absorb iron and facilitates proper wound healing. It is recommended to get your dose of C from foods, rather than supplements, since there are so many other nutrients in foods that are impossible to get with supplements.

Rich sources of vitamin C are citrus fruits, tomatoes and green vegetables. In general, 5 servings of fruits and vegetables per day are effective at keeping our immune system healthy, and this dish is sure to serve up multiple doses of a variety of vegetables to meet that goal.

Tips by by Marissa Martorana, RDN

Source: <https://www.health.harvard.edu>

# Recipes **From the Blue Zones® Kitchen**

## Iced Banapple Turmeric Smoothie

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- Ingredients:**
- 1 ripe banana
  - 1 apple, cored and cut into a few pieces
  - 1 tsp turmeric powder
  - 1 cup vanilla soy milk
  - 5 cups of ice

- Directions:**
- Blend all ingredients in a high-speed blender. Serve immediately.

There's no question that the super star ingredient in this smoothie is turmeric. Turmeric is a plant in the ginger family and has been used in the Okinawan diet for hundreds of years. The main compound in turmeric is curcumin, and has shown to possibly slow the progression of dementia which may be a reason why Okinawans have less cases of Alzheimer's than Americans do. More currently, turmeric has been studied for its role in reducing the inflammatory response to certain diseases. Smoothies are an easy way to get a mega dose of immune boosting nutrients, including turmeric. Adding a vitamin C rich food, such as pineapple, boost the nutrient content even more. The plant-based protein from the vanilla soy milk adds a subtle sweetness and will keep you satiated.

Tips by by Marissa Martorana, RDN

Source: <https://www.nccih.nih.gov/health/turmeric>

# Recipes **From the Blue Zones® Kitchen**

## Lemon Turmeric Hot Tea

Marissa Martorana, RDN

- Ingredients:**
- Your favorite tea
  - 2 tsp ground turmeric
  - ½ fresh lemon
  - 1 tsp honey

- Directions:**
- Steep tea bag into a cup of boiling water, remove tea bag
  - Stir in turmeric and honey
  - Squeeze lemon
  - Stir

If you feel under the weather, this cup of hot tea is a sure way to soothe your soul and give your body a hearty dose of immune boosting, and anti-inflammatory nutrients. It contains vitamin C from the lemon juice and curcumin, which is the compound in turmeric that offers anti-inflammatory benefits against certain diseases. The honey adds a touch of sweetness without overpowering the drink. This tea offers earthy and citrus flavors that is sure to bring you back to health soon!

Tips by by Marissa Martorana, RDN

