



# IMMUNE BOOSTING RECIPES

DELICIOUS HEALTHY RECIPES





# Strengthen your immunity with plants

Our immune system is made up of a complex network of cells and organs that help protect our body from harmful toxins and infections. Nutrition can influence our immune health and play a key role in determining how susceptible we are to infections. Adding immunity-boosting foods to our diet is a natural and healthy way to strengthen our immune system. Taking a proactive approach is not only important during our current pandemic circumstances, but it can be protective all year round.

Diets centered around whole, plant-based foods appear to stimulate natural killer cell activity. Natural killer cells are part of the innate immune response that hones in on pathogens, including viruses and tumors. Include plenty of bright and colorful fruits and vegetables in your diet. Vibrant colors signal the presence of antioxidant and anti-inflammatory phytochemicals like carotenes, polyphenols, flavonoids, and anthocyanidins.

Although all plant-based foods possess a variety of protective nutrients, the following foods are particularly nutritiously dense and have unique immune-boosting power:

- Dark leafy greens - kale, arugula, spinach, lettuce, and others
- Beta-carotene-rich foods - carrots, sweet potato, butternut squash
- Berries
- Mushrooms
- Beets
- Garlic
- Ginger
- Tomatoes
- Kiwi
- Raw cacao
- Nuts and seeds - chia, flax, walnuts, Brazil nuts
- Spices - turmeric, cinnamon

Boost your immunity with these delicious plant-powered recipes!



## Mixed Grain Hot Cereal

By Evelisse Capó, PharmD

Tired of the same old oatmeal every morning? Try this delicious alternative that combines oats with the supergrains quinoa and amaranth. The spices in this hearty, hot cereal come together for an explosion of flavor that will please the entire family.

*Prep time: 5 minutes*

*Cook time: 30 minutes*

*Yield: 4-6 servings*

## **What You'll Need**

4 cups plant-based milk  
4 pitted Medjool dates or ¼ cup date paste  
1 tsp cinnamon  
½ tsp cardamom  
½ tsp ground cloves  
½ tsp nutmeg  
1 tsp vanilla extract  
1 cup steel cut oats  
½ cup quinoa  
½ cup amaranth  
Berries (frozen or fresh)  
1-2 Tbsp ground flax or chia seeds (optional)

## **How to Make It**

1. Blend plant-based milk with dates or date paste in a blender until smooth.
2. In a medium saucepan, combine the plant-based milk mixture with the spices.
3. Bring to a low boil, add the grains, stir, and cover.
4. Cook on medium-low for 30 minutes.
5. Top with fresh berries or thawed berries.





## Golden Milk Oatmeal

By Evelisse Capó, PharmD

Start your day with this anti-inflammatory and immune-boosting breakfast! Plant-based milk is naturally sweetened with dates and spiced up, resulting in an earthy and aromatic hot cereal.

*Prep time: 5 minutes*

*Cook time: 15 minutes*

*Yield: 2 servings*

## What You'll Need

2 cups plant-based milk  
4 pitted Medjool dates or ¼ cup date paste  
¾ cup rolled oats  
2 Tbsp teff  
2 tsp fresh ginger, shredded  
1 tsp ground turmeric  
¼ tsp ground cloves  
¼ tsp ground cinnamon  
⅛ black pepper  
Sliced figs (optional)  
Hemp seeds (optional)

## How to Make It

1. Blend plant-based milk with dates or date paste in a blender until smooth.
2. In a medium saucepan, toast the teff and oats for 2 minutes.
3. Add the plant-based milk mixture, fresh ginger, and the spices to the saucepan and stir.
4. Bring to a low boil, stir, and cover.
5. Cook on medium-low heat for 15 minutes.
6. Top with sliced dry figs and hemp seeds, if desired.

### Tips:

- Substitute quinoa or another ancient grain for teff if desired.
- Add more plant-based milk if oatmeal is too thick.





## **Green Salad with Raspberries and Roasted Chickpeas**

**By Evelisse Capó, Pharm D**

Every bite of this vibrant salad offers something fresh, whether it be the peppery flavor of arugula, the natural sweetness of red raspberries, or the savory warmth of roasted chickpeas.

*Prep time : 15 minutes*

*Yield 6-8 servings*

## What You'll Need

6 cups baby arugula  
6 cups baby kale  
1 cup grapes  
2 cups raspberries  
1 cup roasted chickpeas (see recipe)  
Strawberry balsamic dressing

### Strawberry Balsamic Dressing

1 cup strawberries, sliced  
¼ cup white balsamic vinegar  
½ shallot or ¼ cup red onion, diced  
2 tsp fresh thyme leaves or 1 tsp dried  
2 tsp Dijon mustard  
¼ tsp ground black pepper

Process all dressing ingredients in a blender until smooth.

## How to Make It

1. Prepare the roasted chickpeas and let cool inside the oven so they are crunchy.
2. Prepare the dressing and set aside.
3. In a bowl, mix the greens and top with the grapes, raspberries, and chickpeas.
4. Serve with dressing.

### Tip:

- Substitute raspberries for strawberries in the dressing.





### **Roasted Chickpeas**

4 cups cooked chickpeas, rinsed and drained

Juice from 1 lime

1 tsp garlic powder

2 tsp chili powder

Sprinkle of chipotle powder

Pinch (about 1/4 tsp) sea salt

### **How to Make It**

1. Preheat oven to 425 degrees F.
2. Line a baking sheet with parchment paper and set aside.
3. Pat the chickpeas dry.
4. Place the chickpeas in a bowl and add seasonings.
5. Spread the seasoned chickpeas evenly on the prepared baking sheet.
6. Bake for 15 minutes, stir, and cook for another 25 minutes or until crisp but not burned.
7. Turn oven off and allow chickpeas to cool inside the oven.



## Cilantro Ginger Sweet and Spicy Salad

**By Natalie Norman**

A refreshingly delicious salad that will give your taste buds a treat while you eat a bounty of colorful veggies.

*Prep time: 10 minutes*

*Yield 2 servings*



## **What You'll Need**

- 1 large purple carrot, grated
- 1 large yellow apple, diced
- 1 large handful of fresh cilantro, chopped
- 2 medium tomatoes, diced
- 2 Tbsp lemon juice
- 1 tsp grated ginger
- 3 Tbsp hemp seed
- 1 green jalapeño pepper, minced (optional)

## **How to Make It**

1. Toss all ingredients together until flavors have blended.



## Citrus Ginger Roasted Vegetables

By Evelisse Capó, Pharm D

This dish blends the wholesome flavors of the earth with two of the most lively, energetic flavors in the culinary toolbox. The brightness, sweetness, and spiciness of citrus and ginger may be very potent on their own, but together with roasted veggies, the result is delightfully restrained - dynamic, but down to earth.

*Prep time: 15 minutes*

*Cook time: 60 minutes*

*Yield 6-8 servings*



## What You'll Need

1 large beet, washed and ends cut  
6 cups butternut squash, cut into a medium cubes  
3 medium carrots, sliced thick  
Juice and zest from one large orange, divided  
1 Tbsp fresh ginger juice  
Fresh basil, to taste

## How to Make It

1. Preheat oven to 425 degrees F.
2. Wrap beet in parchment paper, followed by aluminum foil, and bake for an hour or until tender. Set aside.
3. In a small bowl, mix the freshly squeezed orange and ginger juices.
4. In a bowl, mix the butternut squash and carrots with 2 Tbsp of the orange/ginger marinade.
5. Place the marinated butternut squash and carrots in a baking pan lined with parchment paper.
6. Roast the squash and carrots for 30 minutes or until tender.
7. Add the rest of the marinade and zest to the cooked veggies, and stir in the fresh basil.

### Tip:

- To extract ginger juice, use a small strainer, press freshly grated ginger against the mesh with a spoon or your hand, and collect ginger juice in a bowl. You can also use a ginger press.



## Sweet Potato and Kale Sauté

By LeAnne Campbell, PhD

A lemon-mustard sauce with a touch of sweetness from diced sweet potatoes complements cooked kale nicely!

*Prep time: 10 minutes*

*Cook time: 20 minutes*

*Yield: 4-5 servings*



## What You'll Need

2 sweet potatoes, diced (4 cups)  
¼ cup onion, diced  
2 Tbsp vegetable broth  
1 bunch kale, chopped

### Lemon-Mustard Sauce

¼ cup lemon juice  
¼ cup reduced-sodium soy sauce  
1 Tbsp Dijon mustard  
1 tsp dried dill  
1 tsp cornstarch mixed with 2 Tbsp water

## How to Make It

1. In a pot, cover potatoes with water and cook over medium heat until potatoes are soft but not mushy. Drain.
2. In a medium skillet, combine the vegetable broth, onion, and kale. Cover and cook over medium heat for 3-5 minutes, until kale softens.
3. Add potatoes to the skillet.
4. In a saucepan, combine all sauce ingredients and cook over medium heat until it thickens.
5. Gently stir 6 Tbsp of sauce into the skillet. Cook for 2-3 minutes, adding up to 2 Tbsp of additional sauce if necessary.
6. Serve warm.



## Beet Marinara Sauce

By Evelisse Capó, Pharm D

Beets and carrots add natural sweetness, flavor, and abundant nutrition to this marinara sauce. The brilliant blend of ingredients complements the heart-healthy properties of beets, which help lower blood pressure due to their high nitrate content.

*Prep time: 5 minutes*

*Cook time: 10 minutes*

*Yield: 4 servings*



## What You'll Need

1 28 oz can crushed tomatoes  
1 tsp garlic powder  
1 tsp onion powder  
¼ cup beets, shredded  
¼ cup carrots, shredded  
1 Tbsp Italian herbs  
¼ cup fresh basil, chopped

## How to Make It

1. In a medium saucepan, combine all the ingredients except the basil.
2. Bring to a low boil.
3. Cook for 10 minutes.
4. Add basil and serve.

### Tip:

- Serve this marinara sauce with pasta or use in any recipe that calls for Italian red sauce.



## Portobello Fajita Stir-Fry

By Evelisse Capó, Pharm D

There is something magical about those sizzling, smokey fajitas arriving at your table when you visit a Mexican restaurant. Now you can bring that magic home with these oil-free fajitas that are full of flavor.

*Prep time: 20 minutes*

*Cook time: 10 minutes*

*Yield: 4-5 servings*



## What You'll Need

4 portobello or 4 cups baby bella mushrooms, sliced

½ onion, sliced into half moons

1 cups bell peppers, cut into strips

6 garlic cloves, crushed

4 medium carrots, diced

1 zucchini, sliced into half moons

2 tsp fajita seasoning

1 tsp liquid smoke or smoked paprika

½ cup corn

Vegetable broth for sautéing

Cabbage and sprouts (optional)

Cilantro, to taste

Whole grain or corn tortillas

### Fajita Seasoning

1 Tbsp chili powder

½ tsp garlic powder

½ tsp onion powder

¾ tsp ground cumin

½ tsp ground oregano

½ tsp paprika

½ tsp sea salt

½ tsp ground black pepper

## How to Make It

1. Sauté onions in vegetable broth for 3 minutes.
2. Add the rest of the vegetables (except the zucchini), season with liquid smoke or smoked paprika and fajita seasoning, and sauté for 5 minutes.
3. Add the zucchini and cook for 3 minutes. Serve on whole grain or corn tortillas and top with cabbage and sprouts.

### Tip:

- Serve these fajitas over a bed of greens, Mexican rice, and guacamole to make a delicious fajita bowl.



## Mushroom Soup

By CNS Recipes

This dairy-free soup is delicious served with dark bread. To round out the meal, add a hearty, flavorful salad.

*Prep time: 15 minutes*

*Cook time: 30 minutes*

*Yield: 6 servings*



## What You'll Need

2 onions, chopped  
1 lb (16 oz) mushrooms, sliced  
1 Tbsp paprika  
1 ½ tsp dried dill  
⅛ black pepper  
3 Tbsp low-sodium soy sauce  
1 ¾ cup water or vegetable stock plus 1 Tbsp  
2 Tbsp whole grain flour  
2 cups unsweetened plant-based milk  
2 Tbsp lemon juice

## How to Make It

1. In a large pot, heat ½ cup of water and add the onions.
2. Cook over medium-high heat until onions are soft and the water has evaporated, about 5 minutes.
3. Add another ¼ cup of water to deglaze the pan and cook for another 3 minutes.
4. Add mushrooms and spices to the pan. Lower the heat slightly, cover, and cook for 5 minutes, stirring frequently.
5. Add soy sauce and vegetable stock. Cover and simmer for 10 minutes.
6. In a separate pan, mix 1 Tbsp water and flour to form a thick paste. Cook, stirring constantly for 1 minute, then whisk in the non-dairy milk and cook over medium heat, stirring frequently until steaming and slightly thickened.
7. Add the milk mixture to the soup. Stir in the lemon juice just before serving.



## **Cavolo Nero: Kale and White Bean Soup**

**By Chef Katie Simmons**

This oil-free recipe is based on the classic Italian greens and beans soup. Its name comes from the dark cavolo nero kale (Tuscan, lacinato, or dino kale), but you can use any greens you like.

*Prep time: 10minutes*

*Cook time: 20 minutes*

*Yield: 4 servings*



## What You'll Need

1 medium onion, diced  
1 carrot, diced  
4 garlic cloves, minced  
1 Tbsp dried rosemary  
1 ½ tsp red chili flakes  
1 tsp dried basil  
1 cup water  
6 cups vegetable stock  
1 ½ cup cooked cannellini beans  
1 bunch kale (about 4-6 cups), striped and chopped  
¼ cup nutritional yeast  
2 Roma tomatoes, diced  
Salt and pepper, to taste

## How to Make It

1. In a medium pot, add the onion, carrot, garlic, rosemary, red chili flakes, basil, and water. Cook and sweat until onions are translucent.
2. Add the beans and vegetable stock to the pot. Cover and simmer until vegetables are tender, about 10 minutes. Remove from heat.
3. Add kale and nutritional yeast. Stir well and cover until kale wilts.
4. Stir in the diced tomato and adjust seasonings to taste.

### Tip:

- This soup is a great base for any dark greens. Baby spinach, arugula, chard, mustard greens, and all types of kale work well.



## Carrot and Sweet Potato Purée Soup

By Nele Livlaid

This silky, smooth soup gets its creamy texture from puréed carrots and sweet potatoes.

*Prep time: 15 minutes*

*Cook time: 15 minutes*

*Yield: 4 servings*



## What You'll Need

1 large onion, chopped  
2 garlic cloves, minced  
1 ½ inch piece ginger, chopped  
1 medium sweet potato, diced  
1 ½ pounds carrots, diced  
2 Tbsp vegetable broth powder  
½ tsp turmeric  
Water  
Handful of cashews  
Parsley (optional)

## How to Make It

1. In a thick-bottomed soup pot, heat 2 Tbsp of water. Once it starts to sizzle, add onions and sauté until they become translucent.
2. Add garlic and ginger and sauté for another minute, adding 1 Tbsp of water if necessary.
3. Add sweet potatoes, carrots, vegetable broth, turmeric, and enough water to cover the veggies. Stir well, bring to a boil, and let simmer until the veggies are soft enough for puréeing, about 10-13 minutes.
4. Let the soup cool down a bit, then add cashews and puree with an immersion or regular blender. Add a little hot water if the soup is too thick.
5. Garnish with parsley and enjoy!

### Tips:

- If not using a high-powered blender, soak the cashews for 2-3 hours before blending.
- Add cooked red lentils, chickpeas, or your favorite beans to make a heartier soup.
- Serve the soup with 1 Tbsp sprinkled nutritional yeast for a cheesy flavor.



## Vegan Sushi Power Bowl

By Evelisse Capó, Pharm D

Bring the sushi bar to your home with this plant-based power bowl. This bowl tastes just like a veggie roll with nori, cucumber, tofu, carrots, mango, and more.

*Prep time: 15 minutes*

*Cook time: 15 minutes*

*Yield: 4 servings*



## What You'll Need

### Sushi Bowl Rice

2 cups short grain brown rice  
3 cups water  
Sea salt to taste (optional)  
1-2 Tbsp rice vinegar  
1 Tbsp date paste or maple syrup  
¼ cup ginger miso dressing

### Miso Dressing

2 Tbsp miso paste (yellow or white preferred)  
3 Tbsp rice or apple cider vinegar  
2 Tbsp maple syrup or date paste  
1-2 Tbsp grated fresh ginger  
1 large garlic clove  
¼ cup silken tofu or non-dairy plain yogurt  
2 Tbsp mirin or sweet white wine  
¼ cup water

### Suggested Toppings

Baby arugula, kale, or spinach  
Cabbage, shredded  
Cooked edamame  
Sautéed mushrooms (shiitakes), sliced  
Carrots, julienned  
Bell peppers, julienned  
Cucumbers, diced  
Avocado, sliced  
Mango, diced  
Baked tempeh or tofu  
Sesame seeds  
Nori sheets, cut in strips

## How to Make It

1. Bring the rice and water to a boil.
2. Cover and cook on low heat for 45 minutes.
3. Fluff rice and let cool uncovered for 10-15 minutes.
4. Add rice vinegar and sweetener to the rice.
5. In a blender, combine all the dressing ingredients and process until smooth.
6. Place baby greens in a bowl. Add rice, toppings of your choice, miso dressing, nori strips, and sesame seeds.





## Balsamic Cabbage “Steak”

By Ilene Godofsky Moreno

Think cabbage is a boring veggie? Think again! I dare you not to be impressed and intrigued by the vibrant color of these “steaks” which look dazzling on your plate no matter what you serve them with. A touch of maple syrup in the marinade helps bring out the cabbage’s natural sweetness and promotes caramelization. *This recipe is adapted from The Colorful Family Table by Ilene Godofsky Moreno.*

*Prep time: 10 minutes*

*Cook time: 40 minutes*

*Yield: 6 servings*



## What You'll Need

### Cabbage “Steaks”

- 1 large head red cabbage
- 1 Tbsp balsamic vinegar
- 1 Tbsp maple syrup
- Salt and black pepper, to taste
- ¼ cup chopped fresh parsley, for garnish

### Sweet Mustard Sauce

- 2 Tbsp Dijon mustard
- 1 Tbsp maple syrup

## How to Make It

1. Preheat the oven to 400 degrees F.
2. Remove the tough outer layers of the cabbage. With the cabbage sitting upright on a cutting board, slice 3/4-inch-thick “steaks” (you should end up with 6).
3. Place the “steaks” on a baking sheet lined with parchment paper.
4. In a small bowl, stir together the balsamic vinegar and maple syrup.
5. Brush the mixture over the steaks.
6. Sprinkle salt and pepper on top.
7. Bake for 25 minutes, then flip the “steaks” and bake for another 15-20 minutes, until slightly crispy on the outside and tender on the inside.
8. While the “steaks” are baking, make the Sweet Mustard Sauce by stirring the mustard and maple syrup together in a small bowl.
9. Serve the steaks warm with a little sweet mustard sauce spooned over each and sprinkled with chopped parsley.



## Cherry Swirl Smoothie Bowl

By Jessica Carter

Dark, sweet cherries are packed with vitamin C, potassium, and fiber and are kissed with the floral essence of rosewater in this sweet, swirly, nutritious smoothie bowl.

*Prep time: 15 minutes*

*Yield 2 servings*



## What You'll Need

### Smoothie Bowl

- 1 banana, sliced and frozen
- 1 cup dark sweet cherries, fresh or frozen
- ½ cup plain unsweetened almond milk (or plant milk of your choice)
- 1 Granny Smith apple, cored and diced

### Toppings

- ½ cup dark sweet cherries, fresh or frozen
- ½ tsp rosewater (optional)
- 2 Medjool dates, pitted and soaked for 30 min
- 1 Tbsp hemp seeds
- 2 Tbsp goji berries
- ¼ cup strawberries, sliced

## How to Make It

1. Add all smoothie ingredients into a high-speed blender and blend until smooth.
2. Pour even portions of the smoothie into two bowls.
3. Add remaining cherries, rosewater, and dates to the blender and blend until a thick, smooth sauce forms.
4. Use a spoon to drizzle sauce swirls into the surface of the smoothie bowl, then use a knife or a chopstick to create a floral design.
5. Use the hemp seeds, goji berries, and sliced strawberries to decorate the bowl.



## Raw Apple-Cinnamon Breakfast Parfait with Cinnamon Soft-Serve

By Ashley Melilo

This raw breakfast parfait is made from a simple combination of apples, dates, cinnamon, nutmeg, and chia seeds. The soft-serve is made by blending frozen bananas and ground cinnamon until frosty, thick, and creamy.

*Prep time: 60 minute*

*Yield: 4 servings*



## What You'll Need

### Raw Apple-Cinnamon and Chia Layer

3 small apples (Honeycrisp, Pink Lady, or other crisp red apple), diced  
3-5 Medjool dates, pitted  
½ tsp cinnamon  
2 Tbsp chia seeds  
Pinch of nutmeg

### Cinnamon Soft-Serve Ingredients

2 large, ripe bananas, peeled, sliced, and frozen  
1 cinnamon stick  
Unsweetened plant-based milk

### Optional Toppings

Raw walnuts, chopped  
Raisins  
Dried cranberries  
Shelled hemp seeds

## How to Make It

### Raw Apple-Cinnamon and Chia Layer

1. Place one of the diced apples in an airtight container.
2. Process the remaining two apples in a food processor along with the dates, cinnamon, and nutmeg. Pulse the mixture a few times and then process for 2-3 minutes, or until the mixture resembles applesauce, stopping to scrape down the sides if needed.
3. Transfer the mix to the container with the diced apples and stir in the chia seeds.
4. Refrigerate for 1-2 hours to allow chia seeds to thicken the mix.

### Cinnamon Soft-Serve

1. Process the frozen bananas and cinnamon in a food processor until smooth and creamy.
2. Add a bit of plant-based milk, 1 Tbsp at a time if needed for the bananas to blend but not so much that you end up with a smoothie instead.

### To assemble:

1. In 2 medium jars or glasses, layer the soft-serve and apple-cinnamon-chia mixture, one after the other, garnishing with toppings as you go.
2. Serve immediately.



## Chocolate Strawberry Brownies

**By Vicki Brett-Gach**

These delectable plant-based brownies are richly flavored with cocoa and fresh strawberries, and they are oh-so-fudgy good.

*Prep time: 15 minutes*

*Cook time: 15 minutes*

*Yield: 24 servings*



## What You'll Need

½ cup rolled oats  
½ cup cocoa powder  
2 tsp baking powder  
1 ripe banana  
20 Medjool dates, pitted  
3 cups fresh strawberries  
2 tsp vanilla

## How to Make It

1. Preheat oven to 375 degrees F.
2. In a food processor, add oats, cocoa, and baking powder. Process for a few seconds. Add banana, dates, and 2 cups of the strawberries (rinsed, patted dry, and halved), and vanilla. Save the third cup of berries for the top.
3. Process until the mixture is well combined.
4. Remove bowl and blade from the base.
5. Divide batter evenly, filling either 1 or 2 silicone brownie-bites pans or nonstick miniature muffin pans.
6. Use the remaining cup of berries to dot the top of the brownies.
7. Bake for 15-20 minutes, or until almost completely firm.
8. Remove from the oven and place on a cooling rack.

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T. COLIN CAMPBELL  
*Center for Nutrition Studies*

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