5 Immune-Boosting Foods to Eat this Winter!

**Sweet Potato**— rich in beta carotene, a powerful antioxidant.

Roast whole and top with turkey chili and avocado. Roast in cubes as a side dish or serve leftovers cold on a salad.

**Chickpeas**— a great plant-based source of zinc.

Add to soups instead of rice or noodles. Mash chickpeas into chicken or tuna salad. Or try crunchy roasted chickpeas for a snack.

**Ginger**— high in antioxidants and anti-inflammatory.

Use ground ginger to add to soups and stir-fry’s. Or cut fresh ginger slices and steep in boiling water with lemon and honey to make a tea.

**Mushrooms**— one of few foods that naturally contain vitamin D.

Add fine chopped mushrooms to ground beef or turkey. Fill a portobella cap with tomato sauce and cheese for a low carb pizza.

**Collard Greens**— high in vitamins C and A.

Use the whole leaf as a sandwich wrap. Stir into soups or chili’s. Or sauté with olive oil and salt.

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**FEATURED RECIPE**

**African Peanut Stew**

Prep Time: 10 minutes  
Cook Time: 30 minutes  
Yield: Makes 8-1 cup servings

**Ingredients:**
- 1 tablespoon canola oil
- 1 onion (large, chopped)
- 2 cloves garlic (minced)
- 1 teaspoon powdered ginger
- 1 1/2 teaspoons cumin
- 1 1/2 teaspoons coriander
- 1/2 teaspoon cinnamon
- 1 pinch ground cloves
- 1 can of diced tomatoes
- 2 pounds sweet potatoes (~2 large, cubed)
- 5 cups water
- 1 vegetable bouillon or stock cube
- 1/4 cup peanut butter
- 1/4 cup powder peanut butter (e.g. PB2)
- 1 pinch cayenne pepper

**Directions:**
1. Heat oil in a large pot over medium high. Sauté the onion until slightly browned. Add in garlic, ginger, cumin, coriander, cinnamon, and cloves.
2. Cook and stir one minute. Add tomatoes and sweet potatoes and cook for 5 minutes. Add water and season with salt.
3. Bring to a boil, and then reduce to a simmer for 30 minutes.
4. Add peanut butter, peanut powder and cayenne then blend with an immersion blender or transfer to a blender in batches.

Nutrition per serving: 193 calories, 30g carbohydrate, 6g fat, 1g saturated fat, 5g protein, 439 mg sodium

Adapted from: www.smartnutrition.ca
**CALENDAR OF EVENTS**

**Bariatric Forum**
*Open to all, no registration required*

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<tr>
<th>Topic</th>
<th>Date/Time</th>
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<tbody>
<tr>
<td><strong>Endoscopic Approaches to Weight Regain</strong></td>
<td>Tue January 21st 6-7 pm</td>
<td>Brigham and Women’s Hospital 2nd floor Carrie Hall Conference Room</td>
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<tr>
<td><strong>Exercise for Life</strong></td>
<td>Tue February 4th 6-7 pm</td>
<td>Brigham &amp; Women’s/MGH Care Center 20 Patriot Place, Foxboro, MA. 2nd floor community conference room</td>
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<tr>
<td><strong>Physiological Changes After Surgery</strong></td>
<td>Wed February 19th 6-7 pm</td>
<td>Faulkner Hospital 4th Floor Mary Ann Tynan 1 Conference Rm</td>
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<tr>
<td><strong>Stress and Sleep</strong></td>
<td>Wed February 12th 5:30-6:30 pm</td>
<td>Brigham &amp; Women’s Surgical Associates 51 Performance Dr, Weymouth, MA. Entry 2, Suite 300</td>
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<tr>
<td><strong>Emotional Management</strong></td>
<td>Tue March 17th 6-7 pm</td>
<td>Brigham and Women’s Hospital 2nd floor Carrie Hall Conference Room</td>
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<tr>
<td><strong>Protein Shake Tasting</strong></td>
<td>Wed March 18th 5:30-6:30 pm</td>
<td>Brigham &amp; Women’s Surgical Associates 51 Performance Dr, Weymouth, MA. Entry 2, Suite 300</td>
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**Post-Op Behavioral Support Groups**
*Targeted behavior support and education for post-op patients, led by Bariatric Psychologists. Co-pays are collected. To schedule, call 617-525-6761*

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<tr>
<th>Brigham and Women’s Hospital Suite B</th>
<th>Faulkner Hospital Suite 5D</th>
<th>Brigham &amp; Women’s Surgical Associates 51 Performance Dr, Weymouth, MA. Entry 2, Suite 300</th>
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<td>Wed March 4th, 12:30-1:30 pm</td>
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<td>Thr March 12th, 12:30-1:30 pm</td>
<td>Wed March 11th, 1-2 pm</td>
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**PRODUCT REVIEW**

**Roasted chickpea snacks** have fewer calories than nuts but a similar amount of protein and even more fiber. With flavors like sour cream and onion and barbecue these can be an easy swap for your favorite chips.

If you want to give them a try, you can find them at most major grocery stores in the “natural” foods section or in the snack aisle at CVS/Walgreens.

- **Salty (or Sweet)**
- **Crunchy**
- **High Protein**
- **High Fiber**