

Anti-Aging Salads to Enhance Immunity



1. Wrinkle-Fighting Watercress Salad

Forget boring, traditional lettuce and take it up a notch with watercress. This leafy green is very hydrating for your skin, helping to minimize fine lines. It's also incredibly dense in nutrients like vitamin C, vitamin K, manganese, potassium and so much more. [Research](#) has found that watercress may boost the circulation of minerals in your body, which may help to fight aging and also strengthen immunity.

- 1 cucumber, sliced
- 1 1/2 cups watercress leaves
- 3 tbsp honey
- 3 tbsp white vinegar
- 3 tbsp cold water
- 3 tbsp fresh dill, finely chopped
- Coarse kosher salt

Mix the greens and let them rest for five minutes. While the greens are resting, combine the rest of the ingredients (other than the salt and dill) and drizzle over the greens. Season with the coarse salt and the dill to taste, and enjoy!

2. Age-Reducing Avocado Salad

Avocados are a rich source of healthy fatty acids. These fatty acids support the production of your immune system's cells. They also reduce inflammation, which can help to minimize skin redness, and hydrates your body from the inside out for a smoother, more youthful complexion. Plus, avocado is high in vitamin A, which boosts skin health and protects against illness.

1/4 c. extra-virgin olive oil
2 tbsps lemon juice (ideally fresh juice)
1/4 tsp. cumin
Coarse salt and pepper
3 avocados, cubed
1 pint cherry tomatoes, halved
1 small cucumber, sliced
1/3 c. corn kernels
2 tbsp chopped cilantro

In a small bowl, combine the juice, oil and cumin, plus a pinch of salt and pepper. In a large mixing bowl, combine the rest of the ingredients, then toss with the dressing you just create.

(More salad recipes on the next page!)

3. Body-Boosting Beet Salad

A crimson, juicy beet is high in nitrates, which your body converts into nitric oxide. This oxide has unparalleled health perks. For instance, it may improve blood pressure and circulation, which strengthens your immune system's ability to send white blood cells to the source of an infection. Plus, enhanced circulation delivers more nutrients to your skin surface, so you get a glow-up and healthier, more supple skin.

4 medium beets, scrubbed (with skin on) and cut in halves
1/3 cup chopped walnuts
3 tbsp maple syrup
10 oz mixed baby salad greens
1/2 cup frozen orange juice concentrate
1/4 cup balsamic vinegar
1/2 cup olive oil

Boil the beets for 20 minutes or until they're tender (test by poking with a fork). Drain them, let them cool to room temperature, then peel them and dice them.

While you're waiting for the beets to cool, combine the walnuts and maple syrup in a sauce pan and toast for a few minutes until golden brown. Set aside to cool, too.

Combine the juice, vinegar and oil, then plate your greens. Sprinkle with a handful of beets and walnuts, then drizzle with dressing.



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