

Nutrition

Foods to Soothe a Sore Throat

BY STEPHANIE ANDERSON WITMER

When your throat hurts with every swallow, an ice-cold pop or a warm cup of tea might be all you want. But you need something more substantial to recover, and certain foods contain key nutrients that help tame symptoms and prop up your immune system. Often caused by allergies or a viral infection such as a cold or the flu, most sore throats are short-lived and resolve on their own. But if one lasts longer than a week or you also have symptoms like difficulty breathing or a rash, see a doctor, who can check for more serious causes such as strep (which requires antibiotics). Next time you feel a little scratchy, reach for these picks to soothe and heal.

HONEY

The antimicrobial and anti-inflammatory properties of this sticky sweetener can help you

get rid of a sore throat, and manuka honey is particularly potent in this regard. Honey also coats the throat to help ease pain and stifle coughing.

HONEY-BROILED ORANGES

Remove peel and pith of 2 **oranges** and cut $\frac{1}{4}$ in. thick. Arrange on oil-rubbed baking sheet and drizzle with 1 Tbsp **honey**. Broil until beginning to char, 5 to 7 min. Cut into pieces and serve with any juices over **vanilla yogurt**.

GARLIC

Allicin, a compound with antiviral, antibacterial, and antifungal properties, is found in garlic, so garlic may help speed recovery. To get allicin, consuming garlic raw is best, and crushing the cloves releases it, says Lisa Young, Ph.D., R.D.N., author of *Finally Full, Finally Slim*. Cooked garlic does retain some allicin, so enjoy that if raw garlic is too intense.

LEMON-GARLIC HERB OIL

Heat $\frac{1}{2}$ cup **olive oil** with 3 cloves **garlic** (thinly sliced), 4 sprigs **fresh thyme**, and a pinch of **crushed red pepper**



MIKE GARTEN, PROP STYLING: CRISTINA LANE.

until garlic begins to brown. Remove from heat and stir in 1 tsp grated **lemon zest**. Remove thyme sprigs and drizzle over smashed **white beans** or **goat cheese** on **toast**.

EGGS

Soft, easy to swallow, and comforting, eggs are the perfect sick-day eats. But they're also a great source of vitamin D and omega-6 fatty acids, which both help support a strong immune system and fight throat-irritating inflammation.

ITALIAN EGG DROP SOUP

Bring 4 cups **low-sodium chicken broth** to a simmer and stir in $\frac{1}{4}$ cup grated **pecorino cheese**. Beat 3 large **eggs**, then slowly and gradually whisk into broth to create thin strands. Remove from heat and stir in 3 cups **baby spinach**. Top with grated pecorino, cracked **pepper**, and **lemon zest**. Enjoy!

OATMEAL

Antioxidants play a starring role in good immune function, and oats are rich in three big ones: magnesium, selenium, and zinc. Oatmeal also is high in fiber, which can help keep your digestive system humming.

MULTICOOKER STEEL-CUT OATMEAL

In multicooker, combine $3\frac{1}{4}$ cups **water**, 1 cup **steel-cut oats**, and $\frac{1}{4}$ tsp **salt**. Cover and lock lid. Cook on high pressure 12 min. Let release naturally 10 min. before releasing any remaining pressure. Uncover and stir to incorporate any excess liquid. Fold in 2 Tbsp favorite **jam** and **fruit**.