



The San Diego Union-Tribune

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WEDNESDAY • MAY 13, 2020

SECTION E The San Diego Union-Tribune WEDNESDAY • MAY 13, 2020

Food

CHEF ISABEL CRUZ SERVES UP A WHOLE MENU OF DISEASE-FIGHTING FOODS AND SPICES

Immune boosters

STORY BY CAROL GOLDEN
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HOW ARE YOU FEELING?
It seems that this is the first question we ask friends, family and work colleagues by text, phone or Zoom. These days, however, feeling isn't just a question of whether we have symptoms of COVID-19. It's also a determination of how well we're coping with other pieces in our essential life or staying at home. Think about it. This is about the time to come down with the flu or other conditions that might require you to make a visit to the doctor. That's why you're hearing so much about immune-boosting foods these days. It's tempting to rely on food, including healthy fats and eating plenty of chips, but we need to do whatever we can — and eat foods that will help our immune systems strong and light them. According to the Centers for Disease Control and Prevention, nutrients such as vitamins A, vitamin D and zinc, for example.

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RECIPES Vegetable Curry | Shrimp Tacos Wrapped in Green | Sticky Chicken Dressing | Teriyaki Soup With Garlic-Chili Sauce | Chicken Liver Sauce, E2

RESTAURANT TAKEOUT OPTIONS

Many of San Diego's restaurants continue to offer takeout, curbside pickup and delivery options. Here is a sampling — please be sure to confirm availability of items with the restaurant's website and social media channels.

City Tacos, multiple locations: As of May 5, four City Tacos locations have reopened. La Mesa, North Park and Imperial Beach are open noon to 8 p.m. daily, while Sorrento Valley is open 10:30 a.m. to 3:30 p.m. Mondays through Fridays. (Note: Locations in Pacific Beach and Encinitas are still closed.) Both pickup and delivery options available. The restaurant's takeout taco menu offers house favorites, including mexicali, camaron and pescado; traditional pollo asado and carnitas; and chile relleno and portobello vegetarian options. citytacossd.com