



IMMUNITY SUPPORT

HOLISTIC WELLNESS RECIPE BOOK

UNILEVER 2020



Unilever
Food
Solutions

Support. Inspire. Progress.

At Unilever, our Registered Dietitians work closely with our Culinary team to create a variety of delicious, nutritious recipes that meet various dietary needs and preferences. A well-balanced diet, adequate sleep and regular exercise are very important in supporting the immune system. For inspiration, we have pulled together some of our favorite Unilever Food Solutions recipes that encourage the intake of positive food groups, such as vegetables, fruit, beans/legumes and whole grains that provide key essential nutrients, while limiting sodium, saturated fat and sugars.

From reputable government authorities, such as the European Food Safety Authority, the following ten essential nutrients can help support normal function of the immune system. Each of the highlighted recipes contain at least an Excellent Source (20% or more of the Daily Value) of five of the ten nutrients to help you meet your daily nutritional needs.

- **Vitamin A**
- **Vitamin D**
- **Vitamin C**
- **Folate**
- **Vitamin B6**
- **Vitamin B12**
- **Selenium**
- **Iron**
- **Zinc**
- **Copper**

If you have any questions, feel free to reach out to our Unilever Registered Dietitians at nutrition.health@unilever.com

In Good Health,
North America Unilever Nutrition & Health Team



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Food, Hydration and Nutrition to Help Support a Healthy Immune System

A healthy immune system is critical in providing your body protection. Although there is no one food, beverage or single nutrient that can prevent you from becoming ill, a healthy diet including adequate hydration, regular exercise and sufficient daily sleep can support a properly functioning immune system. It is important to include a wide variety of nutrient rich foods in your diet. The following nutrients have been identified by health authorities to help support a normal functioning immune system.



VITAMIN D



VITAMIN C



FOLATE



VITAMIN A



VITAMIN B12



VITAMIN B6



IRON



SELENIUM & COPPER



ZINC

Top Food Sources of Key Nutrients

Vitamin D

- **Salmon** - 3 ounces
- **Milk** - 1 cup
- **Tuna** - 3 ounces
- **Orange Juice (Fortified)** - 1 cup
- **Cereal (Fortified)** - 1 cup

Vitamin A

- **Sweet Potato** - 1 whole
- **Spinach, boiled** - 1/2 cup
- **Carrots** - 1/2 cup
- **Part Skim Ricotta Cheese** - 1 cup
- **Milk** - 1 cup
- **Cantaloupe** - 1/2 cup
- **Red Bell Pepper** - 1/2 cup
- **Mango** - 1 whole

Vitamin C

- **Bell Peppers** - 1/2 cup
- **Oranges** - 1 medium
- **Broccoli** - 1/2 cup
- **Strawberries** - 1/2 cup sliced
- **Tomato** - 1 medium
- **Brussels Sprouts** - 1/2 cup
- **Cabbage** - 1/2 cup cooked
- **Cauliflower** - 1/2 cup
- **Potato** - 1 medium

Top Food Sources of Key Nutrients

Zinc

- **Beef** - 3 ounces
- **Crab** - 3 ounces
- **Lobster** - 3 ounces
- **Pork Chop Loin** - 3 ounces
- **Baked Beans** - 1/2 cup
- **Pumpkin Seed** - 1 ounce
- **Yogurt, lowfat** - 8 ounces
- **Cashews** - 1 ounce
- **Chickpeas** - 1/2 cup

Vitamin B6

- **Chickpeas** - 1 cup
- **Tuna & Salmon** - 3 ounces
- **Potatoes, Boiled** - 1 cup
- **Chicken & Turkey** - 3 ounces
- **Banana** - 1 medium
- **Marinara Sauce** - 1 cup
- **Bulgar, cooked** - 1 cup
- **Cottage Cheese, lowfat** - 1 cup
- **Squash, Winter** - 1/2 cup

Vitamin B12

- **Salmon & Tuna** - 3 ounces
- **Top Sirloin Beef** - 3 ounces
- **Yogurt & Milk, lowfat** - 1 cup
- **Swiss Cheese** - 1 ounce
- **Nutritional Yeast** - 1 serving
- **Egg** - 1 large
- **Ham** - 3 ounces
- **Chicken Breast** - 3 ounces

Top Food Sources of Key Nutrients

Iron

- **White Beans** - 1/2 cup
- **Dark Chocolate** - 3 ounces
- **Lentils** - 1/2 cup
- **Spinach, boiled** - 1/2 cup
- **Tofu** - 1/2 cup
- **Kidney Beans** - 1/2 cup
- **Chickpeas** - 1/2 cup
- **Cashews** - 1 ounce
- **Stewed Tomatoes** - 1/2 cup
- **Beef** - 3 ounces

Folate

- **Spinach, boiled** - 1/2 cup
- **Black-Eyed Peas** - 1/2 cup
- **Rice & Pasta, Enriched** - 1/2 cup
- **Asparagus** - 4 spears
- **Kidney Beans** - 1/2 cup
- **Brussels Sprouts** - 1/2 cup
- **Lettuce, romaine** - 1 cup
- **Avocado, sliced** - 1/2 cup
- **Broccoli, chopped** - 1/2 cup
- **Mustard Greens** - 1/2 cup

Selenium & Copper

- **Mushrooms** - 1/2 cup
(Cremini & Portabello)
- **Cashews** - 1 ounce
- **Sunflower Seeds** - 1/4 cup
- **Brown Rice** - 1 cup
- **Whole Wheat Pasta** - 1 cup
- **Tofu** - 1/2 cup
- **Seafood** - 3 ounces
- **Turkey** - 3 ounces



SMOKY BABA GANOUSH

Portion: 10

The traditional Middle Eastern eggplant dip gets a layer of smokiness from Knorr® Intense Flavors Deep Smoke and is finished with bright and tangy sumac. Served with pita for a shareable appetizer.

1. PREPARE THE BABA GANOUSH

Large eggplants, cut in half, scored	5 each
Olive oil	as needed
Salt	as needed
Cloves of garlic, peeled and made into a paste	4 each
Tahini	0.50 cup
Greek yogurt plain	0.25 cup
Lemon, juice only	2 each
Knorr® Professional Intense Flavors Deep Smoke	0.25 cup

PREPARATION: Drizzle olive oil over eggplant and season with salt. Roast for 25 - 30 min at 425F until the eggplant is soft and golden brown.

Remove eggplant pulp from skin and chop finely or pulse in the bowl of a food processor. Transfer eggplant to a mixing bowl, and fold in the garlic, tahini, yogurt, lemon juice and Knorr® Ultimate Intense Flavors Deep Smoke.

2. FINISH THE DISH

Pita bread, plain	20 each
Baba Ganoush,	prepared
Olive oil	as needed
Sumac	as needed
Parsley, chopped for garnish	

PREPARATION: Cut the pita into triangles and toast lightly. Spoon the prepared Baba Ganoush into a bowl and top with olive oil, sumac, and chopped parsley. Serve with toasted pita triangles.

Nutrition information 1 serving: Calories 350, Total Fat 12g, Saturated Fat 2g, Trans Fat 0g, Polyunsaturated Fat 4g, Monounsaturated Fat 6g, Cholesterol 0mg, Sodium 720mg, Total Carbohydrate 55g, Dietary Fiber 8g, Total Sugars 11g, Protein 11g, Vitamin D 0mcg, Calcium 113mg, Iron 3mg, Potassium 798 mg, Vitamin B6 0.31mg, Vitamin C 24mg, Copper 0.57mg, Selenium 21mcg, Zinc 1.5mg





PAN SEARED COD WITH PURPLE KALE AND WHITE WINE DEMI GLACE

Portion: 10

Tender, flaky cod is paired with a bold sauce and sautéed vegetables for a delightful combination of flavors and textures.

1. PREPARE THE WHITE WINE DEMI GLACE

White wine, dry	1 cup
Lemon zest	1 Tbsp

PREPARATION: Reduce the white wine by half. Add the prepared Knorr Demi Glace. Add the lemon zest. Season to taste and keep warm.

3. PAN SEAR THE COD

Cod fillets	10 each, 6 oz portions, 3.75 lbs
Kosher salt and black pepper	to taste
Olive oil	as needed
White Wine Demi Glace, prepared	

PREPARATION: Season the cod with salt and pepper. Pan sear in olive oil on medium-high heat until golden brown. Turn the cod over and cook through until just opaque. Before removing from the pan, add a ladle of the prepared demi glaze and baste the fish, if desired.

2. SAUTE THE VEGETABLES

Shallot, minced	1 each
Garlic clove, minced	2 cloves
Olive oil	as needed
Purple kale, cleaned and chopped	2.50 lbs
Butter beans, cooked	1.50 lbs
Red jasmine rice, cooked	2.50 cups
White Wine Demi Glace, prepared	

PREPARATION: Sauté the shallot and garlic in olive oil. Add the kale and continue to cook until the kale is wilted and beginning to brown. Add the beans and rice and continue to cook until warmed through. Add a small amount of the prepared demi glaze to just barely coat the mixture.

4. TO SERVE

Roasted red pepper tapenade, prepared

PREPARATION: Place a portion of the kale mixture on the plate. Top with the pan seared cod. Drizzle the demi glaze around the plate. Top with 1 Tbsp of the roasted pepper tapenade.

Nutrition information 1 serving: Calories 510, Total Fat 10g, Saturated Fat 1.5g, Trans Fat 0g, Polyunsaturated Fat 1.5g, Monounsaturated Fat 4.5g, Cholesterol 75mg, Sodium 640mg, Total Carbohydrate 57g, Dietary Fiber 5g, Total Sugars 5g, Protein 45g, Vitamin D 2mcg, Calcium 236mg, Iron 6mg, Potassium 1344 mg, Vitamin B6 0.76mg, Vitamin B12 1.6mcg, Vitamin C 139mg, Copper 1.8mg, Selenium 57mcg





BLACK SEA BASS WITH CHARRED FENNEL, RED LENTILS AND CITRUS OCEAN BROTH

Portion: 10

Crispy skinned black sea bass is served with tender, grilled fennel and flavorful red lentils. The briny, citrusy broth ties everything together in this bright dish.

1. PREPARE THE FENNEL

Fennel bulbs	2 each
Olive oil	as needed
Salt and Pepper	to taste

PREPARATION: Pick the fennel fronds and reserve. Cut fennel into thin wedges and drizzle olive oil, salt and pepper, place on grill over med-low heat. Spin and flip fennel continuously for 3-4 min. Set aside.

3. PREPARE THE CLAMS

Olive oil	0.25 cup
Shallots, minced	6 each
Fresh garlic clove, grated	2 each
White wine, dry	2 cups
Littleneck clams, scrubbed and cleaned	4 dozen

PREPARATION: Heat olive oil in large pot and sweat shallots. Stir until shallots are soft, then add grated garlic, stir in, and deglaze with white wine. Add clams, lower heat and cover, steam clams open. Once they are open shut off heat. Take clams out, separate clams from shells and reserve liquid.

5. FINISH THE DISH

Canola oil	as needed
Salt and Pepper	to taste
Black Sea Bass filets	10 each
Butter	as needed

PREPARATION: Score the skin of the sea bass filets. Season with salt and pepper. Heat canola oil in a sauté pan. Cook the sea bass, skin side down, for 4 min on med-high heat. Add butter and baste the fish. Flip fish and turn heat off. Place red lentils on the side of the plate and top with sea bass. Add a few pieces of the charred fennel along with 4-5 clams, and spoon sauce on the plate.

2. PREPARE THE LENTILS

Red lentils	2 cups
Knorr® Professional Liquid Concentrated Base Vegetable	2 cups, prepared
Thyme sprigs, fresh	6 each
Cumin seeds, toasted, prepared	2 tsp

PREPARATION: Place a sauce pot on stove with cumin and thyme. Bring the prepared Knorr Vegetable Liquid Concentrated Base with cumin and thyme to a boil and add in red lentils. Simmer for 10 min, turn off and cover. Let steam.

4. PREPARE THE CITRUS OCEAN BROTH

Basil leaves, packed	1 cup
Spinach leaves, packed	1 cup
Knorr® Professional Intense Flavors Citrus Fresh	6 Tbsp

PREPARATION: Blanch the basil, spinach and reserved fennel fronds in boiling water. Leave for 15 seconds and shock in ice water. Once cold, squeeze out water and place in blender with clam juice and puree together with Knorr Intense Flavors Citrus Fresh. Sauce should be smooth and bright green.

Nutrition information 1 serving: Calories 340, Total Fat 9g, Saturated Fat 1.5g, Trans Fat 0g, Polyunsaturated Fat 1.5g, Monounsaturated Fat 6g, Cholesterol 20mg, Sodium 560mg, Total Carbohydrate 34g, Dietary Fiber 6g, Total Sugars 7g, Protein 19g, Vitamin D 1mcg, Calcium 68mg, Iron 5mg, Potassium 638 mg, Vitamin B6 0.31mcg, Vitamin B12 4.9mcg, Vitamin C 9mg, Copper 0.6mg, Selenium 18mcg, Zinc 1.9mg





BALSAMIC FRUIT SALAD WITH CHIA

Portion: 10

A balsamic tangerine vinaigrette coats fresh fruit. Topped with chia, sunflower seeds, almonds and fresh mint. Serve with yogurt for a flavorful breakfast option.

1. PREPARE THE BALSAMIC TANGERINE VINAIGRETTE

Tangerine juice	0.25 cup
Hellmann's® Classics Balsamic Vinaigrette	8 oz

PREPARATION: Whisk together the tangerine juice with Hellmann's® Balsamic Dressing. Yield: 10 oz.

2. PREPARE THE SALAD

Balsamic Tangerine Vinaigrette, prepared	10 oz
Kiwi, medium dice	1.50 lbs
Pineapple, grilled, quartered rings	2 lbs
Grapes, mixed, halved	1.50 lbs
Strawberry, sliced in quarters	1.50 lbs
Chia Seeds	1.50 Tbsp
Pomegranate seeds	5 oz
Almonds, sliced	1.50 cups
Sunflower seeds	1.50 cups
Mint (picked leaves)	for garnish

PREPARATION: Combine the prepared dressing with the fresh fruit. Garnish with seeds, nuts, and mint.

Nutrition information 1 serving: Calories 430, Total Fat 23g, Saturated Fat 2g, Trans Fat 0g, Polyunsaturated Fat 10g, Monounsaturated Fat 10g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrate 53g, Dietary Fiber 10g, Total Sugars 35g, Protein 10g, Vitamin D 0mcg, Calcium 122mg, Iron 3mg, Potassium 843mg, Vitamin B6 0.55mcg, Vitamin C 154mg, Copper 0.8mg, Selenium 13mcg, Zinc 2mg





FARRO AND ROASTED VEGETABLE BOWL

Portion: 10

A hearty salad that would serve as a meal combines farro, roasted Brussels sprouts and parsnip with a grilled cauliflower steak and toasted almonds.

1. PREPARE CREAMY HORSERADISH DIJON SAUCE

Hellmann's® Real Mayonnaise	2 cups
Creamy Horseradish, prepared	0.25 cup
Maille® Dijon Originale Mustard	0.75 cup

PREPARATION: Combine ingredients and mix.

2. FINISH THE SALAD

Farro, cooked	5 cups
Brussels sprouts, halved, roasted	1.50 lbs
Butternut squash, small diced, roasted	1.50 lbs
Parsnip, spears, roasted	1.50 lbs
Spinach, baby	5 cups
Salt	to taste
Lemon juice	to taste
Black pepper	to taste
Herbs de Provence	to taste
Cauliflower steaks, grilled	2 lbs
Almonds, toasted	1.50 cups
Creamy Horseradish Dijon Sauce, prepared	

PREPARATION: In a sauté pan warm the farro, brussels sprouts, butternut squash, parsnips and spinach until warmed through and spinach is beginning to wilt. Add salt, pepper, Herbs de Provence, and lemon juice to taste. Plate the farro mixture, top with cauliflower and drizzle with Creamy Horseradish Caesar Dressing. Reserve extra dressing. Garnish with almonds.

Nutrition information 1 serving: Calories 710, Total Fat 43g, Saturated Fat 6g, Trans Fat 0g, Polyunsaturated Fat 20g, Monounsaturated Fat 15g, Cholesterol 0mg, Sodium 800mg, Total Carbohydrate 69g, Dietary Fiber 16g, Total Sugars 10g, Protein 18g, Vitamin D 0mcg, Calcium 245mg, Iron 5mg, Potassium 1217mg, Vitamin A 479mcg RAE, Vitamin B6 0.51mg, Vitamin C 136mg, Copper 0.5mg, Folate 222mcg, Zinc 1.7mg



Recipe Icons



Plant-based Recipes: We support the plant-forward movement to include more plant-based foods and less animal products in the diet. Our guiding principle is that our recipes contain at least 80% plant-derived ingredients and up to 20% animal-derived ingredients.



Vegetarian Recipes: Our (ovo-lacto) vegetarian recipes may contain dairy products and eggs, but no other animal products. Our products in these recipes are suitable for vegetarian diets. Always check the label of all additional ingredients you use to ensure they are free of all animal products.



Vegan Recipes: Our vegan recipes do not contain any animal products. Our products in these recipes are suitable for vegan diets and do not contain animal by-products. Always check the label of all additional ingredients you use to ensure they are vegan.



Gluten-free Recipes: Our gluten-free recipes do not contain gluten, a protein found in many foods including wheat, rye, barley, etc. Our products in these recipes are gluten-free. Always check the label of all other ingredients you use to ensure they are gluten-free.