



IMMUNITY SUPPORT

# HOLISTIC WELLNESS RECIPE BOOK

UNILEVER 2020



Unilever



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 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](mailto:nutrition.health@unilever.com)

In Good Health,  
North America Unilever Nutrition & Health Team



# 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



# Salmon & Kale With Lemon Herb Topping

4 servings

Prep Time: 10 minutes Cook Time: 15 minutes



- 1/4 cup chopped flat-leaf parsley
- 1 clove garlic, minced
- 1 1/2 tsp. grated lemon peel
- 1 lb. salmon fillets, cut into 2-inch pieces
- 1 Tbsp. oil
- 1 cup sliced red onion
- 2 cups water
- 1 package Knorr® Rice Sides™ - Herb & Butter
- 1 package (5 oz.) baby kale, (6 packed cups)

**COMBINE** parsley, garlic and lemon peel in small bowl; set aside.

**SEASON** salmon, if desired, with salt and pepper. Heat oil in large nonstick skillet over medium-high heat and cook salmon, turning once, until golden and fish flakes with a fork, about 4 minutes. Remove and set aside.

**ADD** onion to same skillet and cook just until tender, about 2 minutes. Remove and set aside. Add water and Knorr® Rice Sides™ - Herb & Butter to same skillet and bring to a boil. Reduce heat and simmer covered 7 minutes or until rice is tender, adding baby kale and onion during last 2 minutes cook time. Stir in salmon and sprinkle with parsley mixture; now it's delicious. Dig in!

Plant-Based Tip: Replace salmon with 1 can (15 oz.) low sodium chickpeas, rinsed & drained. Cook in oil for 2 minutes, remove. Then continue as above.

**Nutrition information 1 serving:** Calories 370, Total Fat 12g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 60mg, Sodium 480mg, Total Carbohydrate 38g, Dietary Fiber 2g, Total Sugars 4g, Protein 28g, Vitamin D 0mcg, Calcium 51mg, Iron 3mg, Potassium 905 mg, Vitamin B6 1.07mg, Vitamin B12 3.61mcg, Vitamin C 51mg, Vitamin A 206mcg, Copper 0.85mg, Selenium 42mcg



# Balsamic Beef & Broccoli Rabe

4 servings

Prep Time: 10 minutes Cook Time: 20 minutes



- 1 lb. boneless sirloin steak, cut into strips
- 2 Tbsp. oil, divided
- ¼ cup chopped roasted red peppers
- 2 cloves garlic, minced
- 8 ounces broccoli rabe\*, trimmed and chopped, (5 cups)
- 1 cup chopped red onion
- 2 Tbsp. balsamic vinegar
- 2 cups water
- 1 package Knorr® Rice Sides™ - Beef flavor

**SEASON** steak, if desired, with salt and pepper. Heat 1 Tbsp. oil in large nonstick skillet over medium-high heat and cook steak, roasted peppers and garlic, stirring occasionally, until steak is cooked to desired doneness. Remove and set aside.

**HEAT** remaining oil in same skillet over medium-high heat and cook broccoli rabe and red onion, stirring occasionally, until just wilted and tender, about 2 minutes. Add vinegar and cook 1 minute. Remove and set aside.

**ADD** water and Knorr® Rice Sides™ - Beef flavor to same skillet and bring to a boil. Reduce heat and simmer covered 7 minutes or until rice is tender. Stir in steak mixture and broccoli rabe mixture. Serve, if desired, with grated Parmesan cheese; now it's delicious. Dig in!

\* Also delicious with 5 cups small broccoli florets, just increase cook time to 5 minutes.

Plant-Based Tip: Replace steak with 1 can (15 oz.) kidney beans, rinsed & drained. Cook with roasted peppers and garlic; remove. Then continue as above.

**Nutrition information 1 serving:** Calories 370, Total Fat 12g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 60mg, Sodium 480mg, Total Carbohydrate 38g, Dietary Fiber 2g, Total Sugars 4g, Protein 28g, Vitamin D 0mcg, Calcium 51mg, Iron 3mg, Potassium 905 mg, Vitamin B6 1.07mg, Vitamin B12 3.61mcg, Vitamin C 51mg, Vitamin A 206mcg, Copper 0.85mg, Selenium 42mcg





# Chili Lime Tilapia

6 servings

Prep Time: 10 minutes Cook Time: 20 minutes



- 2 Tbsp. vegetable oil, divided
- 1½ tsp. Knorr® Chicken flavor Bouillon, divided
- 2 chayotes, cubed
- 2 medium tomatoes, cut into wedges
- 1 medium red onion, sliced
- 1 lime, peel grated (1 tsp.), then cut into wedges
- 1 tsp. chili powder
- 1½ lbs. tilapia fillets

**COMBINE** 1 Tbsp. of the vegetable oil with ½ tsp. of the Knorr® Chicken flavor Bouillon in large bowl. Add vegetables and toss to coat. Spread into even layer on rimmed baking sheet.

**COMBINE** remaining 1 Tbsp. vegetable oil, remaining 1 tsp. Bouillon, grated lime peel and chili powder in small bowl. Arrange tilapia over vegetables, then evenly brush with chili lime mixture.

**BROIL** 20 minutes or until fish flakes with a fork. Serve with lime wedges

**Nutrition information 1 serving:** Calories 180, Total Fat 7g, Saturated Fat 1.5g, Trans Fat 0g, Cholesterol 55mg, Sodium 290mg, Total Carbohydrate 7g, Dietary Fiber 2g, Total Sugars 3g, Protein 24g, Vitamin D 4mcg, Calcium 36mg, Iron 1mg, Potassium 629 mg, Vitamin B12 1.79mcg, Folate 94mcg, Copper 0.18mg, Selenium 48mcg



# Huevos Rancheros

6 servings

Prep Time: 10 minutes Cook Time: 12 minutes



- 2 Tbsp. vegetable oil, divided
- 2 large green bell peppers, chopped
- 1/2 medium red onion, chopped
- 1 tsp. ground cumin
- 1 can (15 oz.) low sodium black beans, rinsed and drained
- 1 medium tomato, chopped
- 1 can (8 oz.) low sodium tomato sauce
- 1 cube Knorr® Chicken flavored Bouillon Cube(s), crumbled
- 1/2 bunch fresh cilantro, chopped, (about 1/2 cup), divided
- 6 large eggs
- 1 avocado, diced
- 12 corn tortilla, warmed

**HEAT** oil in large nonstick skillet over medium-high heat and cook bell peppers and onion, stirring occasionally, 3 minutes. Stir in cumin and continue to cook 1 minute.

**ADD** beans, tomato, tomato sauce, crumbled Knorr® Chicken flavored Bouillon Cube and 1/4 cup of the cilantro and bring to a boil. Reduce heat and simmer, stirring frequently, until Bouillon is completely dissolved, about 5 minutes.

**GENTLY** crack each egg onto surface of bean mixture, evenly spacing between each egg. Cover and continue simmering 3 minutes, or until eggs reach desired doneness. Top with diced avocado and sprinkle with remaining cilantro. Serve with warmed tortillas.

**Nutrition information 1 serving:** Calories 320, Total Fat 16g, Saturated Fat 3g, Trans Fat 0g, Cholesterol 185mg, Sodium 570mg, Total Carbohydrate 34g, Dietary Fiber 7g, Total Sugars 7g, Protein 13g, Vitamin D 1mcg, Calcium 68mg, Iron 3mg, Potassium 534mg, Vitamin B6 0.35mcg, Vitamin C 55mg, Folate 89mcg, Copper 0.24mg, Selenium 16mcg



# Spinach Artichoke Chicken & Pasta

4 servings

Prep Time: 10 minutes Cook Time: 23 minutes



- 1 lb. boneless, skinless chicken breasts, cut into bite-size pieces
- 1 Tbsp. olive oil
- 1 box (8 oz.) frozen artichoke hearts, thawed and chopped
- 1½ cups water
- 1½ cup lowfat milk
- 1 package Knorr® Italian Sides™ - Creamy Garlic Shells
- 1½ ounces cream cheese, at room temperature
- 1 package (5 oz.) baby spinach leaves
- 2 Tbsp. chopped sun-dried tomatoes packed in oil

**SEASON** chicken, if desired, with salt and pepper. Heat oil in large nonstick skillet over medium-high heat and cook chicken, stirring occasionally, until thoroughly cooked, about 6 minutes. Remove and set aside.

**ADD** artichoke hearts to same skillet and cook, stirring occasionally, until browned, about 4 minutes. Remove and set aside.

**STIR** water, milk, Knorr® Italian Sides™ - Creamy Garlic Shells and cream cheese into same skillet and bring to a boil. Cover; reduce heat and cook, stirring occasionally, 11 minutes or until pasta is tender. Stir in spinach, chicken, artichoke hearts and sun-dried tomatoes. Cover and let stand 2 minutes. Serve, if desired with grated Parmesan cheese; now it's delicious. Dig in!

**Plant-Based Tip:** Replace chicken with 1 can (15 oz.) cannellini beans, rinsed & drained. Cook in oil 2 minutes, remove. Then continue as above.

**Nutrition information 1 serving:** Calories 390, Total Fat 12g, Saturated Fat 4g, Trans Fat 0g, Cholesterol 95mg, Sodium 490mg, Total Carbohydrate 33g, Dietary Fiber 7g, Total Sugars 4g, Protein 35g, Vitamin D 0mcg, Calcium 216mg, Iron 5mg, Potassium 591mg, Vitamin B6 0.95mcg, Vitamin C 36mg, Folate 285ug, Vitamin A 441ug, Selenium 28ug





# Recipe Icons



**Better-For-You:** Our Better-for-You recipes strive to promote a balanced and healthy eating pattern that is aligned with the 2015-2020 Dietary Guidelines for Americans, encouraging the intake of vegetables, whole grains, fruit, legumes and good fats, while limiting saturated fat, sodium and sugars.



**1+ Portion of Vegetables:** These recipes are designed to help you increase your intake of vegetables consistent with the USDA's MyPlate Recommendations.



**High in Fiber:** Our high-in-fiber recipes are designed to help you get more fiber in your diet. Recipes that are high in fiber contain at least 6g of fiber per serving.



**Sensible Sodium:** The 2015-2020 Dietary Guidelines for Americans recommend consuming no more than 2300 mg of sodium per day. Our Sensible Sodium recipes for main dishes, small dishes (e.g. side dishes, protein dishes, soups) and all other recipes contain no more than 600 mg, 350 mg and 230 mg of sodium per serving respectively.



**Protein-Packed:** Our Protein Packed recipes contain 15 grams or more per serving.