



IMMUNITY SUPPORT

# HOLISTIC WELLNESS RECIPE BOOK FOR UFS

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](mailto: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

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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.

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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





## 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

Knorr Professional Demi Glace Sauce	1 Quart, Prepared
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





# 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	1.75 cups
Creamy Horseradish, prepared	0.25 cup
Maille® Dijon Originale Mustard	0.75 cup

**PREPARATION:** *Combine ingredients and mix.*

**2. FINISH THE SALAD**

Farro, uncooked	2 1/2 cups
Knorr Ultimate Low Sodium Vegetable Base	5 Tsp
Water	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	
Almonds, toasted	2 lbs
Creamy Horseradish Dijon Sauce, prepared	1.50 cups

**PREPARATION:**

*Add Knorr LS Veg Base to with water in 2 qt sauce pan. Bring to a boil. Add Farro cover and lower to a simmer. Cook for 20 minutes or until farro is cooked but still firm. Strain off any additional liquid and hold until needed. Yields 5 cups cooked farro. 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 740, Total Fat 45g, Saturated Fat 6g, Trans Fat 0g, Polyunsaturated Fat 21g, Monounsaturated Fat 16g, Cholesterol 25mg, Sodium 980mg, Total Carbohydrate 70g, Dietary Fiber 16g, Total Sugars 11g, Protein 18g, Vitamin D 0mcg, Calcium 252mg, Iron 5mg, Potassium 1291mg, Vitamin A 479mcg RAE, Vitamin B6 0.51mg, Vitamin C 136mg, Copper 0.5mg, Folate 222mcg, Zinc 1.7mg. Portions: 10







## 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



# 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.