

strengthen your  
immune system

# Meals for Immunity

nourishing recipes for  
every meal and snack of  
the day



Rebecca Greco  
Nourish Adelaide  
[www.nourishadl.com](http://www.nourishadl.com)

# Contents

Introduction	1
Breakfast	3
Lunch	6
Dinner	9
Snacks	13
Hero ingredients	17
Glossary	19
Acknowledgements	21

Good health  
through good food



# Introduction

We know that good nutrition and a well balanced diet plays a big role in maintaining our health and wellbeing, and winter is a very important time to continue to nourish our bodies with good food for a balanced immune system.

Our immune system is our first line of defence against illness and is made of a complex network of cells, tissues and organs. We know that specific nutrients can keep our immune system in balance which enables us to fight viruses and infections and remain healthy.

## Immune balancing nutrients are\*:

- Antioxidants
- Prebiotics
- Probiotics
- Protein
- Vitamin C
- Vitamin D
- Zinc

This recipe book contains nourishing recipes high in the above nutrients. You will notice that different recipes use the same ingredients, this will help you minimise trips to the supermarket.

\*refer to glossary for definitions

The nutrition in these recipes also complement your Daily Moves exercises. A healthy weight through good nutrition and exercise are the two key ingredients for positive ageing.

Did you know people who are 65+ years require at least 25% more dietary protein than those who are younger? To accomodate for this increase, your minimum protein requirement is 1g of protein per 1kg of body weight. For more tailored advice, please ask a qualified Dietitian.

Meeting your daily protein requirement is crucial to prevent and treat illness.

### **The roles of dietary protein include:**

- Strengthen and maintain muscle mass
- Growth and repair of new cells
- Improve wound healing
- Support a balanced immune function

You will find that the recipes in this book contain a variety of different protein foods and some recipes are also suitable for vegetarians and vegans.

Please enjoy cooking these nourishing, tasty and fun recipes in your kitchen.

In good health,  
Rebecca Greco

Nourish Adelaide  
Dietitian

Breakfast

# tumeric oats with walnuts and banana

**Serves 2**

**Prebiotics, Probiotics, Zinc, Protein, Antioxidants** ✓

*Vegetarian*

1 cup rolled oats  
2 cups reduced-fat milk  
1 teaspoon ground cinnamon  
½ teaspoon ground turmeric  
2 teaspoons grated fresh ginger  
2 medium bananas  
1 tablespoon honey  
2/3 cup Greek yoghurt  
2 tablespoons walnuts

1. Combine the rolled oats, milk, cinnamon, turmeric, ginger and 1 cup of water in a large saucepan. Place over a medium heat and bring to a simmer.
2. Reduce heat and stir occasionally, for 5-6 minutes, or until oats are soft, thick and creamy.
3. Divide between four serving bowls. Slice the bananas and add. Drizzle honey and a dollop of yoghurt.
4. Sprinkle with crushed walnuts. Enjoy!

**Tip: Store leftovers in the fridge  
for tomorrow morning**

## **Nutritional Information (per serve)**

1687kj / 401 calories

Protein: 16.8g

Total Fat: 14.6g

Saturated Fat: 3.7g

Carbohydrates: 46.5g

Sugars: 27.2g

Fibre: 7.8g

Sodium: 145.1mg





# Smoked salmon and herb cheese bruschetta

**Serves 2**

**Vitamin D, Zinc, Prebiotics, Protein, Antioxidants** ✓

1 cup reduced-fat cottage cheese  
1 tablespoon chives  
1 tablespoon parsley  
4 teaspoons lemon zest  
1 lemon  
4 slices sourdough bread  
50g rocket  
100g fresh smoked salmon  
Olive oil

1. Place cottage cheese in a medium bowl with the chopped herbs and lemon zest and combine to make the herb cottage cheese.
2. Toast or grill sourdough on a grill pan until golden. Place two slices of toast on each serving plate.
3. Spread one-quarter of the herb cottage cheese, then top with smoked salmon. Serve with rocket. Squeeze lemon juice and drizzle olive oil over the salmon and rocket.

## **Nutritional Information (per serve)**

1773kj / 422 calories

Protein: 34.7g

Total Fat: 13.5g

Saturated Fat: 3.6g

Carbohydrates: 34.4g

Sugars: 7.6g

Fibre: 5.8g

Sodium: 1135.0mg



*Lunch*



# pea and fennel soup

**Serves 2**

**Vitamin C, Prebiotics, Antioxidants** ✓

*Vegan, Gluten free, Dairy free*

2 fennel bulbs  
1 leek  
1 medium potato  
3 garlic cloves  
1L reduced salt vegetable stock  
250g frozen peas  
Parsley  
Cracked black pepper

1. Finely chop the fennel, garlic and leek and place in a large saucepan. Peel and chop the potato into small pieces and add to the saucepan. Pour in the vegetable stock and bring to the boil on medium heat with the lid on.
2. Reduce the heat to low and simmer for 20 minutes.
3. Place a handful of peas on a plate, leave to defrost and add the rest of the peas into the saucepan, simmer for another 5 minutes.
4. Blend the soup with a hand held blender until smooth and season with black pepper.
5. Pour the soup into 4 bowls and top with the defrosted peas and parsley.

**Tip: Leftovers can be frozen for up to 3 months in an airtight container**

## **Nutritional Information (per serve)**

842kj / 200 calories

Protein: 12.9g

Total Fat: 2.0g

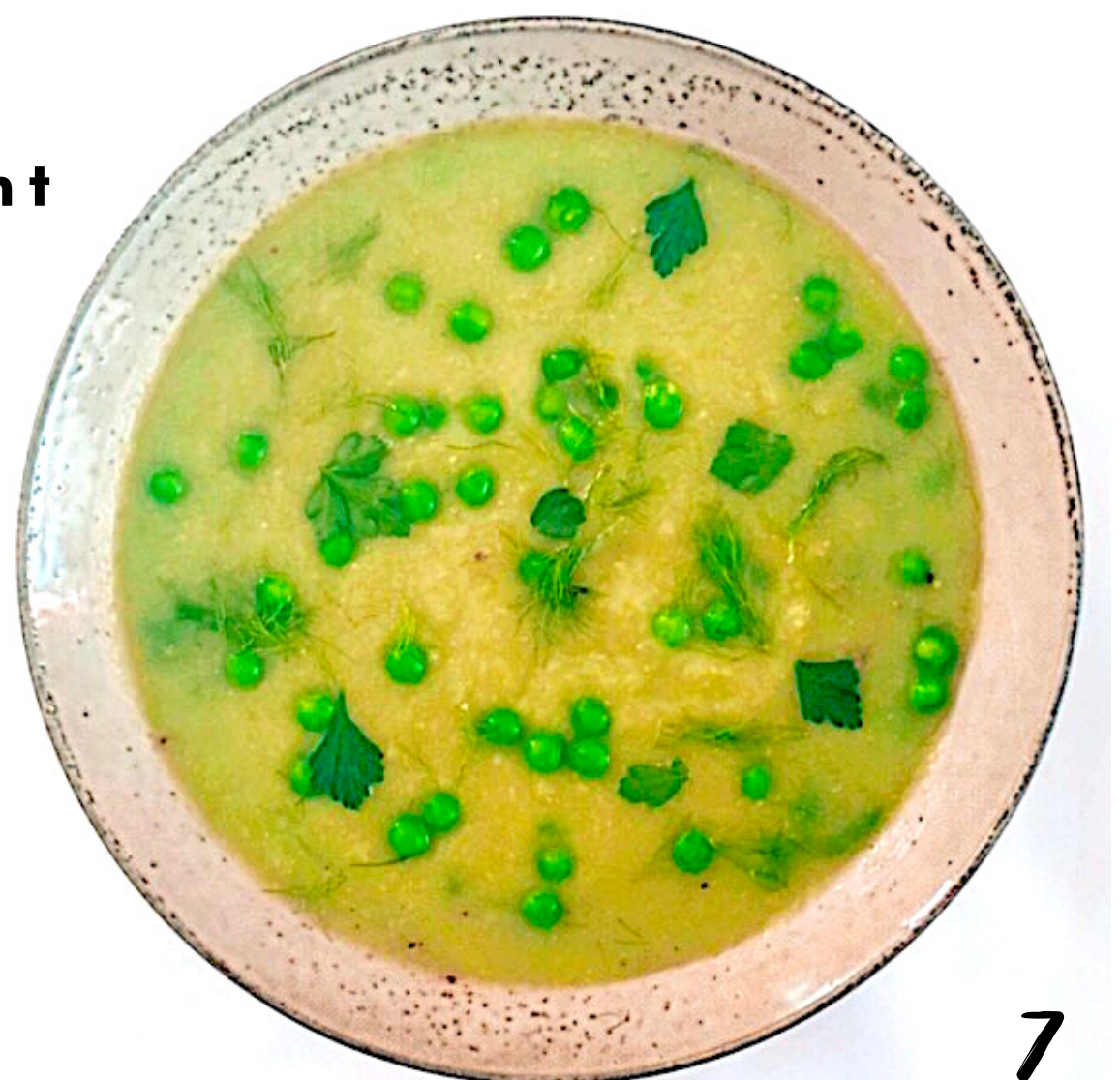
Saturated Fat: 0.4g

Carbohydrates: 14.4g

Sugars: 12.1g

Fibre: 16.6g

Sodium: 1389.5mg





# smoky mushroom and cheese fritatta

**Serves 4**

**Vitamin D, Zinc, Prebiotics, Protein, Antioxidants** ✓

*Gluten free*

4 rashers of smokey bacon  
400g mushrooms of your choice  
8 large eggs  
80g grated parmesan and pecorino cheese  
50g rocket and baby spinach mix  
Olive oil  
Cracked black pepper and chilli flakes (if desired)

1. Preheat the oven to 200°C fan forced.
2. Heat an oven proof frying pan on medium heat and add 1 teaspoon of olive oil. Slice the bacon, add into the pan and cook for 2 minutes.
3. Slice the mushrooms, add into the pan and season with black pepper and chilli flakes. Toss regularly until the mushrooms are glossy and golden.
4. Lightly beat the eggs in a bowl, pour into the pan and scatter handfuls of cheese on top of the mixture.
5. Slide the fritatta into the oven for 10 minutes. Mix the rocket and baby spinach with a drizzle of olive oil and spread on top of the fritatta and serve.

## **Nutritional Information (per serve)**

1331kj / 316 calories

Protein: 31.7g

Total Fat: 19.4g

Saturated Fat: 7.2g

Carbohydrates: 1.6g

Sugars: 1.0g

Fibre: 2.4g

Sodium: 1213.6mg



*Dinner*



# Fennel chicken with orange and kale salad

**Serves 2**

**Vitamin C, Zinc, Prebiotics, Protein, Antioxidants** ✓

2 large oranges  
2 x 125g chicken breast fillets  
2 teaspoon fennel seeds  
1 tablespoon fresh thyme  
2 tablespoons olive oil  
1/2 cup wholemeal couscous  
2/3 cup parsley  
1 x 200g no added salt tinned chickpeas  
2 cups kale leaves  
1 tablespoon balsamic vinegar  
Cracked black pepper

1. Peel and slice one of the oranges and juice the other.
2. Cut the chicken in half lengthways. Place in a bowl and sprinkle the fennel seeds, thyme, parsley and black pepper. Drizzle 1 tablespoon of olive oil and half the orange juice and mix.
3. Put the kettle on and cook the couscous according to packet instructions in a large bowl.
4. In the meantime, heat a chargrill pan over a high heat and pour 1/2 tablespoon of olive oil. Cook the chicken until brown and pour the juices from the bowl into the pan. Drain and rinse the chickpeas.
5. Chop and add the kale, remaining orange juice, orange segments, 1/2 tablespoon of olive oil and balsamic vinegar into the bowl of couscous with the chickpeas.
6. Toss to coat and serve with the chicken.

## **Nutritional Information (per serve)**

3133kj / 745 calories  
Protein: 46.8g  
Total Fat: 25.3g  
Saturated Fat: 4.1g  
Carbohydrates: 72.8g  
Sugars: 28.2g  
Fibre: 17.8g  
Sodium: 502.8mg



# vitamin c boost mac n cheese

**Serves 4**

**Vitamin C, Vitamin D, Prebiotics, Protein, Antioxidants** ✓

*Vegetarian*

500g sweet potatoes  
300g penne pasta  
60g unsalted butter  
2 tablespoons plain flour  
500ml full fat milk  
1 teaspoon mustard  
2 teaspoons paprika  
100g Greek feta cheese  
125g grated pecorino cheese  
4 freshly sliced sage leaves  
Cracked black pepper to taste

1. Put a large saucepan of water on high heat to boil with the lid on.
2. Peel the sweet potatoes and cut them into 2 - 3 cm pieces. Add the sweet potatoes into the boiled water and cook until soft.
3. Once soft, scoop the potatoes into a bowl and mash with a fork. Add the pasta into the already boiled water and cook until al dente.
4. Meanwhile, preheat the oven to 200°C fan forced
5. In another saucepan, melt the butter on medium heat on a stovetop, add flour and whisk. Take the pan off the heat and slowly whisk in milk. Once combined and smooth, return the saucepan onto the heat and stir with a wooden spoon until the sauce has thickened. Add the mustard and paprika into the white sauce.
6. Drain the pasta while reserving 1 cup of boiled pasta water. Add the pasta to the mashed potato and fold to combine.
7. Crumble the feta cheese into the mixture and fold in the white sauce while adding the pecorino cheese as you go.



- If the mixture needs to loosen, add some pasta water
9. Spoon the pasta into a large baking dish (30 x 20 x 5cm)
  10. Sprinkle extra pecorino cheese, paprika and sage.
  11. Bake the pasta in the oven for 30 - 35 minutes.
  12. Rest for 15 minutes before serving. Crack pepper.

**Tip: Leftovers can be frozen for up to 3 months in an airtight container**

#### **Nutritional Information**

3665kj / 872 calories

Protein: 32.3g

Total Fat: 43.9g

Saturated Fat: 23.0g

Carbohydrates: 77.5g

Sugars: 13.8g

Fibre: 20.5g

Sodium: 648.2mg





*Snacks*

# carrot cake bliss balls

**16 medium sized bliss balls**

**Prebiotics, Vitamin C, Protein, Antioxidants** ✓

*Vegan, Dairy free*

1 medium carrot  
1/3 cup walnuts  
1 cup rolled oats  
1 1/2 tablespoon peanut butter  
1 teaspoon cinnamon  
1 teaspoon vanilla extract  
125g pitted dates  
1/2 cup shredded coconut

1. Peel and finely grate the carrot and place in a food processor with the walnuts and oats and blitz until finely chopped.
2. Add the peanut butter, cinnamon and vanilla and pulse to combine.
3. While the processor is running, gradually add the dates until the mixture comes together.
4. Roll the mixture into balls and roll into the coconut to lightly coat.
5. Place in an air tight container in the fridge to chill and harden to your liking before serving.

**Tip: Leftovers can be frozen for up to 3 months in an airtight container**

## **Nutritional Information (per ball)**

409kj / 98 calories

Protein: 1.9g

Total Fat: 5.5g

Saturated Fat: 2.0g

Carbohydrates: 9.1g

Sugars: 6.0g

Fibre: 2.6g

Sodium: 14mg





# beetroot hummus

**Makes 3 cups**

**Vitamin C, Prebiotics, Probiotics, Protein, Antioxidants** ✓

*Vegan*

1 x 400g no added salt tinned chickpeas

1 tablespoon tahini

1 garlic clove

1/4 cup lemon juice

400g tinned baby beetroot

1/2 teaspoon cumin

1/4 cup natural Greek yoghurt

3 tablespoons virgin olive oil

Cracked black pepper to taste

Wholegrain crackers

1. Peel and crush the garlic using the flat side of a knife.
2. Drain the chickpeas and beetroot and pop into the food processor along with the garlic, tahini, lemon juice, cumin and pepper and process on high speed while drizzling two tablespoons of olive oil until the dip is smooth.
3. Place in a serving bowl, swirl in the yoghurt and drizzle the remaining oil over the dip.
4. Serve with wholegrain crackers.

**Tip: Leftovers can be frozen for up to 3 months in an airtight container**

## **Nutritional Information (per serve)**

470kj / 112 calories

Protein: 3.2g

Total Fat: 6.6g

Saturated Fat: 1.0g

Carbohydrates: 8.0g

Sugars: 3.7g

Fibre: 3.2g

Sodium: 181.5mg





*Extra*

# hero ingredients

## **Recipe 1, *Rolled oats***

A fantastic carbohydrate rich food, oats are low glycemic index (GI) which helps to sustain good energy levels throughout the day.

## **Recipe 2, *Reduced fat cottage cheese***

Did you know that reduced-fat cottage cheese contains more protein and calcium than regular cottage cheese? These two nutrients are important to maintain muscle mass and support good bone health.

## **Recipe 3, *Fennel***

Fennel is a wonderful winter vegetable packed with immune balancing vitamin C. Do not throw away the fronds - add to a salad or use as a garnish in soups.

## **Recipe 4, *Mushrooms***

Before cooking your mushrooms, leave them near sunlight and the mushrooms will soak up Vitamin D from the sun which our immune system will love. Mushrooms are also a great source of vitamin B12 which is important for people who do not eat animal products.

### **Recipe 5, *Oranges***

Just by eating 1 orange, you will meet your daily vitamin C nutritional requirement. Opt to eat an orange rather than a glass of juice so the soluble fibre can support your good gut health.

### **Recipe 6, *Sweet potatoes***

Sweet potatoes are lower in GI compared with white potatoes, and are a good source of potassium which is important to maintain healthy cardiac and nerve function.

### **Recipe 7, *Dates***

Dates are not only a great source of fibre but because of the sugar content, they are a great snack especially when your appetite is lower than usual.

### **Recipe 8, *Beetroot***

The beautiful deep purple-red colour in beetroots is an antioxidant called betacyanin which supports heart health. Ensure your main meals represent the different colours of the rainbow as each colour is a different antioxidant with an unique health property.



# *glossary*

## ***Antioxidants***

Antioxidants are nutrients that act like cleaning agents in our body- they sweep away nasty free radicals which can damage our cells and result in illness.

## ***Couscous***

A very tasty grain commonly consumed in North African cuisines. Couscous is high in protein and B group vitamins and gluten free varieties are available.

## ***Prebiotics***

Prebiotics are a special type of fibre (but not all fibre is prebiotic) which passes through the gastrointestinal tract undigested and stimulates the growth and activity of 'good' bacteria in the large bowel. Examples of prebiotic foods include onion, chickpeas, beetroot and cashews.

## ***Probiotics***

Probiotics are live microorganisms that feed off prebiotic fibre and ferment by- products, which assist with maintaining good gut health. Fermented foods like yoghurt, kombucha, kimchi, sauerkraut and kefir contain probiotics.

### *Tahini*

A very trendy food, tahini is made from sesame seeds and popular in Middle Eastern dishes. 1 tablespoon of tahini contains 5g of protein so try drizzling tahini into your salads or use as a marinade with yoghurt, lemon juice and olive oil.

### *Vitamin C*

Vitamin C is a nutrient most commonly found in fruits and vegetables. If you pair a vitamin C containing food (i.e. oranges) with a good quality protein (i.e. chicken), your gut absorbs more iron during digestion. This strategy is great for those with low iron stores.

### *Vitamin D*

Vitamin D is an essential nutrient well known to maintain strong bones and teeth, however is also really important for healthy immune function. Spending at least 10 minutes a day out in the sunshine can be enough for our bodies to produce and maintain good vitamin D levels.

### *Zinc*

Zinc is a micronutrient known to play a vital role in the immune system through maintaining and developing healthy new immune cells. Zinc also aids in the inflammatory response process and is especially important for good wound healing.



# acknowledgements

A very big thank you to the wonderful Daily Moves team within the City of Unley for this great opportunity. I am very passionate about promoting good health through good food and it is fabulous to have continual support from the team to do so.

Thank you for also downloading and cooking my recipes to support your immune system and overall health and wellbeing this winter.

I hope you enjoy cooking up a storm in your kitchen. If you will like more healthy, simple and fun recipes or personalised nutrition advice please contact me through [www.nourishadl.com](http://www.nourishadl.com)

In good health,  
Rebecca Greco

Nourish Adelaide  
[www.nourishadl.com](http://www.nourishadl.com)  
social media: @nourishadl

