



Immune Support Recipes

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All is Well
Health & Wellness

Immune Support Recipes

ALL IS WELL HEALTH & WELLNESS

The immune system relies on many nutrients to do its job. These recipes been intentionally designed to include a wide variety of vitamins, minerals and antioxidants to support the immune system.

Key nutrients include vitamin A, vitamin C, vitamin E, zinc and selenium.

Please don't hesitate to reach out should you have any questions or need suggestions for substitutions.

Enjoy, stay well and take care!

Yours in health,
Mary

Peanut Butter & Jam Overnight Oats

2 SERVINGS 8 HOURS



INGREDIENTS

1/3 cup All Natural Peanut Butter (divided)
3 tbsps Maple Syrup (divided)
1 1/4 cups Unsweetened Almond Milk
1 cup Oats (quick)
1 tbsp Chia Seeds
2 cups Strawberries (finely chopped)

DIRECTIONS

- 01 Add half of the peanut butter and half of the maple syrup to a mixing bowl. Slowly whisk in almond milk until combined.
- 02 Stir in the oats and chia seeds until combined. Cover and let sit for at least 3 hours or overnight.
- 03 To prepare the strawberries, add chopped strawberries to a bowl with remaining maple syrup. Stir to coat the strawberries in the syrup then cover and let rest in the fridge until oats are ready.
- 04 To serve, divide the peanut butter oats evenly between jars. Top with equal amounts of the sweetened strawberries (and their juices) and remaining peanut butter. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container in the fridge for up to four days.

NO PEANUT BUTTER

Use almond butter, cashew butter or sunflower seed butter instead.

Zucchini Breakfast Boats

1 SERVING 30 MINUTES



INGREDIENTS

- 1 Zucchini (large, sliced in half lengthwise)
- 1/2 Red Bell Pepper (chopped)
- 1/4 Yellow Onion (chopped)
- 4 White Button Mushrooms (chopped)
- 2 Egg
- 1/8 tsp Sea Salt
- 2 tbsps Parsley (chopped)
- 1 tsp Nutritional Yeast (optional, for topping)

DIRECTIONS

- 01 Preheat the oven to 375°F (191°C). Scoop out the middle flesh of the zucchini and place flesh side up, in an oven-safe dish. Bake for 15 minutes.
- 02 Meanwhile, heat a skillet over medium heat and add the bell pepper, onion and mushrooms. Cook for 5 to 7 minutes, until cooked through. Whisk the eggs in a small bowl and add to the vegetables along with the sea salt. Cook for 3 to 4 minutes, until cooked through.
- 03 Transfer the egg and vegetable mixture to the scooped out part of the zucchini and place in the oven to cook for 5 more minutes. Remove and top with parsley and nutritional yeast, if using. Serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days. For best results, reheat in the oven.

SERVING SIZE

One serving size is equal to two zucchini boats.

MORE FLAVOR

Add additional seasonings and herbs.

Rainbow Chopped Salad Jars

3 SERVINGS 30 MINUTES



INGREDIENTS

1/3 cup Tahini
2 Lemon (juiced)
1/2 tsp Sea Salt
2 tbsps Water
3 cups Chickpeas (cooked, from the can)
1 cup Cherry Tomatoes
1 cup Matchstick Carrots
1 Yellow Bell Pepper (chopped)
3 cups Purple Cabbage (chopped)

DIRECTIONS

- 01 Combine the tahini, lemon juice, and sea salt. Whisk until combined, adding water as needed to attain a creamy salad dressing consistency. Divide the dressing equally into the bottom of large jars.
- 02 On top of the dressing, layer the chickpeas, tomatoes, carrots, bell pepper, and top with the purple cabbage. Cover and store in the fridge.
- 03 When you're ready to eat the salad, dump it into a bowl and toss well. Enjoy!

NOTES

STORAGE

Keeps well in the fridge for up to 4 days.

NO TAHINI

Use a nut butter or sunflower seed butter instead.

Creamy Roasted Garlic & Kale Soup with Cauliflower

4 SERVINGS 1 HOUR 15 MINUTES



INGREDIENTS

12 Garlic (cloves, peeled and trimmed)
1 Yellow Onion (large, roughly chopped)
1 head Cauliflower (sliced into florets)
3 tbsps Extra Virgin Olive Oil (divided)
1 1/3 tbsps Italian Seasoning
1 tsp Sea Salt
8 cups Kale Leaves (packed)
3 3/4 cups Organic Vegetable Broth (divided)

DIRECTIONS

- 01 Preheat oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 02 Arrange the garlic cloves, onion and cauliflower on the baking sheet. Drizzle with half of the olive oil, Italian seasoning and salt. Using your hand or a spatula, toss until vegetables are evenly coated in the spices. Roast for about 40 minutes or until very tender and caramelized, flipping halfway through.
- 03 When vegetables are just about done, heat remaining olive oil in a large soup pot over medium heat. Add the kale and 1/2 of the vegetable broth to the pot and cover. Let steam for 2 minutes, or until kale is wilted and tender.
- 04 Add the roasted vegetables and remaining vegetable stock in with the wilted kale. Bring soup to a gentle boil then remove from heat.
- 05 Puree soup in batches in a high-speed blender until smooth and creamy. Divide into bowls and enjoy!

NOTES

LEFTOVERS

Store in an air-tight container in the fridge for up to 5 days, or in the freezer for up to 3 months.

SERVE IT WITH

An extra drizzle of olive oil, fresh herbs or a pinch of red chili flakes.

TOO THICK

If soup is too thick in consistency, use water or more stock (1/2 cup at a time) to thin until desired consistency is reached.

Hummus & Veggies Snack Box

1 SERVING 5 MINUTES



INGREDIENTS

1/2 Red Bell Pepper (sliced)
2 stalks Celery (cut into small stalks)
1/3 cup Blueberries
1/4 cup Hummus

DIRECTIONS

01 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

NOTES

STORAGE

Refrigerate in an airtight container up to 3 days.

NO HUMMUS

Use guacamole or a ready-made dip instead.

Burrito Bowl with Quinoa Tofu Taco Filling

4 SERVINGS 35 MINUTES



INGREDIENTS

1/2 cup Quinoa (uncooked)
8 ozs Tofu (extra firm, crumbled)
2 tbsps Extra Virgin Olive Oil
2 1/2 tsps Chili Powder
1 1/2 tsps Cumin
1 tsp Oregano
1 tsp Garlic Powder
1/2 tsp Sea Salt
1 cup Organic Salsa (divided)
1 tbsp Lime Juice
1 tsp Nutritional Yeast
2 Red Bell Pepper (sliced)
1/2 head Romaine Hearts (chopped)
1 cup Black Beans (cooked)
2 Avocado (diced)

DIRECTIONS

- 01 Cook quinoa according to package directions.
- 02 Meanwhile, in a dry non-stick skillet over medium heat add the crumbled tofu. Cook, stirring often, until just golden brown, about 8 to 10 minutes. Transfer the tofu to a dish and set aside.
- 03 Add the oil to the pan followed by the cooked quinoa, chili powder, cumin, oregano, garlic powder and salt. Stir to combine then add half of the salsa, lime, nutritional yeast and browned tofu.
- 04 Spread the quinoa and tofu mixture into a flat even lay in the pan and let caramelize for 3 to 4 minutes before stirring and flattening again until quinoa is slightly crispy. Season with additional salt or lime juice if needed. Transfer the quinoa mixture to a dish and set aside.
- 05 To the same pan add the red pepper and adjust heat to medium-high. Let the peppers cook for 8 to 10 minutes until tender and slightly charred.
- 06 To assemble the burrito bowl, divide the quinoa mixture, red peppers, romaine, black beans, and avocado between bowls. Top with remaining salsa and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to five days. To keep avocado from browning, dice just before serving.

ADDITIONAL TOPPINGS

Add cilantro, sliced jalapenos, cheese, sour cream, diced tomatoes or lime wedges.

Deconstructed Stuffed Peppers

6 SERVINGS 50 MINUTES



INGREDIENTS

- 1 cup Brown Rice
- 1 1/2 lbs Extra Lean Ground Beef
- 1 tbsp Extra Virgin Olive Oil
- 3 Red Bell Pepper (chopped)
- 1 tbsp Italian Seasoning
- 2 tsps Paprika
- 1 tsp Sea Salt
- 1/2 tsp Red Pepper Flakes
- 3 1/2 cups Crushed Tomatoes (from the can)
- 1 cup Diced Tomatoes (from the can)
- 1 1/2 cups Water
- 6 stalks Green Onion (chopped, divided)

DIRECTIONS

- 01 Cook the rice according to the package directions.
- 02 Meanwhile, heat a large pot over medium-high heat. Add the beef to the pan, breaking it up with a wooden spoon as it cooks. Once it is cooked through and no longer pink, transfer the meat to a plate and drain any excess drippings from the pan.
- 03 Add the oil to the same pot and cook the peppers for about 8 minutes until just tender. Add the browned beef back to the pot and season with with Italian Seasoning, paprika, salt and red pepper flakes.
- 04 Add the crushed tomatoes, diced tomatoes, water and half of the green onions. Bring to a gentle boil then let simmer for 25 to 30 minutes or until the peppers are very tender. Season with additional salt if needed.
- 05 To serve, divide the beef mixture and rice between bowls. Stir together and then top with the remaining green onions. Enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to three days.

SERVING SIZE

One serving is approximately 1 1/3 cups of the beef mixture and 2/3 cups of the rice.

MORE FLAVOR

Use garlic-infused olive oil instead. Make it spicier with more red pepper flakes or cayenne pepper. Make it smokier with smoked paprika or chipotle chili powder.

NO RED BELL PEPPER

Use any colour of bell pepper instead.

NO BEEF

Use ground pork or sausage meat instead.

NO BROWN RICE

Use white rice, quinoa or cauliflower rice instead.

Zucchini Noodles with Sausage & Tomato Sauce

2 SERVINGS 20 MINUTES



INGREDIENTS

- 8 ozs Pork Sausage (Italian)
- 1 Yellow Bell Pepper (thinly sliced)
- 1 cup Tomato Sauce
- 2 Zucchini (medium size, spiralized into noodles)
- 1/4 cup Basil Leaves (chopped)

DIRECTIONS

- 01 In a pan over medium heat, add the sausage and sliced pepper. Cook for 7 to 8 minutes. Remove the sausage, slice and return to the pan for 1 minute or until cooked through. Add the tomato sauce to the pan and stir to combine. Remove everything from the pan and set aside.
- 02 Wipe the pan free of any remaining sauce. Add the zucchini noodles and cook for 1 minute or just until softened.
- 03 Divide the zucchini noodles between plates and top with sauce, sausage and peppers. Sprinkle with basil, serve and enjoy!

NOTES

LEFTOVERS

For best results, refrigerate the zucchini noodles and sauce in separate airtight containers for up to three days.

NO PORK

Use chicken, turkey, lamb or veggie sausages instead.

ADDITIONAL TOPPINGS

Top with nutritional yeast or chili flakes.

MAKE IT VEGAN

Use a vegan sausage or chickpeas instead.