



*Choosing food over medicine...*  
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## Cooking with Fruit

### Tropical Fruit Salad

2 cups fresh pineapple, diced  
 2 ½ cups fresh mango, diced  
 juice of 1 lime  
 10 mint leaves, diced

### Apricot Teriyaki Vegetable Stir Fry

¼ cup vegetable broth  
 ½ cup all-fruit apricot preserves  
 3 medium peaches diced  
 1 TBSP reduced sodium Tamari or soy sauce 1 tsp rice vinegar  
 1 tsp cornstarch  
 1 cup onion sliced into half moons  
 4 cloves garlic, crushed  
 4 cups halved button mushrooms  
 1 cup carrots, cut into matchsticks  
 1 cup shredded green cabbage  
 2 cups broccoli spears  
 1 cup zucchini, sliced into half moons.

In a small bowl, whisk together the vegetable broth, preserves, soy sauce, vinegar, and cornstarch and set aside.  
 In a wok or large skillet, sauté the onion and garlic with 1-2 TBSP vegetable broth for 3-5 minutes. Add the carrots and cook for 2 minutes. Add the mushrooms and cabbage and cook for 2 minutes. Add the broccoli and cook for 3 minutes. Add the zucchini and pour sauce over vegetables and gently stir. Cook until the sauce thickens.  
 Makes 4-6 servings

### Quinoa Salad with Pomegranate and Currants

2 cups uncooked quinoa (white and red)  
 2 large limes (juiced)  
 3 TBSP lime zest  
 4 medium green onions, chopped  
 1 cup fresh mint leaves, packed, chopped  
 1 cup currants  
 ½ cup raw, unsalted pistachios, whole or chopped  
 ½ cup pomegranate seeds

To cook the quinoa, place it in a medium saucepan along with 3 cups water. Bring to a rolling boil. Reduce heat to a low simmer and cook covered for 20 minutes. After cooking, set the quinoa aside to cool. Zest the limes and then juice the limes (it's much easier to zest any citrus before juicing it). Once the quinoa has cooled, place it into a large bowl and add all of the other ingredients, including lime juice and zest. Mix thoroughly. Serve immediately or chill to serve later