



*Choosing food over medicine...*  
Evelisse Capó, PharmD  
Health and Nutrition Educator  
Food for Life Instructor  
Lifestyle Coach  
941-320-8163  
[www.thefoodpharmacy.com](http://www.thefoodpharmacy.com)  
Evelisse@TheFoodPharmacy.com

---

## **LCS Plant-Strong Lunch Tasting 4/14/2016**

### **Warm Spinach and Mushroom Salad**

10 ounces fresh spinach, washed  
6 TBSP Balsamic Vinaigrette Dressing, oil free  
1 tsp Dijon mustard  
½ cup vegetable broth  
6 ounces button mushrooms, sliced  
½ red onion, sliced  
3-4 cloves garlic, minced  
¼ tsp black pepper  
¼ cup slivered almonds, toasted  
2 TBSP vegan bacon bits or tofu bacon bits

Sauté mushrooms, onions, and garlic for 2-3 minutes. In a large bowl or casserole dish, combine the spinach, balsamic vinaigrette, and Dijon mustard. Pour the warm mushrooms and onion into the bowl with the spinach and then toss to coat. Season with salt and pepper. Garnish with toasted almonds and tofu bacon bits.

### **Tofu bacon bits**

10 ounces extra firm tofu, drained and cut in small cubes  
1 TBSP nutritional yeast  
1 TBSP water  
2 TBSP maple syrup  
1 dash liquid smoke  
2 TBSP low sodium Tamari  
1 tsp onion powder  
½ tsp garlic powder

In a medium bowl, combine all the ingredients except tofu and whisk. Add the tofu and combine well. Allow to marinate for at least 10 minutes. Bake at 425F for about 25 minutes or until crisp but not burned. Stir half way through baking.

### **Balsamic Vinaigrette Dressing**

½ cup balsamic vinegar  
½ cup water  
6 Medjool dates, pitted  
1 garlic clove  
2 tsp Italian Seasoning  
1 TBSP lemon juice  
2 tsp chia seeds  
¼ tsp sea salt

Place all the ingredients in a blender and blend for 20 seconds.  
Store in a refrigerator

## **Ethiopian Stew**

1 ½ cups dried lentils  
4 garlic cloves, minced  
3 TBSP tomato paste  
1 ½ TBSP Berbere Spice  
5 cups vegetable broth  
1 red onion, diced  
2 cups butternut squash, diced  
½ tsp salt  
½ tsp maple syrup  
2 TBSP grated ginger  
2 cups baby spinach

Sauté the onions with dried lentils and 2 TBSP veg broth. Add the spices, maple syrup and ginger and cook for 2-3 minutes. Add the vegetable broth and cook for 30 minutes. Add the butternut squash and garlic and cook until squash is soft and lentils are cooked but do not overcook. Add spinach, turn off heat, and cover. Serve.

## **Berberere Spice**

2 tsp ground cumin  
1 tsp ground cardamom  
½ tsp ground allspice  
1 tsp ground fenugreek  
1 tsp ground coriander  
¼ tsp ground cloves  
1 tsp black pepper  
1 tsp ground ginger  
1 tsp ground turmeric  
3 TBSP paprika  
½ tsp ground cinnamon  
4 tsp red pepper flakes (optional- I do not use)

Mix all ingredients and store in airtight container in a cool, dry place.

## **Ambrosia**

2 oranges, peeled and chopped  
2 cups pineapple chunks  
1 banana, sliced  
2 TBSP dried cherries or cranberries

Combine the oranges, pineapple, banana, and cranberries in a medium bowl. Add the orange juice and almond extract water combination. Pour over the fruit and toss until evenly distributed.

Stored in a covered container in the refrigerator, leftover Ambrosia (without the banana) will keep for up to 2 days. Makes 4 servings.