



Choosing food over medicine...
Evelisse Capó, PharmD
Health and Nutrition Educator
Food for Life Instructor
Lifestyle Coach
941-320-8163
www.thefoodpharmacy.com
Evelisse@TheFoodPharmacy.com

Lunch and Learn Cooking Class 3/24

Kale Salad w/ Easy Balsamic Vinaigrette

8 cups of kale (mixed variety)
2 apples diced thin
(Aprox. 4-5 servings)

Balsamic Vinaigrette Dressing

3 TBSP balsamic vinegar
1 TBSP maple syrup (or 1 pitted date)
1 TBSP Dijon mustard
1 large garlic clove
Blend until mixed well in a magic bullet or
blender and drizzle over greens.

White Bean Chili

Two 15-ounce cans cannellini beans, drained
2 cups vegetable stock
1 celery stalk, diced
1 onion, diced
4 garlic cloves, minced
1 red bell pepper, seeded and diced
1 cup frozen corn
1 ½ cups canned white hominy, drained
½ tsp ground cumin
½ tsp ground coriander
1 tsp chili powder
2 TBSP nutritional yeast flakes
2 tsp lime juice
One 8-ounce can green chili peppers
¾ tsp sea salt
¼ tsp black pepper
2 TBSP fresh cilantro, chopped

Place half of the cannellini in a blender with 1 cup of vegetable stock and blend until smooth and creamy. In a large pot, sauté the celery, onion, garlic, bell pepper, and ¼ vegetable stock. To the pot of vegetables, add the remaining ½ cup vegetable stock, the remaining half of beans, the creamy bean mixture, and the remaining ingredients. Cook over medium heat for 15-20 minutes or until vegetables are tender and broth is creamy.
Aprox. 6 servings

Creamy Potato Salad

2 ½ pounds red potatoes unpeeled
4 celery stalks, thinly sliced
½ red onion, diced
6 green onions, diced
½ cup tofu mayo
4 tsp apple cider vinegar
3 TBSP Dijon mustard
1 tsp maple syrup
½ tsp sea salt
¼ tsp black pepper

Cut the potatoes into ½ inch to 1-inch chunks. Place the potatoes in a large pot and cover with water. Bring to a boil over medium-high heat; boil the potatoes for 5-10 minutes; then turn the heat down to medium. Cook until the potatoes are tender. Rinse the potatoes in a colander with cold water until they are room temperature. Place the potatoes in a large mixing bowl. Add the remaining ingredients to the potatoes and gently stir thoroughly.

Tofu Mayo

1 12.3-ounce package of firm silken tofu
¾ tsp sea salt
¾ tsp onion powder
½ tsp garlic powder
½ tsp raw or date sugar
2 tsp Dijon mustard
1 TBSP apple cider vinegar

Combine all ingredients in a blender and process until smooth. Chill thoroughly before using (best the second day).

Tropical Fruit Salad

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

Combine all the ingredients in a large bowl.