



*Choosing food over medicine...*

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## **Easy Vegan Latin Meals**

### **Pomegranate Green Salad with Mango Dressing**

2 heads of Romaine Lettuce  
4 cups savoy or green cabbage  
2 cups kale, chopped  
2 carrots julienned or shredded  
2 cucumbers, diced  
1 large pomegranate, seeded

#### Mango Dressing

3 cups mango, diced  
2 seeded dates  
1 tsp curry powder  
2 TBSP mirin (sweet cooking wine)  
½ cup white balsamic vinegar

### **Costa Rican Rice and Beans (Gallo Pinto)**

¼ cup onion, diced  
¼ cup bell pepper, diced  
8 cloves garlic, minced  
1 tsp oregano  
¼ tsp turmeric  
½ tsp liquid smoke  
2 cups brown parboiled rice  
1 cup cooked black beans  
3 cups vegetable broth

Over medium heat, sauté the onion and bell pepper in a dry pot until the onion turns a light brown color. Add the garlic and spices and sauté for 1 minute. Add the water and salt or Herbamare and bring the water to a boil. Add the rice and beans, bring the water back to a boil, cover the pot, and reduce the heat to medium low. Cook the rice for about 35 minutes. Remove from the heat, stir in the beans, and dress the Gallo Pinto with hot sauce if desired.

### **Better Than “Pollo” Guisado**

3 cups dehydrated soy curls  
([www.butlerfoods.com](http://www.butlerfoods.com))  
1 small onion, diced in half moons  
1 cup diced bell pepper  
1-cup potatoes, cubed  
2 carrots, diced  
1 tsp turmeric  
1 cup crushed tomatoes with basil  
¼ cup mirin  
1 cup vegetable broth  
6 garlic cloves, crushed  
1 tsp oregano  
1 TBSP maple syrup  
fresh cilantro to taste  
Herbamare or salt and pepper to taste

Rehydrate the soy curls in water for about 8-10 minutes. Drain well and season to taste with Herbamare or salt and pepper.

Sauté the onion and pepper for 1-2 minutes in veg broth. Add the soy curls, potatoes, carrots, tomatoes and cook for 5 minutes. Add the rest of the ingredients except the cilantro and cook for 5 minutes or until vegetables are cooked and sauce has thickened. Add the fresh cilantro and serve.

Serve with brown rice or quinoa.

## **Portobello Fajita Stir Fry**

4 Portobello or 4 cups Baby Bella, sliced  
1/2 onion, diced half moon  
1 cups bell peppers in strips  
1 garlic heads crushed  
4 medium carrots, diced  
1 zucchini sliced in half moon  
sea salt to taste  
1/2 cup corn  
Tamari or Braggs Italian herbs  
Veg Broth  
Cabbage and Sprouts (optional)

Sauté onions in veg broth for 3 minutes. Add the rest of the vegetables (except the zucchini), season with italian herbs and tamari and sauté for 5 minutes. Add the zucchini and cook for 3 minutes. May serve over rice or on a whole grain tortilla and top with cabbage and sprouts.

## **Cherry Chocolate Mousse**

1-cup non-dairy chocolate chips  
1 Mori-Nu Firm Silken Tofu  
3/4 cup non-dairy vanilla milk (Almond)  
1 T maple syrup  
cinnamon to taste  
1 cup dark sweet cherries

Warm milk and add chocolate chips until they melt. Blend with rest of the ingredients, except the cherries in a blender. Add cherries and mix well. Cool in a refrigerator for at least 3 hours.

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