



Choosing food over medicine...
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Plant-Strong Lunch Sampling 4/7/16

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.

Peruvian Style Quinoa

2 cups quinoa, uncooked
¼ cup bell peppers, diced
¼ cup onion, diced
2 garlic cloves, crushed
¼ cup frozen corn
¼ tsp turmeric
¼ tsp brown rice vinegar
2 cups water
Herbamare or Sea Salt to taste
2 TBSP cilantro, chopped

Cook the bell peppers and onions in enough vegetable broth at medium heat for 3-5 min. Add the rest of the ingredients, bring to a slow boil, then lower to med and cook for 20 minutes. Add cilantro and serve.

Sweet Potato Enchilada Casserole

4 large sweet potatoes (preferably garnet)
1 medium red onion, diced
1 cup roasted red pepper, drained and chopped
½ cup sun-dried tomatoes, rehydrated
2 cups cooked black beans, drained
6 garlic cloves, crushed
1 TBSP fresh lime juice
1 tsp chili powder
1 tsp cumin
¼ tsp sea salt
Aprox 12-15 small corn tortillas
2 ½ cups homemade enchilada sauce (see recipe)

Bake the sweet potatoes at 400F for 30 minutes or until cooked. Cut in cubes (include the peel). Sauté the onion with 1 TBSP water or vegetable broth for 1 minute. Add the roasted red pepper, sun dried tomatoes and beans and cook for 2 minutes. Add the cooked sweet potatoes, garlic and stir well. Add ¼ cup enchilada sauce, lime, chili powder, cumin and sea salt and cook for 1 minute. Place the raw onion and zucchini on the bottom of a 9 x 13 pyrex pan and cover with some enchilada sauce. Place a layer of tortillas over the onion and zucchini and add more enchilada sauce. Place half of the sweet/potato mixture over the layer of tortillas and top with another layer of tortillas. Repeat and top the last layer of tortillas with remaining enchilada sauce. Bake for 20 minutes at 350F. Drizzle with Cilantro-Lime Cashew Cream and diced green onion and cilantro to taste. Serve warm

Additional veggies for bottom of pan: 1 red onion diced, 1 zucchini diced
Toppings: Cilantro Lime Cashew Cream, green onion, cilantro

Homemade Enchilada Sauce

1 cup tomato sauce
2 cups water
6 TBSP chili powder
2 tsp garlic powder
2 tsp onion powder
3/4 tsp sea salt
2 tsp cumin
2 TBSP whole wheat or gluten free flour
4 TBSP maple syrup

Combine all ingredients in a saucepan and cook at medium heat until thickened. About 5 minutes.

Cilantro Lime Cashew Cream

1/4 cup raw cashews
3 TBSP avocado
1 cup fresh cilantro
1-2 garlic cloves
1/2 cup water
3 TBSP fresh lime juice
1/2 tsp sea salt
1/2 tsp garlic powder

Add all the ingredients to a high speed blender. Blend on high until very smooth.

Pineapple sorbet

1 ripe pineapple
1/2 cup nondairy milk
2 dates
1/4 tsp coconut extract

Peel and cut pineapple. Freeze overnight.
Place all ingredients in a high powered blender (Vitamix works best). Blend until creamy. If needed, add more milk to get your blades spinning smoothly.