



Choosing food over medicine...

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Plants Over Pills Recipes

Tex-Mex Tofu Scramble

2 14 oz extra firm tofu blocks, drained
1/2 tsp turmeric
Herbamare (or salt and pepper) to taste
1 tsp oregano
1/2 tsp liquid smoke
1/2 cup onion, diced
1/2 cup red/orange peppers, diced
5 garlic cloves, crushed
1 cup mushrooms, sliced
1/4 cup corn
2 cups Kale, chopped
1 cup grape tomatoes, diced

Drain the tofu well and cut into small cubes. Cook in wok or large skillet for 10-15 minutes or until liquid is absorbed (may drain a couple of times) Season tofu with Herbamare, turmeric, oregano, liquid smoke and cook for 5 minutes. Add the onions, pepper and garlic and cook for 2 minutes. Add the mushrooms, and corn, stir well and cook for 2 minutes. Lay the kale on top of the scramble, cover and let kale cook for 3 minutes. Mix well and serve. Enjoy!

5 servings

Watch the recipe video on YouTube

Source: The Food Pharmacy

Millet-Flax "Buttermilk" Pancakes

4 cups rolled oats
1/2 cup millet (made into flour in blender)
1/2 cup ground flax seeds
1 tsp sea salt
1 1/2 tsp baking soda
2 tsp baking powder
4 cups vanilla almond milk
2 TBSP rice vinegar
1 TBSP maple syrup
1 TBSP vanilla extract (the real thing!)
3 TBSP unsweetened applesauce

Mix dry ingredients in a bowl. Mix wet ingredients in a separate bowl. Pour wet ingredients over dry ingredients and mix well.

Process the mixture in a blender until well blended and smooth. Cook in skillet or waffle maker. Enjoy!
Makes 15 medium pancakes.

Watch this recipe on YouTube <http://youtu.be/SuN6zPzS10I>

Source: The Food Pharmacy

Mixed Grain Hot Cereal

½ cup steel cut oats
½ cup quinoa
½ cup amaranth
¼ cup oat bran
1 tsp cinnamon
½ tsp cardamom
½ tsp ground cloves
½ tsp nutmeg
1 tsp vanilla
4 cups vanilla unsweetened almond milk
4 pitted medjool dates
Berries to top

Place the dates and the almond milk in a blender and blend until smooth. Add the milk to saucepan, add the spices and sweetener and heat until almost to a boil. Add the grains, stir and cover. Cook on medium-low for 30 minutes..

Top with fresh berries or frozen that have been thawed.

4-6 Servings

Source: The Food Pharmacy

Sweet Potato Home Fries

2 medium sweet potatoes, cubed
1/8 tsp cinnamon
¼ tsp sea salt
¼ tsp ground cumin
1/8 tsp black pepper
¼ tsp garlic powder

Preheat the oven to 450 F.

Combine sweet potatoes, cinnamon, salt, cumin, black pepper, and garlic powder in a plastic bag. Seal and shake. Place sweet potatoes on a baking sheet (do not overlap) Bake for 20 minutes or until very tender, flipping potatoes once during cooking.

Source: PCRM 4 servings

Kale Salad w/ Easy Balsamic Vinaigrette

8 cups of kale (mixed variety)

Toppings (choose 1 or more)
1 cup halved grape tomatoes
apple slices
2 carrots julienned or shredded

Balsamic Vinaigrette Dressing

1 tsp 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.

4-6 Servings

Source: The Food Pharmacy

Mango Salsa

1 large mango, chopped
2 cups grape tomatoes, chopped
3 tablespoons fresh lime juice, or to taste
¼ cup finely chopped fresh cilantro
¼ tsp salt, or to taste

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
1 jalapeño, seeded and diced (optional)

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, jalapeño, 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.
Source: [PlantPure Nation Cookbook](#)

Warm Spinach and Mushroom Salad

10 ounces fresh spinach, washed
6 TBSP Balsamic Vinaigrette Dressing, oil free
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

Preheat oven to 375F. In an oven safe bowl or casserole dish, combine the spinach, balsamic vinaigrette, and Dijon mustard. Sauté mushrooms, onions, and garlic for 2-3 minutes.
Pour the warm mushrooms and onion into the bowl with the spinach and then toss to coat. Place the bowl in the oven for 3 minutes, then remove and toss again. Season with salt and pepper. Garnish with toasted almonds and bacon bits.
Source: [PlantPure Nation Cookbook](#)

Balsamic Vinaigrette Dressing

½ cup balsamic vinegar
½ cup water
6 Medjool dates, pitted
1 garlic clove, crushed
2 tsp Italian seasoning
1 TBSP lemon juice
2 tsp chia seeds

Place all ingredients in a Vitamix or other blender and blend thoroughly for 20 seconds.
Store in refrigerator.
Source: [PlantPure Nation Cookbook](#)

Tofu bacon bits

10 ounces extra firm tofu, drained
and cut in small cubes
1 TBSP nutritional yeast
½ tsp 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.

Makes 1 cup

Source: The Food Pharmacy

Cherry Date Bars

2 cups instant oatmeal
3 TBSP maple syrup, divided
¼ cup unsweetened applesauce
9 TBSP water, divided
½ tsp ground cinnamon
½ tsp baking soda
¼ tsp sea salt
1 cup dates, pitted
¼ cup dry unsweetened cherries
2 TBSP chopped walnuts
1 TBSP lemon juice
1 tsp almond extract

Preheat oven to 400F. Line a 9 x 9 pan with parchment paper and set aside. In a large bowl, mix the oatmeal, 2 TBSP of maple syrup, applesauce, 4 TBSP water, cinnamon, baking soda, and salt. Consistency will be thick. Firmly press half of the oatmeal mixture into the prepared pan. Reserve the remaining oatmeal mixture for the top. In a saucepan over low heat, combine the dates, cherries walnuts, remaining 1 TBSP maple syrup, remaining 5 TBSP water, lemon juice, and almond extract, stirring constantly until thickened, about 10 minutes.

Spread the thickened date mixture evenly over the oatmeal crumble mixture using a spatula. Top with the remaining oat mixture and press lightly.

Bake until golden, about 25 minutes.

Cool thoroughly and cut into 12 bars.

Source: Inspired by [PlantPure Nation Cookbook](#)

Carrot Muffins

3 TBSP flax meal
9 TBSP hot water
½ cup date sugar
½ cup unsweetened applesauce
1 cup nondairy milk
¼ cups raisins
8 pitted dates
1 tsp vanilla extract
2 cups finely shredded carrots
2 cups whole wheat pastry or gluten free flour
½ tsp sea salt
2 tsp baking powder
½ tsp baking soda
2 tsp Pumpkin Pie Spice
½ cup finely chopped walnuts

Preheat oven to 350F. Place cup cake liners on cup cake pan.

Blend the non-dairy milk with the dates and the raisins until smooth.

In a small bowl, mix together the flax meal and water. Let stand for 1-2 minutes. In a mixing bowl, combine the applesauce, milk, vanilla, carrots, flax meal and date sugar.

In another bowl, combine the flour, salt, baking powder, baking soda, and pumpkin pie spice. Add to the applesauce mixture along with the walnuts and raisings. Gentle mix until all the ingredients are wet. Do not overmix.

Pour the cake batter into the prepared pan, smoothing the top with the back of the spoon.

Bake for 20-25 minutes, or until a toothpick inserted into the center comes out clean.

Makes 12 Muffins

Source: Inspired by the [PlantPure Nation Cookbook](#)

Chocolate Chip Cookies

1 TBSP flax meal
3 TBSP warm water
¼ cup all-natural peanut butter
½ cup unsweetened applesauce
2 TBSP nondairy milk
1 TBSP vanilla extract
½ tsp baking soda
2/3 cup Sucanat
¼ tsp sea salt
1 ¾ cups whole wheat pastry flour
½ cup vegan chocolate chips

Preheat oven to 375F. Line a baking sheet with parchment paper and set aside. In a small bowl, mix the flax meal and water. Let stand until thickened. In a large mixing bowl, mix the peanut butter, applesauce, milk, vanilla, and Sucanat. When the flax meal is thickened, add it to the wet ingredients.

In a separate bowl, combine the baking soda, salt, and flour. Add to the wet ingredients along with the chocolate chips. Stir until the flour is absorbed. Drop the cookie dough onto the prepared baking sheet. Bake for 10-12 minutes, or until dry to the touch.

Makes 18-20 cookies

Source: [PlantPure Nation Cookbook](#)

Nut Butter Brownies

2 TBSP flax meal
6 TBSP warm water
½ cup Sucanat
½ cup maple syrup
1 tsp vanilla extract
¼ cup nut butter
½ cup unsweetened applesauce
¾ cup whole wheat pastry flour
1/3 cup unsweetened cocoa flour
½ tsp baking powder
¼ tsp sea salt
½ cup vegan chocolate chips

Preheat oven to 350F. Line a 9 x9 inch pan with parchment paper and set aside. In a small bowl, mix together the flax meal and water. Let stand for 2 minutes. In a separate bowl, blend the Sucanat, maple syrup, vanilla, nut butter, applesauce, and flax meal mixture until smooth. In a third bowl, combine the flour, baking cocoa, baking powder, and salt. Add the Sucanat mixture and stir to combine. Fold in the vegan chocolate chips. Spoon the batter into the prepared pan. Bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean. Let cool on a wire rack before slicing.

Makes 12 Brownies

Source: [PlantPure Nation Cookbook](#)