



Choosing food over medicine...
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Superfoods to Supercharge Your Health

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, seeds

Mango Dressing

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

Blend all the dressing ingredients in a blender.

Spinach Stuffed Mushrooms

16 oz whole crimini or white mushrooms
3 garlic clove crushed
¼ cup onion, diced
¼ cup dry white wine or mirin
2 TBSP tamari
3 c baby spinach
¼ cup white beans or tofu
2 TBSP nutritional yeast
¼ red pepper, finely minced

Preheat oven to 375F/ Remove stems from mushrooms, leave caps intact and chop stems.
Sauté onion, garlic and mushroom stems and stir to combine.
Stir in wine and tamari, continue to cook until vegetables become tender. Stir in baby spinach until wilted.
Transfer vegetable mixture to a food processor. Add beans or tofu, and nutritional yeast and blend to combine. Transfer to a bowl and stir diced red pepper.
Set mushroom caps top side down in a baking dish. Add a spoonful of the filling to each cap. Bake for 30 minutes.
Remove from the oven and serve hot.

Easy Black Bean Dip

2 cups cooked black beans
¾ cups salsa
1 small garlic clove
¼ tsp cumin
cilantro to taste (handful)

Blend until smooth.

Veggie Fresh Rolls

8 rice paper for spring rolls
½ cup julienned carrots
½ cup julienned cucumbers
1 cup chopped romaine
4 oz baked seasoned tofu (season of choice)
chopped basil or cilantro to taste
cilantro to taste (handful)
sheets of parchment paper squares for each roll
pan with hot water

Bake seasoned tofu at 350F for 20 minutes. Set aside.
Place 1 sheet of rice paper in hot water and wait about 10 seconds, keeping sheet submerged. Place sheet on moistened surface and pat dry with cloth. Arrange a few strips of each veggie including tofu on top of sheet being careful not to overstuff. Fold sides an roll like a burrito. The rice paper is pretty flexible and not as delicate as it seems. Wrap in parchment paper.

Black-Eye Vegetable Chili

¾ cup diced onions
2 carrots, diced
1 cup red/yellow peppers, diced
6 garlic cloves, crushed
2 TBSP chili powder
1 tsp liquid smoke
1 tsp ground cumin
¾ cup orange juice
2 tsp oregano
1 14.5 oz can fire roasted tomatoes
¼ cup vegetable broth
3 cups cooked black eye peas
1 cup sweet potatoes, roasted
cilantro to taste

Heat a large wok or medium saucepan and add some vegetable broth to prevent sticking. Add onion, garlic, carrots, peppers, cumin, and oregano and stir fry for 2 minutes. Stir in the fire roasted tomatoes, black-eye peas, sweet potatoes, orange juice and chili powder and liquid smoke and cook for 5 minutes. Add agave and simmer for 10 minutes. Add cilantro and serve.