



Recipes as seen on ABC 7 Suncoast View

Kale Salad with Pecans, Pomegranate and Citrus

by Evelisse Capó, The Food Pharmacy

- 1 bunch of kale, stem removed and chopped
- 1 clementine, peeled and sliced
- ¼ cup fresh raspberries
- ¼ cup pomegranate
- 3 TBSP pecan halves
- 2 TBSP pepitas
- 1 TBSP fresh lemon juice

Massage the chopped kale with lemon juice until softened.

Roast the pecan and pepitas in the oven at 350F for 5 minutes or until lightly toasted and set aside.

Mix all the ingredients together and add **Citrus Salad Dressing**.

Citrus Salad Dressing

by Evelisse Capó, The Food Pharmacy

- ¼ cup freshly squeezed orange juice
- 3 TBSP freshly squeezed lime juice and zest
- 1 TBSP maple syrup
- 8 mint leaves, chopped
- 1 tsp chia seeds (optional)

Whisk all the ingredients together.



Fall Cranberry Relish

By Evelisse Capó, The Food Pharmacy

1 medium red apple, cored and chopped
1 tsp fresh ginger, minced
1 cup frozen cranberries
1 cup frozen cherries
zest of 1 lemon
¼ cup chopped mint

Place all the ingredients in a food processor and pulse until combined. This is a great alternative to cranberry sauce.

Spinach Stuffed Mushrooms

By Evelisse Capó, The Food Pharmacy

16 oz whole Crimini (Baby Bella Mushrooms)
3 garlic cloves crushed
¼ cup onion, diced
¼ cup dry white wine or mirin
2 TBSP tamari
3 c baby spinach
¼ cup white beans
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 topside down in a baking dish. Add a spoonful of the filling to each cap. Bake for 15 minutes. Remove from the oven and serve hot.



Fat Free Pumpkin Bread

By Evelisse Capó, The Food Pharmacy

¼ cup vanilla almond milk
2/3 cup date sugar
¼ tsp lemon juice
15 ounces pumpkin
2 tsp vanilla extract
1 cup oat flour
1 cup millet flour
2 TBSP ground flax seeds
2 tbsp [pumpkin pie spice](#)
1 tsp [baking soda](#)
½ tsp [baking powder](#)

Instructions

Preheat oven to 350F. Grease or spray a standard bread pan. Whisk almond milk and lemon juice together and set aside. In a medium mixing bowl, cream pumpkin, date sugar, and vanilla extract together. In a large bowl, whisk pumpkin pie spice, flours, baking soda and baking powder together. Pour wet mixture into dry mixture and stir until just combined. Pour into bread pan, using a spatula to evenly distribute and smooth out the top. Cover with foil. Bake for 1 hour, or until a toothpick inserted in the center comes out clean. Once the bread has cooled but is still slightly warm, gently remove it from the pan and on to a serving plate.