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# FOOD AS MEDICINE: Cooking for Healthy Skin

*Recipes by Allison Harrell*



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## Quick Cashew Queso

### Ingredients:

Makes: 1.5 cups

- $\frac{3}{4}$  - 1 cup hot water
- 1 cup raw cashews
- 2 cloves garlic, chopped
- 2 tablespoons nutritional yeast
- $\frac{1}{2}$  teaspoon ground cumin
- 1 teaspoon chili powder
- $\frac{1}{4}$  teaspoon smoked paprika
- $\frac{1}{4}$  teaspoon salt
- 1 tablespoon harissa

### Instructions:

#### STEP 1:

Add all ingredients to a blender (starting with the lesser amount of water) and blend until creamy, adding more water as needed to blend until creamy and smooth. I recommend a small blender like a nutribullet or high speed blender. Add just enough water to achieve a creamy, pourable queso. If it gets too thin thicken it with additional cashews.

#### TIP:

Store leftovers in the refrigerator up to 5-7 days or in the freezer for up to a month. To thaw from frozen set in the refrigerator for 24-48 hours. Reheat in a microwave or small saucepan over medium-low heat. Add more water as needed if it thickens when reheating.



# Butternut Squash & Bean Taco Wraps with Tomato Salsa

## Ingredients:

Serves: 4

### Wrap Ingredients:

- 1 1/2 cups butternut squash, cubed
- 1 cup black beans, drained and rinsed
- 1 yellow onion, cut into 1/4 inch slices
- 1/2 cup edamame
- 1 tablespoon avocado oil
- 2 teaspoons oregano
- 1/2 teaspoon chili powder
- 1/2 teaspoon smoked paprika

- 1/2 teaspoon salt
- 1 large head butter lettuce leaves removed from the core

### Tomato Salsa Ingredients:

- 1 cup diced cherry (or grape) tomatoes
- grated zest and juice of 1 lime
- 4 tablespoons minced cilantro

## Instructions:

### STEP 1:

Preheat oven to 425 degrees.

### STEP 2:

Combine the squash, black beans, onion, edamame, avocado oil, oregano, chili powder, smoked paprika and salt together. Toss well and spread on a baking sheet. Roast for 20-25 minutes until squash is tender.

### STEP 3:

Combine the tomato, cilantro, lime zest and juice in a small bowl and mix well.

### STEP 4:

To serve, place some of the squash mixture in a butter lettuce leaf and top with tomato salsa.



# Jalapeno Paloma Mocktail

## Ingredients:

- ¼ jalapeno
- 6 drops of liquid Stevia
- Juice from ½ pink or red grapefruit
- 1 tablespoon fresh lime juice
- 6 ounce spindrift lime seltzer

## Instructions:

### STEP 1:

Chop jalapeno (remove seeds and pith to make it less spicy) and add to a sturdy glass or cocktail shaker and add stevia drops. Use the handle of a wooden spoon to muddle the jalapenos (gently mash to release the flavor) then add the grapefruit and lime juices.

### STEP 2:

Fill a serving glass with ice and pour in the cocktail. Top with seltzer water.