

FOOD AS MEDICINE: Cooking for Whole Health

Recipes by Allison Harrell

CENTER FOR Health & Wellbeing

Winter Park Health Foundation

Orange Ginger Vinaigrette



Ingredients:

Makes: 4 to 6 servings

- 3 tablespoons olive oil
- 2 tablespoons rice vinegar
- 3 tablespoons fresh orange juice
- 1 teaspoon honey, local
- 1 tablespoon Dijon mustard
- zest from one navel orange
- 1 ½ teaspoons fresh grated ginger
- ¼ teaspoon turmeric
- salt and pepper

Instructions:

STEP 1:
Begin by zesting the orange using a fine grater. Juice the orange until you have 3 tablespoons of fresh juice.

STEP 2:
Peel and grate the fresh ginger using a fine grater.

STEP 3:
Add all ingredients to a jar.

STEP 4:
Close the jar and shake well to thoroughly mix all the ingredients.

STEP 5:
Take a moment to taste the vinaigrette and adjust the seasoning to your preference. Add more vinegar, maple syrup, salt, or other ingredients if desired. Serve and enjoy!

Sweet & Sour Tofu Stir-Fry

Recipe adapted from:
https://www.pickuplimes.com/recipe/sweet-and-sour-tofu-stir-fry-310/print



Ingredients:

Makes: 4 servings

Tofu:

- 16 ounces extra firm tofu, pressed, cut into 1-cm cubes
- 2 tablespoons low sodium tamari
- ¼ cup cornstarch
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon olive oil

Sweet and sour Sauce

- ½ cup pineapple juice
- ¼ cup rice vinegar
- ¼ cup tomato paste
- 3 tablespoons reduced sodium tamari
- 2 tablespoons maple syrup
- 3 cloves garlic, crushed
- 2 teaspoons cornstarch
- 2 teaspoons freshly grated ginger or ginger paste

Stir Fry

- 2 teaspoons olive oil
- 1 medium red onion, chopped
- 1 carrot, finely chopped
- 1 red bell pepper, thinly sliced
- ½ cup canned pineapple chunks, packed in pineapple juice or fresh pineapple

Garnish:

- sliced green onion and sesame seeds

Serve with:

- brown rice

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Instructions:

STEP 1:
In a large shallow bowl, add the tofu cubes and tamari. Stir to coat.

STEP 2:
Then add the cornstarch, salt, and pepper. Gently stir until the pieces are well coated.

STEP 3:
Add the oil to a large pan on medium high heat. When hot, add the tofu and cook for 5 minutes, or until golden on all sides. Don't disturb the tofu too much while it's cooking to avoid crumbling.

STEP 4:
Meanwhile, make the sauce by whisking together all the ingredients in a small bowl.

STEP 5:
When the tofu is golden, transfer it to a bowl and set aside. Returning the same pan to the heat, add the oil, onions, and carrot. Cook for 4 to 5 minutes.

STEP 6:
Add the bell pepper and pineapple chunks and cook for another minute.

STEP 7:
Add the sweet and sour sauce and the tofu to the veggies in the pan and let it simmer for 3 minutes or until the sauce thickens a bit.

STEP 8:
Remove from the heat and serve with rice. Garnish and enjoy!

STORAGE TIP:
Store in an airtight container in the refrigerator for up to 3 days.

Avocado Tofu Chocolate Mousse

Recipe source:
https://www.plantbasedcooking.com/recipe/tasty-tofu-avocado-chocolate-mousse/



Ingredients:

Makes: 6 servings

- 12 to 14-ounce block Silken tofu, drained
- 3/4 cup unsweetened almond milk
- 1 avocado, peeled and seed removed
- 1/2 teaspoon vanilla extract
- 1/3 cup cocoa powder or cacao powder
- 1/4 cup maple syrup
- 1/2 cup fresh raspberries
- Optional: sprinkle with mini chocolate chips and coconut flakes

Instructions:

STEP 1:
Crumble the tofu into a blender or food processor and add the milk, avocado, vanilla, cocoa, and maple syrup.

STEP 2:
Blend on high until the mousse is smooth.

STEP 3:
Pour into small containers, top with a couple of raspberries for each serving and add optional chocolate chips and coconut flakes. Let rest in the refrigerator for an hour or so to cool and blend the flavors.