

# DANIEL FAST MEALS

From Erica Ramia

## SPAGHETTI / SPAGHETTI SQUASH

Ingredients (Sauce):

- 8-10 large tomatoes
  - (can use any type, Roma and cherry or mixture)
- 1 bulb Fresh garlic
- 1 large Onion
- Italian seasoning
- Salt
- Pepper
- Optional: Chili flakes

Directions:

1. Add olive oil to the saucepan.
2. Add all vegetables to the pan.
3. Cook vegetables until they are completely cooked. (Ultra soft)
4. Season with salt, pepper and Italian seasoning to taste; chili flakes (if desired)
5. Once cooked, blend vegetables in a blender or food processor; add additional seasoning if needed.

Noodles:

*For noodles we used store bought vegetables noodles as well as spaghetti squash.*

- Cook as directed on box

## Spaghetti Squash:

1. Preheat oven to 400
2. Cut squash in half
3. Scoop out seeds
4. Brush olive oil on inside and outside
5. Season the inside with salt, pepper and chili flakes
6. Place on parchment paper cut side down and cook for 45-50 minutes
7. Once done take fork and fluff to make strands
8. Pour sauce into the spaghetti squash and eat

**Tip:** Cook sauce while spaghetti squash is cooking.

# STUFFED BELL PEPPERS

## Ingredients:

- 6 bell peppers
- 1 cup quinoa
- 1 cup lentils
- 1 onion chopped
- 2-4 chopped cloves of garlic
- 1/2 cup of chopped tomatoes
- Optional for spice 1-2 Serrano peppers and/or jalapeño

## Directions:

1. Preheat oven to 375
2. Remove stems and seeds from bell peppers (bell peppers can either be cut in half or left full)
3. Cook 1 cup of quinoa, follow directions on the package (we don't season)
4. Cook 1 cup of lentils, follow directions on the package, season lentils with salt, pepper, cumin and chili powder
5. While the lentils and quinoa are cooking; in a separate pan, add olive oil, cook onion for 5-10 minutes, then add garlic and tomatoes, and chili peppers; cook until completely done.
6. Once quinoa, lentils, and veggie mixture are done, mix all Ingredients together and stuff your peppers.
7. Place half cut stuffed bell peppers on a foil lined cookie sheet. If you keep your bell peppers whole, they stand up better in a 13x9 casserole dish.
8. Bell peppers will cook for 30 to 45 minutes.

**Tip:** Pop your bell peppers in the oven for 20 minutes while preparing other ingredients, remove, then stuff them and cook for an additional 25 minutes.

# MEXICAN QUINOA

## Ingredients:

- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1/2 teaspoon cumin
- 1 cup quinoa
- 1 cup water
- 1 can black beans ( drained and rinse)
- 1 cup chopped tomatoes
- 1 cup corn - (frozen or roasted)
- 1 jalapeno - sliced
- A pinch of salt - to taste
- 1 lime - cut into wedges
- 1 avocado
- Some chopped fresh cilantro leaves

## Directions:

1. Heat the olive oil in a large pan or skillet to medium-high heat.
2. Add the minced garlic and cumin. Stir for about 1 minute.
3. Add the drained and rinsed black beans, chopped tomatoes, corn, chopped jalapenos, and quinoa, and stir well. After about a minute, add the cup of water and season with salt.
4. Bring to a boil, cover, reduce the heat and simmer for around 20 minutes (until the quinoa is cooked).
5. In the meantime, dice the avocado.
6. After 20 minutes, remove the pan from the heat, and let it rest, still covered for 5 minutes.

7. Add the fresh chopped cilantro and the diced avocado and stir well.
8. Serve with lime wedges.

# ONION CABBAGE AND LENTILS WITH BROWN RICE

## Ingredients:

- Olive Oil
- 1-2 Onion thinly sliced
- 4 cloves Garlic minced
- 1 head of cabbage thinly sliced
- 1 cup of lentils
- 1 Tomato chopped
- Salt
- Pepper
- Cumin
- 1 cup Brown Rice
- 1-2 Serrano Peppers (optional)

## Directions:

1. Cook lentils as directed on the package. Season after the first 10 minutes with salt, pepper and cumin.
2. Prepare brown rice as directed on the package.
3. In another large skillet, heat oil over medium high heat. Cook onions and garlic, stirring occasionally for about 3 minutes or until it starts to become golden. Add cabbage, tomatoes, and peppers. Cover and stir occasionally. When halfway cooked, season with salt and pepper to taste. Once the cabbage mixture is thoroughly cooked, mix in cooked lentils.
4. Fluff cooked rice and add cabbage and onion mixture over brown rice and bon appetit!

# CHICKPEA SALAD

## Ingredients:

- 1 can of chickpeas (rinsed and drained)
- 1 large cucumber
- ¼ cup of parsley
- 10-15 mint leaves
- ¼ cup of red onion
- ½ cup of crushed pistachios
- 1 cup cooked quinoa
- Salt and pepper to taste
- olive oil
- fresh squeezed lemon juice

## Directions:

1. Mix all ingredients together, salt and pepper to taste, drizzle olive oil and fresh squeezed lemon juice.

**Note:** I did not measure olive oil or lemon juice; added based on taste. Avocado can be added to the recipe as well.

## **SWEETS!!!**

We ate a lot of mangoes, pineapple, apples, kiwi, grapes, blueberries, and cherries!

We also blended a pineapple and some bananas as a treat