

DANIEL FAST/VEGETARIAN COOKED VEGETABLE COMBINATIONS

1. Carrots (1-2 pound cut round slices)
Sweet Corn (1 pound)
Green Bell Peppers (2 large cut into 1 inch squares)
Celery (4-6 stalks finely sliced)
Yellow Onion (1 medium cut into 1 inch squares)
Ginger Root (1-2 inch piece finely chopped)
Cilantro (1/4 bundle finely chopped)

Sauté carrots, celery, chopped ginger, cilantro, salt, black pepper. Add onions and sweet corn. Add bell peppers.

2. Green Beans (1 pound cut)
Carrots (1-2 pound matchstick or cut round slices)
Yellow Onion (1 medium cut into thin strips)
Celery (4-6 stalks finely sliced)
Garlic (4-6 cloves finely chopped)
Cilantro (1/4 bundle finely chopped)

Sauté carrots, chopped garlic, celery, cilantro, salt, black pepper. Add onions and green beans.

3. Cauliflower (1 Head florets blanched in salted water)

Carrots (1-2 pound cut round slices)

Green Bell Peppers (2 large cut into 1 inch squares)

Celery (4-6 stalks finely sliced)

Yellow Onion (1 large cut into 1 inch squares)

Cilantro (1/4 bundle finely chopped)

Sauté carrots, cilantro, celery, salt, black pepper. Add onions and bell peppers. Add blanched cauliflower florets.

4. Mushrooms (1 pound sliced)

Green Bell Peppers (4 large chopped)

Yellow Onion (1 large chopped)

Celery (4-6 stalks finely sliced)

Cilantro (1/4 bundle finely chopped)

Garlic (4-6 cloves finely chopped)

Sauté Onions, garlic, celery, cilantro, bell peppers with salt, black pepper. Add mushrooms and cover until cooked.

SALADS

Vinaigrette: 1/3 Cup fresh squeezed Citrus Juice (Lime/Lemon/Orange)

1/3 Cup Apple Cider Vinegar

1/4 Cup Extra Virgin Olive Oil

1 Teaspoon Salt

1 Teaspoon ground black pepper

3-4 tablespoons brown sugar

Combine all ingredients in a jar and shake well.

A. 1 Small Green Cabbage (finely sliced)

½ Small red Cabbage (finely sliced)

½ Cup Raisins

1 Cup Cashew Nuts or 1 Pound Cups Cooked Chick Peas

Toss with vinaigrette

B. 1 pound Shredded or Matchstick Carrots

1 pound Broccoli Slaw

¼ Cup Raisins

¼ Cup Craisins

Toss with vinaigrette

C. 1 Bunch Bok Choy (Washed and finely sliced)

1 Small Onion (Finely chopped)

1 Pound Cooked Chick Peas)

Toss with vinaigrette

D. 1 Small Pineapple (Peeled and Cubed)

1 Small Onion (Finely Chopped)

1 Bunch Cilantro (Finely Chopped)

2 Jalapeno Peppers (Finely Chopped)

1 Lime (juiced)

Mix together in a bowl with lime juice, salt and black pepper.

BEANS

1 Pound Lentils (Washed and Soaked)

3-4 Tomatoes (Diced)

1 Small Onion (Finely Chopped)

1 Bunch Cilantro (Washed and Finely Chopped)

2-4 Teaspoons Ground Roasted Cumin

Salt, Black Pepper

Sauté onion tomatoes cilantro cumin salt and black pepper in pot. Drain and add the lentils mixing well. Add water covering lentils by about an inch. Cook until tender