**PLEASE NOTE THESE AND/OR MY RECIPES ARE FOR 2 PEOPLE WHO LIKE TO EAT. DOUBLE OR TRIPLE AS NEEDED**

**ALSO - if you are looking for something specific, say shrimp, or tacos, or pasta - just hold down 'control' and' F' at the same time and it will open up a search bar to the right of the page, so just type in what you are looking for and it will find every recipe that contains that ingredient or style. Organizing it kinda got away from me!**

*I added some cool sandwich stuff to take to work for lunch. And don't miss the milkshake at the end of this little book thingy*

***Note: Personally I do not like vegetable stock, but had to get mushroom stock for the tofu dish I shared here and I am in love. Mushroom Bouillon Powder***

## ● *ASIAN:*

What you'll need:

Wok – article about seasoning your wok: The Complete Wok Guide: Seasoning, Care & Cooking - The Woks of Life (For anything Asian, they are the go-to!)
Metal Spatula

- **PRO TIP**: If you struggle with your noodles always sticking together making it hard to stir fry - don't boil them. Boil the water with a little salt, turn off the heat, add the noodles stirring constantly to make sure they don't stick together, let it just sit in the water until it's al dente. I got this trick from the mom of Woks of Life, boiling them like pasta creates starch which makes them stick. Drain, and if you are not using it immediately, coat in a little bit of oil, peanut or sesame.

## VEGETABLE LO MEIN/RICE NOODLES:



[Vegetable Lo Mein - The Woks of Life]

## SICHUAN NAPA CABBAGE STIR FRY



https://thewoksoflife.com/hot-sour-cabbage-stir-fry/#recipe

## SHRIMP LO MEIN/RICE NOODLES:



[Shrimp Lo Mein - The Woks of Life]

**Chili oil - The Woks of Life - highly recommended condiment**
**https://seonkyounglongest.com/chili-oil/ HIGHLY recommended condiment**

## SHRIMP RED CURRY:



Ingredients:
1 pound shrimp
3 tablespoons vegetable oil
2 cloves garlic *(minced)*
2 slices ginger *(minced)*
2 tablespoons Thai Red curry paste: Red Curry Paste
1 can full fat coconut milk
1 small bunch baby bok choy – leafy parts only
A handful of cilantro *(chopped)*
1 small eggplant *(cubed)*

Instructions:
In a pot, Heat 3 tablespoons of oil over medium high heat in a skillet. Add the garlic and ginger and fry for 1 minute until fragrant. Add the curry paste and fry for another minute.
Add the coconut milk and bring to a simmer for 5 minutes until the oil starts to float on top of the curry. Add the cubed eggplant. Cook for 2 minutes. Add the bok choy leaves and shrimp. Cook until the bok choy is wilted and the shrimp cooked, 5-7 minutes. Stir in the cilantro. Serve over rice.

## GENERAL TSAO'S CAULIFLOWER:



**General Tso's Cauliflower**

**NOTES**: You can make your own rice flour by grinding uncooked rice in a spice grinder or coffee grinder, but I suggest buying it unless you have a super amazing spice grinder / coffee grinder as it needs to be this fine:
https://www.zojirushi.com/blog/everything-you-need-to-know-about-rice-flour/
If you are in a pinch, a little coarser isn't a deal breaker, it just makes it harder to stick to the cauliflower as it doesn't make a batter in the traditional sense! And FYI, this is absolutely insanely good!!!

## SALT AND PEPPER CALAMARI/SQUID:




**Salt and Pepper Squid (椒盐鱿鱼) - Red House Spice**

## TYPHOON SHELTER SHRIMP:



[Chinese Typhoon Shelter Shrimp - The Woks of Life]

## VEGGIE GENERAL TSAO'S:

Ingredients for the sauce:
1/3 cup vegetable stock
1 teaspoon dark soy sauce
1 tablespoon soy sauce
2 teaspoons rice vinegar
1 teaspoon Shoaxing wine
3 1/2 tablespoons brown sugar
1/4 teaspoon white pepper

Instructions: mix all the ingredients together

Ingredients for the rest of the dish:
Vegetables of your choice, I used asparagus that I halved lengthwise and then cut in half crosswise, julienned carrots, and eggplant cut in strips. Use as much vegetables as you want here.
3 cloves garlic *(minced)*
3 slices ginger *(minced)*
4-5 dried red chilli peppers *(broken in half if you like extra spice)*
Vegetable oil
Cornstarch slurry (1 tbsp cornstarch mixed with 2 tbsp water)

Instructions:
Heat the oil over medium heat in a wok, add chillies, garlic and ginger and fry for a few minutes. Be careful not to burn the garlic, rather have a lower heat than too high. Remove from the work. Increase heat and quickly stir fry your veggies individually until cooked (not overcooked, you still want a crisp to it), about 2-3 minutes. Take out the veggies as you stir fry them and add to the garlic, chilli and ginger mixture. Once all your veggies are done, add back to the wok, stir fry to mix and add the sauce. Bring to a boil and add your cornstarch slurry. Cook till thickened. Serve with either rice or noodles.
If with rice, just spoon it over the rice, if noodles, add the cooked noodles to the wok and mix well.

## **Steamed Mussels With Thai-Style Coconut-Curry Broth:**



Ingredients:
8 sprigs cilantro, leaves and stems roughly chopped and reserved separately
4 medium cloves garlic, thinly sliced
2 small shallots, thinly sliced
1/2 teaspoon whole coriander seeds
1/2 teaspoon dried Thai chiles or red chile flakes
2 slices ginger
1 teaspoon zest plus 1 tablespoon juice from 1 lime (plus additional limes for serving)
Kosher salt
1 (15-ounce) can coconut milk (do not shake before opening!)
1 tablespoon vegetable or canola oil
1 tablespoon Green Curry Paste
1 tablespoon brown or palm sugar
1 tablespoon fish/soy sauce, plus more to taste (use soy sauce during red fast, use fish sauce during fasts when fish is allowed)
2 pounds raw mussels / cooked if can't find raw - see #3
1 small Thai or serrano chile, thinly sliced

Directions:
1. Combine cilantro stems, half of garlic, half of shallot, coriander seeds, dried chile, lime zest, ginger, and a small pinch of kosher salt in a mortar and pestle. Pound and grind until a smooth paste is formed.
2. Scoop 2 tablespoons of thick cream from the top of the can of coconut milk and add to a large saucepan. Add oil and heat over medium heat until shimmering and sputtering. Add remaining garlic and shallots, pounded aromatic paste, and the curry paste. Cook, stirring and scraping the paste around the bottom of the pan until very aromatic, about 4 minutes. Add remaining contents of coconut milk can, sugar, and fish/soy sauce. Bring to a simmer and cook until rich and aromatic, about 3 minutes. Season to taste with more fish/soy sauce as desired.
3. Add mussels, stir, cover, and cook, shaking pan constantly and peeking every 30 seconds to stir. As soon as all the mussels are open, stir in chopped cilantro leaves, fresh chile, and lime juice. Serve immediately, with additional limes at the table. ***IF*** using cooked mussels, just add the mussels, chopped cilantro leaves, fresh chile, and lime juice and warm through. Raw is preferred, obviously, but sometimes hard to find in some places.

## Squid/Calamari stir fry



Ingredients:
1 lbs squid, cut into strips (cut in rings, then half it), or calamari rings, and tentacles, or just calamari rings cut in half.
4 tbsp sesame oil
5 cloves garlic, minced
5 slices ginger, julienned
3 tbsp soy sauce
3 tablespoons dark sweet soy sauce - if you don't have dark sweet soy sauce, take regular dark soy sauce and add 2 tablespoons of sugar to the 3 tablespoons dark soy sauce, stir until sugar is

dissolved. It will get thicker as well. Do this step first and stir often while you cut your ginger and garlic so that the sugar has time to dissolve. Or just stir it until dissolved, up to you!
1 tbsp Shaoxing wine
2 tsp cornstarch
2 tsp water
2 red chilies, seeded and minced (I used habaneros)
2 handfuls Thai basil (if you can get Thai basil, do that! It really tastes different!)
Sliced green onion for garnish

14 oz Udon noodles, precooked. Or whatever noodles you prefer, just make sure it's ready to go when it's time to go! We used this one: Ka-Me Udon Stir-Fry Noodles

Directions:
Mix together the soy sauces and Shaoxing wine. Mix together the cornstarch and water (slurry).
Boil a pot of water, blanch calamari in the boiling water for 20 seconds, remove and put in a colander until ready to use so that the water can drain properly. I actually use a sieve.
Heat wok over medium heat, add sesame oil, once hot, fry ginger first and fry until almost golden, then add the garlic and fry until golden..
Add the soy sauces to the wok, once heated add the cornstarch slurry and stir until thickened. Add the ginger, garlic and calamari to the wok. Now add the noodles and mix until everything is coated well. Add the basil and chillies.
*I used dried red chillies the second time I made this. Just add that to the wok when you add the garlic. I also used wide rice noodles the second time.

**Kung Pao Shrimp**



https://thewoksoflife.com/kung-pao-shrimp/

**Brussels sprouts stir fry(trust me, this is AMAZING!!!!)**



Ingredients:
12 oz bag of brussels sprouts
- cut the root side off and slice real thin lengthwise

3/4 pound of Rice noodles - cooked
- **PRO TIP**: If you struggle with your rice noodles always sticking together making it hard to stir fry - don't boil them. Boil the water with a little salt, turn off the heat, add the noodles stirring constantly to make sure they don't stick together, let it just sit in the water until it's al dente. I got this trick from the mom of Woks of Life, boiling them like pasta creates starch which makes them stick. Drain, rinse thoroughly and if you are not using it immediately, coat in a little bit of oil, peanut or sesame. 1 tbsp should do it.

Peanut oil
3-5 dried red chillies, broken in pieces (or to taste)
2 cloves garlic *(chopped)*
1 scallion/ green onion *(chopped)*
*Sauce:*
2 teaspoons oyster sauce - highly recommend this one: Mala Market
1 teaspoon sugar
2 tablespoon soy sauce
1/4 teaspoon white pepper
1 tbsp Shaoxing wine

Instructions:
Heat 2 tablespoons of oil in the wok over medium-high heat. Add the chili, garlic, and scallion. Cook for 30 seconds, until fragrant. Before the peppers and garlic start to turn brown, add the Brussels Sprouts, and increase the heat to high. Stir-fry for 2-3 minutes, until the Brussels Sprouts is wilted.
Add the noodles, add 1 tbsp of Shaoxing wine to the perimeter of the wok
Add the sauce and stir fry for about 2 minutes to incorporate everything and serve!!
******* I got the idea for this recipe from The Woks of Life coz if I had to eat one more roasted Brussels Sprout … : https://thewoksoflife.com/cabbage-and-glass-noodle-stir-fry/#recipe

**Vegan Mapo tofu (wow wow wow! Even if you dislike tofu, or are scared to try it. TRUST ME)**



**https://www.foodandwine.com/recipes/vegan-mapo-tofu**

## Vegan Ramen (wow wow wow!) Don't be intimidated by the pic, for some reason I was and I took way too long to finally try this. It is INCREDIBLE!

- **TIP**: I used fresh corn on the cob instead of frozen. I did slice the corn off the cob early and added the cobs to the stock as well. I also used mushroom stock instead of adding salt. But I bet if you don't make changes it will still be mindblowing!



https://thewoksoflife.com/vegan-ramen/

## ● *INDIAN:*

**General Note:** If you don't cook a lot of Indian food, you may not have a lot of the spices, but most of it is available at your grocery store, and if not, there is hopefully a local Indian store nearby or get it on Amazon. Don't be scared to buy a bigger bag as mostly the same spices are used in all Indian food, so you are not going to buy something you are going to use once and then never again! If you are in Beaumont, my Indian store is Balaji Indian Food on 345 Calder Ave, Beaumont, TX 77706.
Serve your curry with naan or roti. You can buy naan at my Indian shop or wherever (but be careful as it contains milk), or eat your curry with rice. I will say there is a brand out there called stonefire that sells naan,, it is not good at all! I'm sorry but it's not. The brand I buy if I don't make it, is Deep. Unfortunately the naan I make contains yogurt. So it is not appropriate for red fast.

## ROTI:

No butter, quick and easy

Salwaa's Cape Malay Cooking

Makes 12

Ingredients:

4 cups cake/all purpose flour

1 tsp salt

4 - 6 tbsp cooking oil

2 cups boiling water

Method:

Add the flour and salt in a large mixing bowl.

Make a well in the centre and pour in the oil and the boiling water. Mix with a wooden spoon until combined and mixed through.

Divide the dough into 12 even pieces.

Heat a flat heavy based saucepan over medium to high heat.

Roll the dough one at a time into circles on a lightly oiled surface. Fry the rotis 1- 2 minutes on each side. Serve immediately with your favourite curry.

## GARAM MASALA:

Garam masala is the mother of Indian spice mixes. If you made a curry and something is missing, add garam masala. All the spices are toasted so you can sprinkle it over at the end as well!

Ingredients:
¼ cup each of cumin and coriander seeds
6 black cardamon
8-10 green cardamon
1 tbsp black peppercorns
1 small cinnamon stick
Whole Kashmiri chilies to taste

Instructions:
Roast the cumin, coriander seeds, black pepper and cinnamon stick on low to medium heat in a skillet until fragrant.
Remove the seeds (keep the cinnamon). Add the kashmiri chillies and roast until slightly darkened and fragrant.
Remove all, add in with the rest of the roasted ingredients and let cool completely.
Grind in your spice grinder or mortar and pestle until fine but not super powder.
Add back to your skillet, add ½ tsp turmeric, reheat again on low-medium stirring constantly to incorporate the turmeric fully for a minute or so. CAREFUL NOT TO BURN or it will be bitter and you can't use it.

## PUMPKIN CURRY:



[Pumpkin Curry Recipe]

**NOTES**: you can follow the recipe as is, but I strongly suggest after adding the tomato/tomato puree, don't add the pumpkin, water and coconut milk just yet. Cook the tomato mixture down to form a thick paste. It will reduce down and you will see the oil separate from the mixture. Once that is done, add the pumpkin, add some salt and stir fry in the paste for a couple of minutes. Then add the coconut milk and little water. Pumpkin has water in it already, so you don't need much, just enough so it doesn't stick to the bottom of the pot while it's cooking. I also didn't feel like it needed all of the jaggery/brown sugar, and if you are not adding tamarind, you probably won't need it at all.

## POTATO AND PEA CURRY:



[Aloo Matar Recipe | Aloo Mutter By Swasthi's Recipes]

**STUFFED EGGPLANT CURRY:** this is amazing!!!



**Brinjal / Eggplant Curry**

**MUSHROOM MASALA:**



***https://myfoodstory.com/mushroom-masala/#recipe***

**CABBAGE AND CARROT SALAD:**

This is such a great salad! Serve with lentil patties. Oh my!! Serve just like that, the salad and lentil patties, and/or stuff into a pita with tahini sauce!!! YUM!!!



***Cabbage and carrot Thoran style salad***

## INDIAN SPICED PATTIES: - UPDATED

Ingredients:
3 tbsp Canola or peanut oil

1.5 cups red or brown lentils (red cooks to a softer lentil, but brown is fine)
2 tsp cumin seeds
1½ tsp yellow mustard seeds
1 red onion *diced*
3 cloves garlic *minced*
1 tbsp each fresh ginger and garlic paste *(I pound them in my mortar and pestle each separately and then once I measured that I have 1 tbsp of each, I smash them together)*
1 green chili, *chopped* (serrano is fine) More to taste
2 tsp coriander powder
1 tsp turmeric
1 tsp cumin
2 green cardamon pods
A good squeeze lemon juice
1 tbsp garam masala (optional if you don't have on hand)
1/4 cup Cilantro, chopped
1 cup breadcrumbs / chickpea flour to bind

Instructions:
Cook lentils. Here is a pretty thorough article/instructions on cooking different types of lentils: https://cookieandkate.com/perfect-lentils-recipe/ - I totally trust this chick when it comes to technique. Worth looking at her recipes too!
In the meantime, heat up your oil in a medium sized pot on medium-high heat until hot, add your cumin and mustard seeds, once it starts to pop quickly add your onion and cardamon pods, reduce heat to medium and fry until golden, add your ginger and garlic paste, fry until fragrant and the raw smell is gone. Add your chili, fry for about 30 seconds. Add your coriander, turmeric and cumin powders. Cook for about 30 seconds to a minute, just be careful not to burn.
Now add your cooked lentils and stir vigorously to create a mushy consistency. Taste for salt. Add garam masala, cilantro and lemon juice. Add breadcrumbs/chickpea flour to bind. If using chickpea flour, make sure to cook the flour for a few minutes stirring constantly.. If not on a strict fast, and eggs are allowed, use that! 1 beaten egg.
Let it cool down.
Form patties and fry in oil, just quickly, the patties drink the oil up like rain in the Namibian desert, so fry it quickly, flip, you just want a bit of color and to warm it up. Be careful when handling, they are fragile, with egg I imagine they won't be but for now, handle with care. **OR even better:** if you have an air fryer, find something that fits in your air fryer, preheat that to 450F, coat the bottom with avocado oil. Form patties in your hands and put into the little thingy you chose, brush/spray the tops of the patties with avocado oil and just blast at 450 until the top is golden. Don't bother flipping. I can imagine that it can work in the oven too. That frying in a pan and flipping and the amount of oil it sucks up is a little hectic.
Serve with the carrot and cabbage salad as is. Or stuff into a pita with tahini sauce!

(Note: I had some spinach in the fridge that needed to be cooked that day, so I added that into the onion mixture before adding the lentils. I let it wilt nicely then added the lentils)

- ***PASTA/ITALIAN:***

**OLIVE AND ROASTED CHERRY TOMATO LEMONY PASTA:**

It's a spin off of a salami and kalamata olive pasta I created from reading some restaurant menu one day. I changed it to make it fast friendly, and it is to die for!!!!



Ingredients:
1 pint cherry tomatoes
avocado/olive oil

12 big green olives (Castelvetrano), pitted and cut into chunks (trick: if you can't find pitted, buy the pimento ones, easier to remove the pimento part than a pit!)
1 lemon, zested
¼ cup Panko breadcrumbs
Handful of Basil leaves
Red pepper flakes to taste
3/4 of a whole garlic bulb cloves, sliced
1/2 lb pasta (I am a sucker for spaghetti, but use what you like)

Directions:
Start by roasting your tomatoes and red pepper flakes in quite a bit of avocado oil at 350F until starting to caramelize.
In the meantime, zest your lemon and slice your garlic. (Keep separate, don't mix the two).
Toast ¼ cup of panko breadcrumbs in a thin layer of avocado oil on medium, once you see it's not toasting proper and it's been 2 minutes, don't turn up the heat, just add a bit more oil, you don't want this oily so you don't want to start off with too much oil, but you don't want it dry either. Once nice and golden, remove to a bowl, add a good pinch of lemon zest, a good pinch of Himalayan salt and freshly ground black pepper.
Wipe out your little pan or whatever you are using, add avocado oil and roast your sliced garlic on medium until golden. Remove. In the same pan or whatever you are using, add your olives and fry on medium, not stirring constantly, you want it to catch some heat and caramelize slightly. Put the garlic back in with the olives, and keep until we use it in just a bit.
Once you see your tomatoes are about ready for action (starting to caramelize), cook your pasta. When the pasta is done, throw in a colander and very quickly add your olives and garlic mixture with the oil to the pot from which your pasta came, add your pasta back and stir. Add your roasted tomatoes and the rest of your lemon zest and a handful of freshly cut basil leaves (use a scissor to make it go quick) and mix to combine.
Dish in a plate, top with the lemony peppery breadcrumbs and serve!

**TOMATO, SPINACH AND MUSHROOM PASTA:** (the pic is terrible, sorry! But I promise it is fantastic!!)



Ingredients:
Spaghetti or pasta of your liking - ½ a pound (this is for 2 ppl as usual)
Avocado oil (obviously olive oil if allowed)
3 large garlic cloves - sliced
Kalamata or green olives, whatever you fancy. I used about 5 kalamatas coz that's what I had left. Use how many you want, and green or kalamata.- Sliced
Red chili flakes
Container of sliced mushrooms
Small bunch/container spinach.
Nutritional yeast - actually get this stuff!! It's super umami and cheesy tasting and sooo good for you! - I say more about it below.
Lemon - juice and zest.
Freshly ground black pepper
Container of cherry tomatoes

Directions:
Slice the cherry tomatoes in half, put in a baking dish and put some avocado oil, shake making sure the bottom is covered in oil and the tomatoes are coated (not covered, just coated). Sprinkle a bit of chilli flakes over - again, how much you want. I did not want it spicy, so maybe about a tsp. Put in a preheated 400F oven and let it cook. You want to still have it retain their form with some caramelization - about 30 min.
While that is going on, slice and fry the garlic on medium in avocado oil until golden.
Remove from the pan.
Turn up the heat to high, fry your mushrooms with a little salt and pepper, stirring constantly.. You want your heat high or else the mushrooms will release their water and start to stew. You want to fry them and get some color (caramelization).
Remove from the pan and put it with the garlic and add a VERY generous amount of nutritional yeast, stir and make sure the mushrooms are coated **very** well (this will act as a thickening agent and cheesy flavor later).
Add your olives and fry for 1 minute, still on high. Remove and put with your mushrooms and garlic.
Reduce to medium and add your spinach, stir fry until just wilted.
Now add all the veggies back to the pan.
Cook your pasta now. Once it's al dente, scoop out of the water with a scoopy spoon with holes and put directly into your mushroom spinach mix. Do not drain, just scoop and add.. You want a bit of the water. Mix everything together, put some more nutritional yeast, add a bit more pasta water if needed and just make sure the pasta is coated by the nutritional yeast "sauce". It's not super sauce, it's just a gentle coating.
Add your cherry tomatoes,, sprinkle with lemon zest, a squeeze of lemon, some black pepper, mix and boom!

*Nutritional yeast contains all nine essential amino acids, i.e. the ones you have to get through food that we don't make in our bodies," says F&W senior food editor Breana Killeen, M.P.H., RD. It's an excellent source of B vitamins including Vitamin B12,*

*which is particularly important for those who don't eat animal protein, and folate, which promotes nerve growth. What's more, it's low in calories and offers immune-boosting minerals like selenium and zinc that most people don't get enough of in their diets, Killeen adds.*
*Nutritional yeast also contains an impressive amount of protein for those following a plant-based diet. "For every two teaspoons of nutritional yeast, you get three grams of protein, which is not nothing," says Killeen. "For comparison, one ounce of nuts provides about six grams of protein and a half cup of beans is eight grams of protein.*" (here is the article and other ways to use it: Nutritional yeast

**SHRIMP AND GRITS:** (I sprinkled some parmesan over mine, just don't do that haha!)



Ingredients:

For the topping:

1 pint/container cherry tomatoes, halved

Handful / to your liking, green olives, like Castelvetrano cut into chunks

5 or to taste Calabrian chillies, sliced into 4 or so pieces, just so that it gets distributed evenly in the tomatoes. Or a good sprinkle of chilli flakes/Aleppo pepper. If you don't have Aleppo, it's worth checking it out! So fruity and tangy with a slight heat.

6-7 big garlic cloves

Avocado/olive oil

- Preheat the oven to 350F. Coat the bottom of your little roasting thing with avocado oil/olive oil, add your cherry tomatoes and chillies, swirl to make sure the tomatoes are coated and roast in the oven for about an hour.
- In a small pan on the stove, that's been warmed up to medium, add about 3 tbsp oil and let the oil warm up, add the garlic. Cook until it turns golden. It can go fast so be careful.
- Remove the garlic and keep one side, keep the oil, turn up the heat and once hot, add the olives and fry until caramelized.
- Once your tomatoes are done, nice and cooked, some caramelization action, add your olives and garlic and very gently just mix. Stirring roughly will break up the tomato too much.

For the grits:

Cook your grits with a nice fatty milk like Macadamia or soy. Or nut milk of choice.. Half milk, half stock of your choice. I have turned against vegetable stock, it tastes like dusty dirt. I love mushroom stock now! Add a quarter cup nutritional yeast and cook until done. I did 2 cups milk, 2 cups stock and 1 cup stone ground grits with a tsp salt.

For the shrimp:

Super simple, just how many shrimp you want, salt, pepper and Aleppo pepper.

Don't be shy with the oil and the Aleppo pepper so that it makes Aleppo oil for drizzling.

Just take off the shell, season with salt, pepper, Aleppo and fry over pretty high heat for maybe 2 minutes, flip after one minute until it's just cooked through and has some color. If you are scared you might burn the Aleppo pepper, simply make Aleppo oil separately by heating up a few tablespoons of avocado/olive oil over medium heat, adding about ½ - 1 tbsp Aleppo pepper, letting the oil infuse. It will turn a gorgeous red.

To serve:

Dish up grits, top it with the tomato mixture and shrimp, and serve.

## ***BOWLS:***

## **Roasted Brussels sprouts, beets and eggplant, pumpkin seeds with tahini dressing:**



Ingredients:

Brussels sprouts, halved or cubed depending on the size
Beetroot, cubed
Eggplant, cubed
Thyme/rosemary/bay leaves – or a combination
Avocado oil
Pumpkin seeds (roasted or raw)
Tahini
Lemon
(I didn't say the amounts because you make how much you want to make - the sauce is enough for about 4 servings)

Instructions:
Preheat oven to 525 Fahrenheit.
Boil the beetroot until just tender, let cool and cube.
Half the brussels sprouts (quarter if big).
Cube the eggplant.

Drizzle avocado oil over the vegetables, season with salt and pepper and roast until cooked and slightly charred in places, opt for just cooked over charred, you don't want overcooked, mushy veggies. Make sure you don't crowd your pan when roasting or it will steam instead of roast. I roast mine individually, my roasting pan is small!

For the tahini dressing: (there are so many different variations, please feel free to look online and experiment) (store leftover tahini in a sealed container in the fridge, it keeps for quite a while)
Ingredients:
1 garlic clove, finely, minced (smash with the blade of your knife and finely chop)
3 tablespoons fresh lemon juice
½ cup tahini paste
¼ cup warm water

Instructions:
Mix the minced garlic and lemon juice and let sit for about 10 minutes to infuse.
Add the tahini and water and whisk until smooth, add more water a little at a time until you get the right consistency. Not too thick, thin enough to pour like a salad dressing.
Season with salt and pepper. Add more lemon juice if desired.

Assemble:
Put the veggies in a bowl, top with pumpkin seeds and drizzle with tahini dressing.

- ***VARIOUS BOWLS:***



Bowls are so much fun and so easy to adapt to your style and taste! Switch out the olive oil with avocado oil (avocado oil) and you are good to go!!!

## 25 Delicious Vegan Buddha Bowls | Feasting At Home

## Shrimp Quinoa bowl: (just use avocado oil instead of olive oil)



https://whatsgabycooking.com/avocado-shrimp-quinoa-bowl/

- ***SALADS***

I like to make salads that keep well in the fridge. So you make a massive batch and eat it over a few days.

## Spinach Salad with Roasted Sweet Potatoes, White Beans & Basil

*Just sub avocado oil for the olive oil!!



**Spinach Salad with Roasted Sweet Potatoes, White Beans & Basil**

# AUTUMN ROASTED VEGETABLE SALAD & TAHINI DRESSING

I used butternut instead of the pumpkin, and spinach instead of the lettuce so that it keeps in the fridge. Spinach can hold but lettuce gets all yucky the next day. And of course sub avocado oil for the olive oil!



**Autumn Roasted Vegetable Salad & Tahini dressing**

## CHICKPEA, FARRO AND SHRIMP SALAD

Just replace the olive oil with avocado oil! Farro is my new obsession! **NOTE:** Cook farro like you would pasta, the rice method is really not great!!! Gets all gluey and weird.




***Mediterranean chickpea, farro and shrimp salad***

# FARRO SALAD



1 cup whole-grain farro
4 cups vegetable/mushroom broth
1 bay leaf
Kosher salt
1 large shallot, very thinly sliced
1/3 cup extra-virgin/avocado olive oil
3 Tbsp. apple cider vinegar

1 Tbsp. Dijon mustard
2 tsp. honey
Freshly ground black pepper
1 green apple, chopped *(after you chop it, squeeze some lemon juice over it to prevent it from browning - We ate on this salad for days so I wanted to make sure the apple doesn't get weird. And it didn't. Stayed very awesome)*
2 cups lightly packed arugula - *if you can't get arugula rather just leave it out. You really need the arugula and a substitute ain't gonna cut it.*
1/2 cup shaved Parmesan (leave out on strict fast days)
1/4 cup coarsely chopped toasted pecans / pine nuts / pistachios / almonds, really whatever you have or want
1/4 cup finely chopped fresh basil
2 Tbsp. finely chopped fresh parsley

Instructions:

In a medium saucepan over medium-high heat, bring farro, broth, bay leaf, and 1/2 tsp. salt to a boil. Reduce heat to medium-low, bring to a simmer, and cook until farro is tender, about 30 minutes. Strain, transfer to a large serving bowl and let cool.
While the farro cooks, in a small saucepan over medium heat, heat olive/avocado oil. Cook shallots, stirring occasionally, until beginning to bubble, about 5 minutes. Reduce heat to medium-low and cook, stirring occasionally, until shallots are golden and crisp, 15 to 20 minutes. Using a slotted spoon, transfer shallots to a paper towel-lined plate; season with salt. Let shallot oil cool.
Transfer shallot oil to a medium bowl. Add vinegar, mustard, and honey and whisk to combine; season with salt and pepper.
Add shallots, apple, arugula, Parmesan if allowed, nuts, basil, and parsley to bowl with farro. Drizzle dressing over and toss to coat.

- ***MEDITERRANEAN***

## FALAFELS




## Easy Authentic Falafel Recipe: Step-by-Step | The Mediterranean Dish

**NOTES**: As a person who LOVES falafels, and could never get it right, this recipe is perfection!

## MUSHROOM SHAWARMA: (just use avocado oil instead of olive oil!)




Mushroom shawarma

- ***INDONESIAN:***

## EASY GADO GADO WITH SPICY PEANUT SAUCE: (just omit the eggs!)



Ingredients:
1 Cup cooked rice (white or brown)

1 large sweet potato/butternut squash/pumpkin *(sliced in ¼ inch strips/rounds depending on what you use)*
1 red pepper *(cored and sliced in 1 inch strips)*
8-10 ounces green beans
Avocado oil

Instructions:
Preheat the oven to 525 Fahrenheit, drizzle the sweet potato/butternut squash/pumpkin and the peppers with avocado oil in 2 separate trays, season with berbere (berbere) or you can buy it here: SpiceWalla (that whole collection is awesome!) Or just salt and pepper if you can't with berbere, but it is highly recommended. Roast until cooked and charred, maybe 20-30 minutes depending on your oven. The peppers will be done first, so be sure to pull it out of the oven when it is, and leave the sweet potato/butternut squash/pumpkin in until done.
Also in the meantime, bring a pot of salted water to the boil and blanch your green beans. I like mine still crisp, but cook to your liking. Drain and sprinkle with some berbere.

Peanut sauce:

Ingredients:
1/4 cup peanut butter
1 Tbsp light soy sauce
1-2 Tbsp fresh lime juice
1-2 tsp maple syrup
2-3 tsp chili garlic sauce or siracha
Hot water
Salt

Combine all the ingredients except the water and salt and mix well. Add 1 tbsp hot water and mix well, keep adding water little by little until it becomes a pourable sauce.
Once it's nice and pourable, taste and season. Add salt if you'd like more salt, more lime juice, more chili sauce if you like it spicier, just keep adding a bit of everything as needed until you like the way it tastes!

**Assemble your bowl just like a buddha bowl and drizzle the sauce over.**
**On a NO MEAT fast you can also add hard boiled eggs halved, which is a typical topping for gado gado.**

- ***MEXICAN:***

**LENTIL TACOS:** ***(husband's favorite!)*** **(can do with regular taco toppings or this avocado salsa)**



LentilTacos

## PORTOBELLO MUSHROOM FAJITAS:



## Portobello Mushroom Fajitas | The Modern Proper

**NOTES**: This is such a nifty little thing and I love it!! (grill pan)

Instead of roasting your veggies in the oven (at 525 Fahrenheit, always), which is fine, you can cook the veggies directly over the fire which adds a lovely smokey taste to the veggies, which takes it to the next level! Just season with the taco seasoning and roast over the fire until charred,

cooked but still slightly firm. The holes in the pan allows the fire and smoke to get directly on your veggies which is just too awesome!

## CHICKPEA TACOS:



[20-Minute Chickpea Tacos]

## SHRIMP TACOS WITH PINEAPPLE SALSA:



Shrimp Tacos

- ***SOUP AND SOUPY THINGS:***

## SMOKY BEANS AND GREENS IN TOMATO BROTH:



***Smoky beans and greens in tomato broth* (just leave out the parmesan and butter and use avocado oil)**

**BRAISED BEANS AND GREENS: (just leave out the cheese)**



***https://avirtualvegan.com/braised-white-beans-greens/***

- ***SEAFOOD:***

## CALAMARI WITH CHERRY TOMATOES:



Ingredients:
Pint of cherry tomatoes, whole
Avocado oil / olive oil if allowed
About 7 or 8 big cloves of garlic, sliced
1 lb calamari and tentacles
2 lemons, zested
Salt and fresh black pepper

Red pepper flakes *(to taste)*
Handful of basil, sliced
**TWIST:** Did this version today: Do yourself a favor and get some Calabrian Chili: Tuscanini Calabrian Chili it's super amazing! Great tasting, not too spicy. When doing the tomatoes in the oven, add some whole chilies to taste and roast together. When it's done, take the chilies once it's cooled off just a bit, and tear into smaller pieces. I used the oil in the jar for the tomatoes, not avocado oil. Also when roasting the garlic, I used 1 tbsp chili oil and 1 tbsp avocado oil.

Instructions:
Start by thawing out the calamari, I put it in a big mesh colander so that the water drains as it's defrosting. Calamari is pretty watery so you don't want that extra water in the dish, it will boil instead of fry and in an effort to get rid of the water, the calamari can overcook. Once thawed, cut the tubes in rings and if the tentacles are big, cut that in half and leave the small ones. Once you are close to being ready with the calamari, start the rest of the dish. You can dry it with a clean kitchen towel once thawed out and you are ready for action.

Roast your whole tomatoes in avocado oil (or olive) in the oven at 350F until it's starting to caramelize, about 45 min. You want the bottom of whatever you are using to have a layer of oil. Swirl to make sure all the tomatoes are oiled (or with the above twist!)

Fry the sliced garlic in avocado oil (or olive oil) on medium until golden and remove. Keep it one side in a little bowl.

Once your tomatoes are ready, season your calamari with salt, pepper, red pepper flakes and lemon zest. Heat avocado oil (or olive oil) in a large skillet (if you don't have a large one about 12 inches, do it in small batches). Heat up oil until pretty hot and fry your calamari quickly until opaque, careful not to overcook. Stir in your tomatoes and garlic, careful not to break the tomatoes up too much, sprinkle with basil and serve with a nice baguette, no butter needed because you will have some oil for dipping.

*Tip*: I like fresh bread, so if my bread is a day or more old, I preheat the oven to 350F and with wet hands moisten the outside of the bread and bake until crispy. Or not so crispy if that's how you like it. Keep feeling it until it's how you like it. It comes out fresh like you just got it from the bakery! This works with rolls and buns.

- ***OTHER:***

**VEGGIE PITA SANDWICH**: (this is so easy and good; we ate it 2 days in a row!!)

Preheat the oven to 525 Fahrenheit. (Can also be done on the grill or air fryer)

Ingredients:
Red bell pepper, core removed, deseeded and sliced in half
Red onion, quartered and sliced
Zucchini, sliced lengthwise, 1 inch thick
Eggplant, sliced, 1 inch thick

1 boiled beet, sliced (boiled in water, no salt or seasoning needed, cooled, do this one first as beets take a bit to cook)

Instructions:
Season the veggies with salt, pepper and oregano.
Roast in the oven. Make sure the pan is not crowded, do it individually if needed. Roast until cooked and slightly charred.

For the pita: (store bought has no olive oil)

Brush with a little avocado oil and either toast in the oven or in a pan.

To assemble:
Cut the pita open, fill with the ingredients and drizzle with more avocado oil or tahini dressing or white bean garlic sauce which is towards the end of this cookbook thingy.

## VEGGIE PIE:

**NOTES:** You can use Pepperidge Farm's puff pastry, there is nothing in there that is not allowed although the ingredients are questionable, found that out a bit late, and then swap the vegan butter for avocado oil, use whatever herbs you like, and use whatever veggies you have on hand or like. Also use vegetable broth instead of the vegan chicken broth. I strongly suggest using the nutritional yeast for the cheesy element. I explain what that is in pages 11-12 if you are not familiar.



https://sweetsimplevegan.com/vegan-pot-pie/

**TOMATO TART:**



## VeganTomatoTart

# SHRIMP SALAD WITH MANGO AND AVOCADO DRESSING:



[Shrimp Salad with Mango and Avocado - Rachel Cooks®]

**NOTE:** Substitute olive oil for avocado oil during red fast!

# NO MEAT, FISH, DIARY, EGGS (can replace olive oil with avocado oil)

## SEAFOOD PASTA:



Ingredients:
(28-ounce) cans peeled Italian plum tomatoes
2 tablespoons extra-virgin olive oil/avocado oil
2 large garlic cloves, smashed
bottled clam juice (8 ounces)
2 large thyme sprigs
4 large basil leaves
Pinch of sugar
Kosher salt
Freshly ground black pepper
1 pound cleaned baby squid, sliced crosswise into 1/2-inch rings, large tentacles halved / calamari

1 pound mussels, scrubbed and debearded
1/2-pound medium shrimp, shelled and deveined
Crushed red pepper
Linguine

For the breadcrumb topping:
Sourdough bread
Chili flakes
Zest from 1 lemon

Instructions:
Heal olive oil/avocado oil on medium heat until shimmering, add garlic and cook until fragrant, about 30 seconds.
Add the tomato, clam juice, herbs, salt, pepper, sugar and chili flakes and cook until reduced by about half.
Make breadcrumbs: toast bread in oven on 350 til lightly toasted, make crumbs in food processor or mortar and pestle, add to pan on low heat, with a drizzle olive/avocado oil, chilli flakes to taste and lemon zest and toast.
Cook pasta according to instructions.
Add shrimp, cook 80% done, add calamari/squid and mussels and cook until just done and tender.
Mix pasta and seafood and top with breadcrumbs.

# TOMATO AND EGGPLANT PASTA:



Ingredients:

1.5 lb eggplant, *(cut into 2.5cm/1" cubes (2 medium/large ones)*
1.5 lbs ripe Roma tomatoes (*halved)*
Extra virgin olive oil (you can make this on red fast using avocado oil)

Salt and pepper
1.5 lbs ripe Roma tomatoes
2 garlic cloves*, (sliced)*
2 shallots/onion *, (very finely chopped)*
1/5 cup dry white wine *, anything not too sweet or woody – Pino Grigio works great* (omit if on red fast. Don't use cheap wine, it will make it taste horrible, I love Yellow Tail)
1 tsp dried Italian herbs *or oregano*
1/2 tsp red pepper flakes*, (or more it you like it spicy)*
1 lb Spaghetti (but even if you need less spaghetti, the sauce can be saved to eat with bread the next day or stored to eat with spaghetti again later)

Instructions:
Drizzle the eggplant in olive oil and roast until cooked and slightly charred (always at 525 Fahrenheit)
When done, put in a bowl to the side.
Drizzle your tomato with some olive oil, salt, pepper and some red pepper flakes and roast until super soft and charred well.
While the eggplant and tomatoes are going, chop your shallots/onion
Chop your garlic (smash with your knife and then chop finely)

Add olive oil to your pot (when cooking with olive oil especially, always warm your pot first and add olive oil to a warm pot, never add olive oil to a cold pot or pan), heat up and add your garlic to the sizzling oil, not too hot coz garlic burns very quickly, cook until golden and almost wanting to be crispy.
Lower the heart and add the shallot/onion and cook until translucent.
Turn heat up high, fry for a minute and add the wine (trust me when I say keep your face away from that coz the steam it creates will blow your face off). Cook and reduce to half.
Add your roasted eggplant and roasted tomatoes and cook for just a bit.
Break up some of the stubborn tomatoes with a spoon. You want chunks, not a smooth sauce.
Taste for seasoning, add more salt, pepper and red pepper flakes to taste.
Add your pasta (or if you made less pasta, dish up the pasta, top with the eggplant and tomato mixture and toss your pasta to coat on the plate)

**Note:** After you cook pasta and you are not going to use it right away, drain, use the pot you were cooking your pasta in and add olive/avocado oil, add the drained pasta and toss, then it won't stick together!

**SQUID (CALAMARI) PASTA:** ***(this is amazing!!!)***



Ingredients:

Marinade:
1 lbs calamari tubes and tentacles, bodies sliced into ½-inch rings, or already sliced calamari rings and tentacles. If the tentacles are large, cut in half
¼ cup plus 1 tbsp olive oil/avocado oil
2 tablespoons chopped fresh basil
2 garlic cloves, grated on a zester or garlic press
½-1 teaspoon crushed red pepper, to taste. 1 tsp actually has a nice heat, just perfect
1 tsp salt (kosher or Himalayan)
Freshly ground black pepper, to taste
Zest of 1 lemon or more

½ cup panko crumbs

12 ounces (350 g) dried spaghetti or linguine

1 pint red or assorted color cherry tomatoes, whole

Instructions:

Combine the marinade ingredients and marinade the calamari for 1-4 hours.
Toast the panko bread crumbs in 1 tbsp olive oil on medium heat in a pan until golden, stirring constantly.
Preheat the oven to 475 Fahrenheit, drizzle your cherry tomatoes in some olive/avocado oil and roast until cooked and slightly charred.
Once your tomatoes are done, cook your spaghetti/linguine until al dente.
While the pasta is cooking, in a large pan or wok, fry your calamari in the marinade for about 2 minutes on high heat until the calamari and garlic is just cooked. Overcooking will result in tough calamari, rather stop and taste to see if it is done than overcook it. You can't uncook something 🙂
Combine the calamari, roasted cherry tomatoes and pasta and serve immediately garnished with fresh basil and lemon zest. If allowed, you can serve with parmesan but it's not needed. It's soooooooooooo good!!!

## **Fusilli with Spinach and Sun-Dried-Tomato Pesto: *(this is INCREDIBLE!!!)***

Don't be fooled by how simple it looks! It is PACKED with flavor and easy to make! JUST LEAVE OUT THE CHEESE! I would recommend to make it when olive oil is allowed though. I also added lots of Castelvetrano olive halves. Yuuuuuuuum!



**Fusilli Spinach and Sun-dried tomato pesto**

# NO MEAT

- ***INDIAN:***

**EGG CURRY:**



[Dhaba Style Anda Matar Masala Recipe + Video - Whiskaffair]

- ***ISRAELI***

**SABICH:**



Now, I want to try this BAD but have not yet. But it looks AMAZING. Below is a very authentic recipe (I am feeling Hilda in this one), with the authentic Amba condiment recipe to go with it. And then I have a more approachable one as well. If it sucks, don't blame me haha! But, I mean, how can it *not* be delicious???

Hilda's: **Israeli Sabich Sandwich Recipe | Hilda's Kitchen Blog** and just follow the links for the salad and amba

Bobby Flay's: **Sabich (Israeli Breakfast Sandwich) Recipe | Bobby Flay | Food Network**

There are more online so feel free to research

- ***PERSIAN***

**Shrimp rice with herbs (Meygoo Polo:**


© www.thedeliciouscrescent.com

SOOO delicious, but I won't lie …. I made all my rice separately coz I hashtag suck at cooking rice. I cook mine like pasta. And then I took a shortcut - When it was time to add the shrimp, I did but just mixed it in with the onion mixture, then added the rice and quinoa, mixed it all up, did the saffron water and baked it in the oven with the lid on for about 20 min at 350F. The prawns were cooked perfectly and I just added in all the fresh herbs and put the lid back on and let it sit for 5 minutes and boom. Done. I did not layer. Also, if you don't have saffron, I wouldn't worry about it too much, still make it!

***Persian Shrimp and Rice***

- ***MEXICAN***

**Crispy Baja Shrimp Tacos with Chipotle Mayo (SPECTACULAR!!!) - when JUST cutting out meat, coz it's got mayo and buttermilk!)**



**Crispy Baja Shrimp tacos**

I did not do the cheese, carrot and cabbage situation in the recipe, instead I used romaine lettuce, and grilled some jalapenos sliced in half, cut  it up after and used it as a topping. THIS IS AMAZING!!!

## BLACK BEAN TACOS



https://www.eatingwell.com/crispy-sheet-pan-black-bean-tacos-11699837

- ***PASTA***

## SMOKED OYSTERS, ANCHOVIES AND ROASTED CHERRY TOMATO PASTA



Maybe you guys will think this is weird, but I came up with this and WE LOVED IT hahaha!

Ingredients

1 tin of good quality smoked oysters (smoked mussels will work too!) in olive oil
1/2 a tin of anchovies in olive oil
1 Pint of cherry tomatoes
Garlic
Extra virgin Olive oil
Fresh parsley or basil (optional, I just happened to have some)

Instructions:
Half the cherry tomatoes and roast in the oven at 350F for about 45 min in olive oil until roasted and caramelized
Take the tin of oysters/mussels and anchovies and chop fine in the oil it came in
Slice and roast as much garlic as you like (I think I used like 7 or so cloves), and fry in some olive oil (always remember to heat your pan or whatever you are using first before adding the olive oil, it prevents the oil from breaking down prematurely coz when that happens it gets weird). Fry on medium until just golden. Keep a close eye because you don't want it to burn.
Add your seafood situation, fry it for just a minute or so until it is all incorporated nicely.
Once everything is ready for action, add the tomatoes, garlic and the smoked oysters/mussels and sardines together, and cook your pasta. I used spaghetti.
Throw your al dente pasta in a colander and working really quickly add your garlic and seafood situation and cherry tomatoes to the pot from which the pasta came and quickly add the pasta back in and stir, being careful not to demolish your cherry tomatoes. That is why I like it a little more caramelized coz that way it keeps its shape and doesn't turn into a tomato "sauce."
Serve immediately with freshly grated parmesan and some extra Extra virgin olive oil drizzled over and lots of freshly ground black pepper.
Please note, the roasted cherry tomatoes are crucial as it gives a refreshing tangy pop to the smoked oysters/mussels so do not omit!

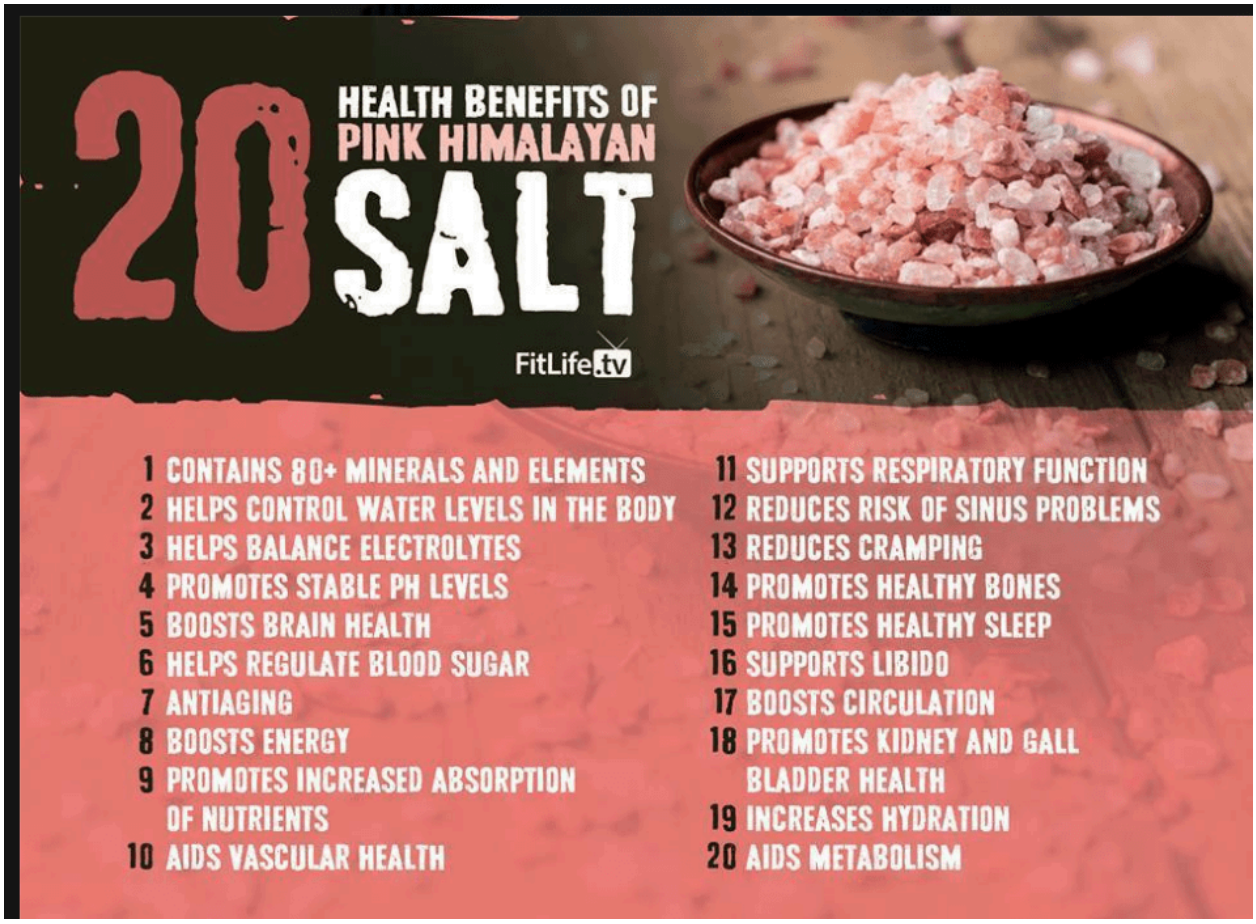
- ***SNACKS AND DRINKS:***

**ROASTED CHICKPEAS/BUTTER BEANS (NO MEAT, FISH, DAIRY, EGGS, WINE, OLIVE OIL**



1 or 2 cans of chickpeas

Seasoning of your choice:
If you are in a hurry you can use a store bought seasoning like Slap your Mama, taco seasoning, anything you like.
You can add stuff from your pantry. Garlic powder, onion powder, red pepper flakes, paprika, cayenne pepper, cumin, but always SALT! I personally only use Himalayan salt, there are a ton of benefits to it. I use regular table salt for salting my water when I cook pasta but that is it.




Instructions:
Preheat the oven to 350 Fahreinheit. Drain and rinse your chickpeas and place on a clean kitchen towel and dry completely. I take mine out and leave it in a colander for quite some time.
Put in a roasting tray and coat with olive/avocado oil. Don't be shy. If you put too little oil they don't crisp up properly and just kind of dry out and get chewy.
Roast in the oven for 30 minutes. After 30 minutes, shake your pan a bit and rotate your pan. Roast 15-20 minutes more and keep an eye on it. You are looking for a golden color on them. If your oven wants you to go longer, go longer but just keep an eye on it at this point. Once nice and golden, then only put your seasoning on. Take out of the oven, season liberally. Switch your

oven off and put it back in the oven to dry out completely. This way your chickpeas stay crispy even if you eat on them for a few days, but it probably won't last that long.

## ONION BHAJIS (INDIAN): NO MEAT, FISH, DAIRY, EGGS, WINE, OLIVE OIL:



Ingredients:
1 Onion thinly sliced (approx ⅛ inch) - *I added some leftover corn one time too, it was amazing!*
1.5 cups besan/chickpea flour
½ cup tablespoon Rice Flour (optional)
2 teaspoons Chilli Powder
½ teaspoons fennel seeds or cumin seeds
2 teaspoons Salt
1 tablespoon Ginger Garlic paste (half garlic and half ginger to make up a tbsp)
1 tablespoon garam masala (optional, but recommended, recipe in this cookbook)
¼ teaspoon turmeric
Green chilli/serano, chopped - to taste (I probably use 5-6)
Curry leaves (about 5 or so, also optional)
a pinch Baking Soda
Oil for deep frying
**CHEAT**: if you are in a rush or a little lazy you can just slice your onion, then make the batter with salt, garam masala, cilantro and chillies (if you want). Add the onion and boom. Good to go. It still tastes and works great without the other stuff and letting it sit first.

Instructions:
Slice onion and put in ice water while you make the batter.

Slice chili and curry leaves if using, make your ginger and garlic paste (just pound equal amounts in a mortar and pestle,. Add the rest of the seasoning.
Add your onion to the chickpea flour mixture and mix. Let sit for a few minutes to let the onion release their water. Then add enough water to make a batter. It might not be necessary though. Just judge it. Mix well.
Add oil to a pot and heat up to medium to high. Take a spoonful of onion batter mixture and fry. Now again, this depends on how crazy your stove top is. Mine is nuts hot and I fried it full speed for about 5 minutes. You need to cook the onion and the batter until cooked. The batter around the onion needs to be nice and a darker golden brown!
You can eat it as - I think it's fantastic as is. Or you can eat it with chutney. Store bought, or THIS!!! It honestly is the best - the North Indian one is life! Tomato Chutney - 2 Ways

If you end up liking this, look up pakoras, it's the same thing just about but with different veggies, like green beans, cabbage, carrot, spinach, corn or a mixture of veggies.

## Lunch things to ensure you get your protein in!

This is a sandwich spread I stumbled upon when we had some mushy overcooked cannellini beans. Use it like you would mayonnaise - with tomato, cucumber or whatever you want to put on your sandwich. I think grilled eggplant would be smashing. And zucchini! Yum!

## White bean garlic sauce

1 ½ cups cooked cannellini beans - can used canned. Just drain.
2 tablespoons avocado oil
2 garlic cloves - start with two and add more to taste - we added 5 in the end haha!
1-2 tablespoon lemon juice - the original recipe called for 3, it was a lemon bomb. Start with one.
1 teaspoon capers
Himalayan salt and freshly ground black pepper

Put everything in a blender and blend into a smooth puree. I suggest letting it sit and letting the flavors blend and mellow out before adding more garlic or lemon juice.

## CHICKPEA SANDWICH

Again, happy stumbling upon when I overcooked my chickpeas and was looking up stuff to make for my husband for lunch. It's sooooooooo good! I think it can be eaten as a dip too. And don't be scared to make it your own. I didn't have the herbs on hand so I seasoned it with cayenne salt and that white bean garlic puree.
The husband loved it - I made it with lettuce and then he wanted thick slices of tomato the next time. He loved that!!!



https://evergreenkitchen.ca/lemon-dill-chickpea-sandwich/#recipe

## DATES AND NUTS MILKSHAKE (MADE WITH ALMOND MILK):

This is soooo delicious!!! And the way this uncle describes it! It’s also quite filling so it's a great little drink to have between meals.
Don’t heat up the almond milk on the stovetop or it will split, gently heat it in the microwave and just feel it often until it’s warm. My microwave took about two minutes with me feeling every 30 seconds. I soaked it for a couple of hours coz I wasn’t sure if 30 min would be ok since it’s not cow milk.

Ramadan Special Dates Nuts Milkshake Recipe