

Eggplant & Mushroom Ratatouille over Spaghetti Squash:

1. Peel and cut up two large eggplant, 5 cloves of garlic, one onion, and some mushrooms. Sauté in a generous amount of olive oil till tender. Pour two cans/jars of meat-free spaghetti sauce over it and simmer until the eggplant is really mushy. Add slice black olives if desired. Spice it up with some red pepper flakes. Serve over spaghetti squash. Make a lot of this.
2. Cabbage soups with a tomato and veggie broth base.
3. Sautéed spinach and mushrooms with Garlic.
4. Oriental spinach, mushroom and water chestnut soup with veggie broth and soy sauce.

Source: Kerriweems.com - <http://kerriweems.com/2009/01/06/how-i-fast-part-1/>