

Quick Fixes

- **Sauteed green beans with olive oil and garlic**
Source: <http://kerriweems.com/2009/01/06/how-i-fast-part-1/>
- **Whipped, steamed cauliflower with olive oil, butter and soymilk creamer**
Source: <http://kerriweems.com/2009/01/06/how-i-fast-part-1/>
- **Grilled veggies:** Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.
Source: http://www.edyoung.com/fast_recipes.php#top
- **Baked Sweet Potatoes:** Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.
Source: http://www.edyoung.com/fast_recipes.php#top
- **Guacamole:** Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.
Source: http://www.edyoung.com/fast_recipes.php#top
- **Baked Apples or Pears:** Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with 1/2 teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.
Source: http://www.edyoung.com/fast_recipes.php#top
- **Toasted Nut Snack:** Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins.
Source: http://www.edyoung.com/fast_recipes.php#top