



the **D**aniel
fast

Daniel 1

But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and compassion to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you."

Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael, and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." So he agreed to this and tested them for ten days.

At the end of the ten days they looked healthier and better nourished than any of the young men who ate the royal food. So the guard took away their choice food and the wine they were to drink and gave them vegetables instead.

Daniel 10

In the third year of Cyrus king of Persia, a revelation was given to Daniel (who was called Belteshazzar). Its message was true and it concerned a great war. The understanding of the message came to him in a vision. At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.

What is a Daniel Fast and why are we doing it?

The Daniel Fast is a biblically-based partial fast based on two accounts of the prophet Daniel's fasting experiences in Daniel 1 and 10. It was an outward symbol of an inward commitment he made to God. This is a spiritual discipline designed to better connect you with God.

As a church, we are fasting in order to deepen our relationship with God and to walk in step with His plan and purpose. The best way to do this is to redirect our food source. This is accomplished through substituting our regular food intake with Bible reading, praying, and journaling. The overall goal is to experience a genuine hunger for spending time with God.

Our food focus will be on fresh fruits, veggies, and whole grains. Make God's food a delight, not something to be endured. Every good and perfect gift comes from God, including fresh and wholesome foods. Learn new cooking techniques, new spices, new recipes. Each time you find a new food you love, give thanks. Make each day exciting as you venture out to new foods and undiscovered tastes. This may be the most fabulous foodie experience you have ever had!

VERY IMPORTANT!

If you are pregnant, have any known medical conditions, or suspect such conditions, consult your doctor.

If you have health issues, you should always talk with your health professional before starting the Daniel Fast or any other major change in your diet. Also be aware that as we age, we react differently to dramatic dietary changes. Fasting should never bring harm to the body, so medications should be continued.

It is important to recognize that if you have any condition which would prohibit you from taking part in the Daniel Fast, there are other options. Choose something from your daily routine (i.e., specific foods or beverages, television, other technology, etc.) and fast in that manner for the 21 days. The Bible references fasting in the context of restricting food for a spiritual purpose.

Preparing Ourselves for Success

Plan ahead! Write your menu and shopping list before you start the fast!

1. **Start the diet by focusing on your faith.** The Daniel fast is a physical as well as a spiritual experience. Through prayer, you should ask for God's guidance and strength as you prepare to deny self and battle physical cravings.

2. **Make your meals somewhat lighter for a few days leading up to your fast.** It's an especially good idea to reduce your intake of caffeine if you drink coffee or caffeinated sodas daily. Avoid the "last supper" mentality by not eating large meals in the days leading up to the fast. This will create significant challenges in the first days of the fast.
3. **Be prepared for withdrawal symptoms.** Removing processed food filled with chemicals may cause withdrawal systems like fatigue, headaches, or muscle cramps. To avoid or limit these symptoms, drink at least eight glasses of water each day. Often we do not understand just how much our body needs water, especially when fasting.
4. **Keep your energy level high.** To help keep your energy level high, be sure to eat enough protein-rich foods like beans and nuts (adult men need about 56 grams of protein per day and adult women need about 46 grams of protein). Vitamin C and lemons can also help with the detoxification process
5. **Stock your kitchen:** The Daniel Fast limits many foods. Before you get started, stock your kitchen with fresh fruits and vegetables. The fast is difficult enough without running out of the foods you need to eat.
6. **Plan, plan, plan.** Write out your daily menu, including all meals and snacks, several days in advance. By being prepared, you can avoid the temptation of breaking the fast.
7. **Don't give up.** If for any reason you eat something you shouldn't have during the fast, it is better to ask for forgiveness and continue than to stop the fast. *(This section adapted from hiphopenation.com/danielfastpreparations)*

Preparing to End the Fast

Just as we should prepare ourselves to go on the Daniel Fast, we should be careful how we end it. **If you follow the guidelines carefully and then decide to end the fast with a big steak dinner with a heavy dessert, be prepared for your body to rebel!** Plan your eating carefully for the first several days, **gradually** adding back the foods you have been avoiding. And, just maybe, along the way you will have learned some new things about foods and healthy eating that you will want to adopt long-term!

Food List



When purchasing food, **READ LABELS.** Avoid sugar. There are many different names for sugar—here are a few of them: barley malt, cane sugar, corn syrup, dextrose, fructose, glucose, high-fructose corn syrup, maltodextrin, sucrose. Also avoid chemical and artificial preservatives and other additives. Rule of thumb: For our purposes on the Daniel Fast, if you don't recognize it as a food, avoid it.

There are various interpretations of the Daniel Fast—what foods should be included or avoided. If you do some research on your own, don't be surprised to find little differences. They all agree on the primary components of fresh fruits and vegetables, whole grains, and water.

Foods to include:

- All fruits (fresh, frozen, dried, or canned—without sugar added), unsweetened applesauce and unsweetened apple butter. Beware that most dried fruits have added sugar; look for ones that are naturally sweetened.
- All vegetables (fresh, frozen, dried, or canned)
- All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes, and popcorn.
- All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame seeds. Also nut butters including peanut butter, cashew butter, and almond butter. **READ LABELS:** Many nut butters, including “natural” ones, have added sugar. Find one that doesn't.
- All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans, garbanzo beans (chickpeas).
- All quality oils including but not limited to olive, coconut, grapeseed, and sesame.
- Beverages: spring water, distilled water, or other pure waters*.
- Other: tofu, soy products (see note on tamari below), vinegar, seasonings, salt, herbs, and spices.
- Tamari sauce. This is a wheat-free soy sauce; soy sauce is typically 40-60% wheat. You should find tamari next to the regular soy sauce in the Asian food section of your market. Use it just like soy sauce.



Foods to avoid:

- All meat and animal products, including but not limited to beef, lamb, pork, poultry, and fish.
- All dairy products including but not limited to milk, cheese, cream, butter, and eggs.
- All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, cane juice, artificial sweeteners, agave, stevia
- All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.
- All refined and processed food products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.
- All deep fried foods including but not limited to potato chips, French fries,

corn chips.

- All solid fats including shortening, margarine, lard, and foods high in fat.
- Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, fruit juices*, and alcohol.

* Unsweetened non-dairy milks (soy, almond, rice, coconut, etc.) and unsweetened fruit juices may be used as ingredients, just not as beverages by themselves. For example, various milks or juices may be used in preparing smoothies as a meal and fruit juices may be used in salad dressings.

A Word about Whole Grains

In the midst of all the current hype about whole grains, many food companies add a whole grain to the top of their ingredient list and then accompany it with plain old “enriched” white flour and the same ingredients they have always used. This makes it very hard to find authentic 100% whole grain products. **READ THE LABELS.** An excellent example of this is tortillas and wraps. It is very hard to find ones that do not contain white flour. One option is brown rice wraps, available frozen in the natural food section at Food Lion.

Salad Dressings

Most salad dressings are filled with additives and preservatives that are not allowed. The easiest way to dress a salad during a Daniel Fast is to season your own oil and vinegar or use squeezed fresh lemons and season to your liking. If that doesn’t do it for you, see our recipe section for some dressing recipes.

Martha Stewart I Am NOT!

Some of us have a kitchen **ONLY** because it came with the house! Our goal here is to help you succeed with minimal pain and aggravation.



You may be used to buying a lot of prepared foods either as take-out or at the grocery store. The following section will give ideas on where you can eat out and still maintain your Daniel Fast.

In the market, you will soon learn, if you haven’t already, that most of your shopping for the Daniel Fast will be done on the perimeter of the store, which is where you typically find the produce and other healthy stuff. **Don’t run...**do a little exploring and check out some of our easy recipes. We’ve included a large selection of recipes in this booklet and, by design, some are so simple that even **YOU** can make them without suffering a panic attack.

There are noteworthy exceptions to the perimeter rule, including canned beans of all types, and some veggies you can use in recipes.

Most of the frozen food entrees you are accustomed to purchasing are off limits for the Daniel Fast. Many markets are now making available wide variety of healthy

and/or organic foods, either fresh or frozen.

You will find that most meat-substitute products (including popular ones like Boca) have some form of sugar and/or preservatives in them. Again, READ LABELS.

Many people avoid Whole Foods Market (Hilltop) because of its reputation for high prices. Let me encourage you to shop there selectively, purchasing items that are hard or impossible to find elsewhere. Here are some things I plan to buy there for the Daniel Fast:

- Apple-juice sweetened dried cranberries in the bulk foods section. This is the only local source I have found for naturally sweetened dried cranberries. In addition to being healthier, they are delicious. There are lots of other goodies in their bulk food section as well.
- Justin's brand Classic Almond Butter and Classic Peanut Butter in single serving pouches—great for packing snacks or lunches. Also available in jars.
- *Let's Do...Organic* unsweetened coconut flakes. I like to mix some of this coconut with dried cranberries (above) and a couple kinds of raw nuts for a great snack mix.

Eating Out

While preparing food at home is the typical approach to the Daniel Fast, there are a number of restaurants where you can find an acceptable meal. As a rule of thumb during the fast, look for restaurants that cater to vegans and/or read the menu carefully and ask questions. Here are some ideas—feel free to do your own exploring.

Chat with your server at your favorite restaurants and see how they can accommodate you.

Many restaurants, including places like **Chick-fil-A** and **Starbucks**, offer oatmeal with some tasty toppings like nut mixes and fresh or dried fruits. Skip the sugary ones.

Tropical Smoothie Café will make any of their smoothies without sugar or Splenda—just ask. Avoid the ones that contain yogurt and the “Indulgent” ones. They are **open early**, so you can pick up a breakfast smoothie there if you don't want to make your own. They have made a number of acceptable additions to their menu. I personally like their Island Green smoothie without sugar or sweetener. Do a little exploring and experimenting.



The Cutting Edge Café, 1434 Sams Drive (near Sam's Club) in Chesapeake serves organic and locally produced foods. If you tell them you're on the fast, they will gladly make a few substitutions in one of their great salads.

Any restaurant with a good salad bar would work. **Jason's Deli** (Greenbrier or Virginia Beach Blvd.) offers an organic salad bar. Also try their vegetarian vegetable soup. **Ruby Tuesday's** has their large salad bar. They also offer a “Veggie Trio & Garden Bar” option on their menu, as well as a dish substituting spaghetti squash for regular pasta. **YNot Pizza** offers a custom chopped salad—they give you a long list of ingredients and you choose just what to include in your salad. At the salad places, beware of the dressings. Your best options are oil and vinegar or squeeze some

lemon slices over your salad and salt and pepper to taste.

Starbuck's offers a Hearty Veggie & Brown Rice Salad Bowl. Some of the **Panera** salads would work well also. Their menu changes a lot, so I won't make specific salad suggestions here. Note that some of their salads that are topped with chicken work well if you ask them to hold the chicken. Also try their Vegetarian Garden Vegetable Soup with Pesto and their Vegetarian Black Bean Soup.

Latin restaurants will typically have an offering of fresh salsas, corn tortillas, beans, vegetables, and guacamole – just beware of beans and/or vegetables cooked with meat or chicken stock.

Burrito bars—like **Chipotle**, **Moe's**, **Machismo's**—offer “burrito bowls.” There are several locations in the area. Skip the wrap and meat and choose brown rice, then add the toppings of your choice. Skip anything you are avoiding during the fast. Asian restaurants typically offer edamame, brown rice, steamed vegetables, and tofu – just beware of sugary sauces and anything “tempura” or fried.

Mediterranean/Middle Eastern restaurants will likely offer hummus, fresh vegetables, lemon-based sauces (as opposed to sugary or mayonnaise-based sauces), and in general are vegan-friendly. This category includes **Azar's** (Hilltop and Pembroke), **Pasha's** (Ghent), **Kervan Kebob House** (Greenbrier near Military & Greenbrier Parkway), **Baladi Mediterranean Café** (Hilltop). Pastor Joel highly recommends the red lentil soup at Kervan's.

Indian restaurants also offer a variety of vegan options and other possibilities. Some area ones include **Saffron** (Town Center), **Nawab** (Military Circle or Hilltop), and **Rajput** (near ODU or at Harbourview in Suffolk—no longer in Virginia Beach.)

Other options:

Quenna's Raw & Vegan (Norfolk)

Fruitive (Hilltop & Norfolk) This is the place that had the “Peaches and Greens” smoothie Pastor Dan reported on favorably.

We Are on a Pretty Tight Budget...

Yes, if you're not used to purchasing a lot of fresh and/or organic foods, it can be more expensive. If you're eliminating meat, dairy, and a long list of processed foods from your shopping list, however, it should free up some money for the fresh fruits and veggies you will need. And while it's important to have enough appropriate food on hand, don't overbuy. If you're not used to buying a lot of fresh foods, you may overestimate how long they will actually stay fresh. Avoiding waste will help your budget. Do some menu planning, including snacks, then plan to shop a couple of times a week.



Trader Joe's (at Hilltop) has a wide variety of appropriate foods, and they are known for their reasonable prices. I particularly appreciate the pricing on their raw nuts and produce, and I have become a regular purchaser of their frozen brown rice and frozen quinoa. Across the street from Trader Joe's is Whole Foods Market. Lots of healthy food, but pricier. If you look at some of the yummy salads (quinoa, etc.) that you see in this book and just don't want to make them yourself, Whole Foods offers many similar items in their deli.

Meal Ideas

Breakfast:



- Oatmeal or muesli (cereal) with nuts and fresh or dried fruits—different types of berries, apples, bananas, raisins, cut up dates, other dried fruits without added sugar, etc. If you miss the sweetener you normally use, **cook** the fruit in your oatmeal; it will bring out the sweetness of the fruit.

- Fruit smoothies (see recipes)
- Rice cakes, plain or spread with peanut butter or other nut butters or unsweetened apple butter, top with raisins, sliced fresh fruit, etc.
- Baked oatmeal with a side of fresh fruit
- Don't overlook veggies for breakfast. See the recipe section for "Stuffed Acorn Squash" and look for other options.

Lunch: A hearty bowl of soup or large salad (include some beans in your salad, too) accompanied by a protein boost like natural peanut butter on Triscuits, hummus with raw veggies or homemade chips, etc.

Dinner:

- Vegetarian chili or whole wheat pasta entrée with salad
- Zoodles (see the recipe section) sautéed and tossed with pesto or sugar-free marinara

Where's the Beef?

Some are concerned about reduced protein intake during a Daniel Fast, especially for those who work out heavily, do heavy work in their jobs, etc.

It is important to note that legumes (beans and their cousins) and many grains have more protein than you might think, and rice and beans together create a "complete" protein. Hummus, bean dips, etc. are all protein rich—feel free to include a large dollop on your salad or veggie dish.



While doing research on this book, I ran across a blog written by a man who owns a barbecue business—obviously a man well-invested in meat (see bigmista.com/blog). He embarked on a Daniel Fast with his church and wrote about it extensively in his blog. We have some of his recipes in our recipe section, but meat-lovers will appreciate this excerpt from his blog:

I was cruising along in my Daniel Fast minding my own business. I was eating potatoes, beans, mushrooms, and lots of veggies. And I was, for lack of a better word, content.

Then someone said, "Why don't you try some Soy Chorizo?"

I said, "No thanks. I like meat. You can't replace meat with soy."

Then I was in the grocery store and someone said, "Have you tried this Soy

Chorizo? It's really good!"

I said, "Nope. Not interested. I'm a meat guy."

Then, out of the blue, Mrs. Mista shows up with a package of Trader Joe's Soy Chorizo.

OK God, I get the hint.

So this morning, I gave it a try. I started off by chopping some potatoes, bell pepper, and onion, and tossing them in a hot skillet coated with olive oil. I let them cook for a while, stirring occasionally, until the potatoes started to brown. I added salt & pepper to the potatoes and dropped in the crumbled bits of chorizo. I let that cook for a while until the chorizo started to brown. Next I added 1/4 cup of water and covered until the potatoes softened.

I must admit I was pleasantly surprised! This was a really good meal. The chorizo was spicy and flavorful. I really could not tell it from the real thing. I hope you all give this a try. It might have been the best meal I've had on the Daniel Fast so far.

Mike and Donna Harris, long-time friends of New Life who are also personal trainers, recommend adding protein supplements (mixed with water or non-dairy milks such as soy or almond). Some will need a flavor boost, and for that try various fresh fruits. Daniel Fast friendly ones they recommend include:

- Vega One
- Raw Meal
- True Vitality
- Nutiva Hemp Protein

Look for these products at stores like GNC, Vitamin Shoppe, Whole Foods, and Health Nut. Many are also available at Amazon.com.

Most of the foods recommended on the Daniel Fast are incomplete proteins. It is NOT a good idea to settle in on one food type and eat only that for the duration of your fast. It is very important that you eat a variety of foods—some beans, some grains, etc.—every day to help your body get what it needs for nourishment.

And DRINK...half your body weight in ounces of water every day. That means if you weigh 150 pounds, you should drink 75 ounces of water a day—more if the weather is hot.

If, after all this, you still think you are protein-deprived, then ask God what you should eat and the two of you make an agreement. The whole point of the fast is submission to Him.

Snacks

- Fresh fruits of all kinds
- Frozen fruits (unsweetened), especially grapes, blueberries, strawberries, and bananas
- Dried fruits (without added sugar)
- Celery with peanut butter or other nut butters – without sugar added
Optional: top with raisins or chopped nuts
- Apple slices with nut butters, apple butter, or date



- honey*, topped with chopped nuts if you like
- Rice cakes, plain or spread with nut butter, unsweetened apple butter, or date honey*
- Triscuits (original flavor only) with nut butter
- Trail mix with nuts, raisins, sunflower seeds, dried fruit, unsweetened coconut pieces
- Nuts



For dipping:

- Hummus* (see notes about hummus in the recipe section)
- Salsa, fresh or without additives (I like to buy fresh salsa in the produce department at Harris Teeter.)
- Guacamole*
- Black bean dip*

Dippers:

- Raw vegetables
- Triscuit crackers (original flavor only)
- Homemade brown rice chips*
- Homemade whole wheat tortillas or chips*

*see recipe section

DRINK!!!

Keep yourself well-hydrated. As a minimum, drink half your body weight in ounces of water every day. That means if you weigh 120 pounds, drink 60 ounces each day—more if it is hot. Add a slice or two of lemon and /or lime to perk up the flavor a bit AND it's really good for you!

Recipes

Look for the thumbs up icon, which means that the recipe got good reviews from multiple people.



If you are a reluctant cook or a novice, look for recipes sporting this cheery little apple icon, which indicates a recipe that is especially quick and easy and includes extra little helps for people like you. 😊 Once you're comfortable with the easy ones, branch out a bit and try some of the others.



Smoothies

Smoothies can be a quick and easy way to start your day or give you a pick-me-up at any time. Basically all you need to do is put the ingredients in a blender and whip them up. The possible combinations are endless. Here are some ideas to get you started:



Strawberry Banana

1 cup frozen strawberries
1 banana
A splash of unsweetened plain almond milk

Peanut Butter and Banana

2 bananas
1 tablespoon natural peanut butter
Several ice cubes

Peanut Butter and Strawberry

1 – 2 cups frozen strawberries
1 tablespoon natural peanut butter
A splash of unsweetened plain almond milk

Mango

1 fresh mango, chopped and frozen or just buy frozen mango
A splash of unsweetened plain almond milk

Sweet Spinach

1 cup water
1 Bosc pear, unpeeled, cored
1 cup fresh spinach leaves, packed
1 frozen banana

Berry Blast

1 cup water
1 cup frozen blackberries, blueberries, and raspberries
1 banana, peeled



Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen. To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale). Add 1 tablespoon flaxseed meal for a fiber boost.

Oatmeal Cookies

These would be a good choice for breakfast.

- 3 ripe or overripe bananas
- ½ cup unsweetened applesauce
- 2 cups old fashioned rolled oats (oatmeal)
- ¼ cup unsweetened almond milk
- ½ cup naturally sweetened dried cranberries
- ½ cup chopped walnuts (or other nuts)
- 1 teaspoon vanilla (without added sugar)
- 1 teaspoon cinnamon

Mash bananas and stir in other ingredients. Drop by tablespoonfuls onto greased baking sheet. Bake at 350 for 15-20 minutes.

Here's another version that's even simpler:

2-Ingredient Healthy Banana Cookies

Ingredients

- 2 ripe bananas
- 1 cup quick or rolled oats (gluten free if you need it)
- Optional:* ¼ cup walnuts, few tablespoons of peanut butter, dried figs, cinnamon, pumpkin pie spice

You definitely want and need the first two ingredients, but go crazy with the third (or fourth or fifth) depending on your taste. Just adding walnuts allows the banana taste to take center stage. You can also add a little cinnamon or pumpkin pie spice if you're looking for something a bit sweeter.

Instructions: Preheat the oven to 350. Mash bananas in a bowl. Fold in the oats. Decide what other ingredients you want to add. Bake for approximately 15 minutes. Cookies will turn dark brown, and have some give to them. Allow to cool on a wire rack. Makes approximately 12. Eat immediately or refrigerate.

Baked Oatmeal

- 1½ cups old-fashioned rolled oats
- 1½ cups unsweetened almond milk
- ½ cup unsweetened applesauce
- ¼ cup chopped dried apricots
- ¼ cup chopped dates or raisins
- ¼ cup chopped pecans or walnuts
- ½ teaspoon cinnamon
- ¼ teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top. Cut into 12 squares.

Yield: 6 servings (serving size: 2 squares)



Veggies for breakfast???

Here's an easy veggie option for breakfast.

This is an acorn squash (see photo).

Cut it in half with a large knife—make sure you cut through the stem end and pointed ends as shown, NOT across the middle. The idea is that you want it to look like two little bowls.



With a spoon, scoop out and discard the seeds and membrane.

Pour about ½" of water into a microwave-safe dish. Place the two squash halves cut side down in the water and microwave on high 8 – 9 minutes, until the orange flesh is soft. (Or bake at 350 for about 40 minutes.)

Turn the squash over and fill with unsweetened applesauce. Sprinkle with a little cinnamon. Return to microwave for 2 – 3 minutes until applesauce is warm.

If you like this, you might like to explore the internet for "stuffed acorn squash" and you'll be amazed at the number of recipes you will find. Sweet versions like this are appropriate for breakfast and also kid-friendly. You will also find some that include ingredients like rice and veggies and meat to serve as a side dish for lunch or dinner. Skip the meat ones until after the fast and experiment with others in the meantime.

Broiled Pineapple Slices

This recipe could be part of breakfast, a snack, or served as a satisfying side dish. It only takes minutes to prepare and is a palate pleaser!

- 6 fresh or canned pineapple slices
- 1 tablespoon date honey (see recipe on page 31)
- 1 tablespoon fresh lime juice
- 1 tablespoon unsweetened coconut flakes



Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix date honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with ½ teaspoon coconut flakes. Broil for 2 minutes and serve. Yield: 6 servings (serving size: 1 slice)

SOUPS, STEWS, AND CHILIES

White Bean Soup

- | | |
|--|-------------------------------------|
| 4 cans Great Northern beans | 1 4-ounce can chopped green chilies |
| 3 cans vegetable broth (or a 32-ounce box) | 1½ teaspoons cumin |
| 1 cup water | 1 teaspoon dried oregano |
| 1¼ cup chopped onion | ¼ teaspoon ground red pepper |
| 2 cloves minced garlic | ¼ teaspoon ground cloves |
| ½ teaspoon salt | |

Combine all ingredients in a large pot. Bring to a boil, reduce heat, simmer for 30 minutes.

fontenblog.blogspot.com

Minestrone

Add 1 tablespoon olive oil to a large soup pot. Sauté together and cook for about 5 minutes:

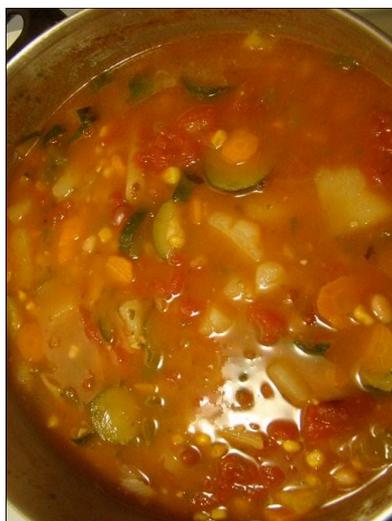
- 1 cup chopped onion
- ½ cup chopped zucchini,
- ½ cup frozen green beans
- ¼ cup minced celery (about 1 stalk)
- 4 teaspoons minced garlic

Add:

- 4 cups vegetable broth
- 1 14-ounce can diced tomatoes
- 2 15-ounce cans red kidney beans, drained
- 2 15-ounce cans cannellini beans, drained
- ½ cup chopped carrots
- 3 cups hot water
- 2 tablespoons parsley (fresh or dried)
- 1½ teaspoons oregano
- 3 teaspoons salt
- ½ teaspoon black pepper
- ½ teaspoon basil
- ¼ teaspoon thyme

Stir together and simmer for 20 minutes. Add 4 cups fresh baby spinach. Simmer for another 20 minutes; serve.

fontenblog.blogspot.com



Potato Soup

Serves: 5

- ¼ cup plus 2 tablespoons olive oil
- 1 medium onion
- 3 leeks sliced
- 3 large baking potatoes peeled and cut in small pieces
- 1 box vegetable broth
- salt & pepper

Sauté leeks and onion in olive oil. Cover and cook for 20 minutes. Stir in potato and cook 15 more minutes, covered. Add vegetable broth, 1 teaspoon salt and ¼ teaspoon pepper. Bring to boil. Reduce heat and simmer 1 – 2 hours. You can either cool and blend in batches in the blender or use a potato masher right in your pot.

Lentil Soup

- | | |
|-------------------------------|----------------------------|
| 1 cup lentils | 1 cup chopped celery |
| 3 cups water | 1 cup chopped green pepper |
| 1 – 2 tablespoons lemon juice | 1 cup chopped onion |
| 2 tablespoons parsley | 32 ounces stewed tomatoes |
| 1 tablespoon oil | 1 teaspoon salt |

Heat lentils and water to boiling, then reduce heat and simmer until done, about 30 minutes. Meanwhile sauté celery, green pepper, and onion in oil for 5 minutes.

When lentils are done, add sautéed vegetables, lemon juice, parsley, stewed tomatoes, and salt. Simmer for 20 minutes and enjoy!

Contributed by Bill Newell

Pastor Melvin adds his endorsement and high recommendation to this lentil chili and many others add theirs as well!!!



Lentil Chili

This is a rich, hearty chili—you may not even miss the meat! To make it even heartier, serve over brown rice and top with guacamole or avocado slices.

- ½ cup olive oil
- 1 medium onion, cut into ½" chunks
- 2 cloves garlic, minced
- 1 medium carrot, coarsely chopped
- 7 cups water
- 2 cups (about 12 ounces) dry brown lentils, rinsed
- 1 green pepper, cut into ½" chunks
- 1 red pepper, cut into ½" chunks
- 1 19-ounce can kidney beans, rinsed and drained
- 1 19-ounce can garbanzo beans, rinsed and drained
- 1 14-ounce can tomato sauce
- 1 14-ounce can diced tomatoes (plain)
- ½ cup chili powder
- 4 teaspoons ground cumin
- ¼ teaspoon dried red pepper flakes (or more, to taste)
- Salt & pepper to taste



Heat oil in large, heavy pot; sauté onion, garlic and carrot over medium heat until carrot is tender, about 5 minutes. Add water, lentils, peppers, kidney and garbanzo beans. Add tomatoes and tomato sauce. Stir in chili powder, cumin, and pepper flakes. Bring to a boil; reduce heat to moderate. Cover and cook about 45 minutes, until lentils are tender but not mushy. Adjust seasoning with salt and pepper.

Contributed by Bonnie Kyle

Cashew Carrot Soup

A rich and colorful soup. It's quite filling.

- | | |
|--|--|
| 2 tablespoons organic coconut oil | 2 cups water |
| 1 cup chopped onions | ½ cup organic raw brown rice |
| 4 cups organic grated carrots | 1 - 2 teaspoons sea salt |
| ½ cup organic tomato paste | 1 cup organic raisins |
| 1 cup organic chopped apples | 1 cup raw cashew halves |
| 4 cups organic chicken stock
(for the Daniel Fast, use vegetable broth) | organic, plain yogurt (Omit for Fast.) |

Preparation Time: 45 minutes

Cooking Time: 45 minutes

Heat coconut oil in large soup pot. Sauté onions for a few minutes. Stir in carrots and continue to sauté until onions are soft and transparent, (about 5 minutes). Stir in tomato paste, chopped apples, chicken stock, water, and 1 teaspoon sea salt. Bring mixture to a boil and stir in the rice. Cover and reduce heat to simmer. Simmer for 45 minutes. Then add the raisins and cashews and simmer for 10 more minutes. Taste. Can add more salt if desired. To serve, ladle into individual bowls. When you're not on the Daniel Fast, add ¼ cup of yogurt to each serving. Serves 10.

Note: I place the rice in a bowl and cover with water. Allow to soak for several hours before making the soup. The rice will be softer in the soup and is also easier to digest.

Sharon Graham, sharonshhealthyrecipes.com

Garden Vegetable Soup

4 tablespoons olive oil
2 cups chopped leeks, white part only
2 tablespoons finely minced garlic
2 cups carrots, peeled and sliced into rounds (about 2 medium carrots)
2 cups peeled and diced potatoes
2 cups fresh green beans, broken or cut into $\frac{3}{4}$ " pieces
2 quarts vegetable broth

4 cups tomatoes, peeled, seeded, and chopped
2 ears corn, kernels removed
 $\frac{1}{2}$ teaspoon freshly ground pepper
 $\frac{1}{4}$ cup packed chopped fresh parsley leaves
2 teaspoons freshly squeezed lemon juice

Heat the olive oil in a large, heavy-bottomed stockpot over medium low heat. Once hot, add the leeks, garlic, and a pinch of salt and sauté until they begin to soften, approximately 7 to 8 minutes.

Add the carrots, potatoes, and green beans and continue to cook for 4 – 5 more minutes, stirring occasionally.

Add the stock, increase the heat to high, and bring to simmer.

Once simmering, add the tomatoes, corn kernels, and pepper. Reduce heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.

Remove from heat and add the parsley and lemon juice. Season to taste with kosher salt. Serve immediately.

Contributed by Greg Diehl

Crockpot Vegetarian Split Pea Soup

2 cups green split peas
8 cups water vegetable broth
2 potatoes, chopped
2 ribs celery, chopped (optional)
2 carrots, sliced
1 onion, diced
2 cloves garlic, minced

1 tsp dry mustard
1 tsp cumin
1 tsp sage
1 tsp thyme
3 bay leaves
salt and pepper to taste

Combine all ingredients in a crock pot or slow cooker. Cover and cook on low for at least 4 hours, or until peas are soft. Remove bay leaves before serving and adjust seasonings to taste.

Makes 8 servings of soup.



MAIN DISHES & SIDE DISHES

Spicy Spaghetti Squash with Black Beans

1 medium spaghetti squash

Filling:

2 teaspoons olive oil

½ cup red onion, chopped

1 jalapeno chili, seeded and minced

½ cup red pepper, chopped

1 cup black beans, rinsed and drained well

½ cup sweet corn (or peas or carrots),
frozen or fresh

1 teaspoon chili powder

Reserved cooked squash, about 4 cups

2 tablespoons coconut oil (or olive oil)

½ cup cilantro, minced

1 tablespoon lime juice

1 teaspoon sea salt

Roast squash whole in a 375-degree oven for 50 minutes, until tender, or cut squash in half and place in a microwave-safe dish with ½" of water, lightly covered with plastic wrap, for 20 minutes on high until tender; cool. When cool, scoop flesh from squash halves, leaving the shell intact for stuffing.



For filling, heat oil in a large pan and sauté red onion, jalapeno chili, and red pepper for two minutes. Add beans, corn and chili powder; sauté 1 minute longer. Add cooked squash, cilantro, lime juice, and salt. Cook 1 minute or until heated through.

Fill squash halves with filling, mounding in the center. *Contributed by Juanesta Brown*

Quinoa Stuffed Bell Peppers

1 tablespoon extra-virgin olive oil,

plus more for oiling the pan

1 red onion, chopped

½ pound sliced mushrooms

1 cup chopped carrots

7 bell peppers

½ cup chopped parsley

¼ pound baby spinach

1½ teaspoons ground cinnamon

¾ teaspoon ground cumin

1 cup uncooked quinoa, rinsed and
cooked according to package directions

¼ teaspoon fine sea salt

½ cup roasted cashews

¼ teaspoon ground black pepper

NEW!

Core, seed, and chop one bell pepper and set aside.

Remove tops from remaining bell peppers, the remove core and seeds. Set aside.

Heat oil in a large skillet over medium high heat. Add onion and cook, stirring occasionally until transparent, 8–10 minutes. Add mushrooms and cook until softened, 4– 5 minutes more. Add carrots and chopped pepper, cook until just softened, then add parsley and spinach (in batches, if needed). Let spinach wilt, then stir in cinnamon, cumin, and cooked quinoa; toss gently to combine. Add salt, pepper and cashews and cook 1 to 2 minutes more. Set aside to let filling cool until just warm.



Meanwhile, preheat the oven to 350°F. Lightly oil a 9x13-inch baking pan; set aside. Divide quinoa mixture evenly among remaining 6 bell peppers, gently packing down and making sure to fully fill each pepper. Top each pepper with its reserved top then arrange them upright in prepared pan. Cover snugly with foil and bake, checking halfway through, until peppers are tender and juicy and filling is hot throughout, about 1 hour. Transfer to plates and serve.

from Whole Foods website

Stuffed Peppers

½ cup chopped green onion

2 stalks celery, chopped

½ cup carrots, chopped

2 tablespoons chopped garlic

½ red or green bell pepper, chopped

Salt to taste

2 cups cooked brown rice

¼ pine nuts

¼ raisins

4 yellow bell peppers

Sauté onions, carrots, celery, garlic, and red or green pepper until soft. Stir in brown rice and heat through. Add raisins and pine nuts and salt to taste. Cut off tops of yellow peppers and remove seeds. Stuff with mixture and bake at 350 for 30 minutes. Serves 4.

Contributed by Greg Diehl

Bean & Rice Casserole

1 medium onion, chopped

2 cups uncooked brown rice

1 15-ounce can red kidney beans, drained & rinsed

1 15-ounce can black beans, drained & rinsed

1 15-ounce can garbanzo beans, drained & rinsed

1 14-16 ounce can diced tomatoes, drained

1 4-ounce can chopped mild chilies, drained

10 ounces frozen green peas, run under water to thaw

1 cup frozen corn, run under water to thaw

Preheat oven to 375. In a 5-quart Dutch oven over medium high heat, sauté onion in olive oil until tender. Add rice; cook and stir until parched and slightly opaque. Add beans, tomatoes, chilies, and 3½ cups water to Dutch oven and bring to a boil. Cover tightly, place in oven, and bake until rice is tender and liquid is absorbed, about 1 hour. Add peas and corn, adjust seasonings; return to oven until heated through.

Pasta with Portabella Mushrooms & Spinach

1 box (1-pound) whole wheat spaghetti

1 red onion, chopped

1 green bell pepper, seeded and chopped

2 large portabella mushrooms (remove stems and cut into bite-sized chunks)

2 cups fresh spinach

2 tablespoons minced garlic

1 tomato, chopped

4 teaspoons kosher salt

1 tablespoon black pepper

1 tablespoon Italian seasoning

4 tablespoons extra virgin olive oil (EVOO)

2 tablespoons balsamic vinegar



Prepare pasta as directed on package. Drain and return to the pot.

In a large skillet, heat 2 tablespoons EVOO over medium heat. Add the onions and bell pepper. Cook until translucent (almost see-through), stirring frequently. Add the mushrooms, spinach and garlic to the skillet. Cook until the mushrooms soften and the spinach wilts. This should be 2 – 3 minutes. Keep stirring! Add the kosher salt, plus the black pepper and Italian seasoning. Also add the balsamic vinegar and the tomatoes. Stir enough to mix well and warm up the tomatoes. Pour skillet contents into the pot with the pasta. Add the rest of the EVOO and toss.

NOTE: This recipe is a little skimpy on the sauce. Feel free to double the amounts for sauce or use half the amount of pasta.

bigmista.com

Zoodles & Squoodles

This is a fun and yummy way to eat your veggies! Zoodles can be eaten hot or cold, and here are a couple of recipes for you to try—one hot and one cold. To serve hot, spiralize your veggies, then sauté BRIEFLY in a little oil—just 2 or 3 minutes. You don't want them to get soggy or mushy. Spiralizers are available in a wide variety of styles and prices. Some grocery stores now offer veggie “noodles” in their produce section.

Simple Vegan Pesto

- 2 cups tightly packed fresh basil
- ½ cup walnuts or pine nuts
- 1 to 2 cloves garlic, roughly chopped (to taste)
- ½ cup extra-virgin olive oil
- Sea salt and freshly ground pepper, to taste
- 1 tablespoon lemon juice
- 3 tablespoons nutritional yeast (Gives a cheesy taste without dairy!)

Place the basil, walnuts or pine nuts, and garlic in a food processor fitted with the S blade. Pulse to combine, until the mixture is coarsely ground. Turn the motor on and drizzle the olive oil in a thin stream. Add the sea salt, pepper, lemon, and nutritional yeast, and pulse a few more times to combine. Warm and serve over sautéed zoodles or squoodles.

Contributed by Kelsey Clevenger

Raw Spicy Zoodle Bowl

- 1 large zucchini, spiralized or peeled
- 2 large carrots, spiralized or peeled
- 1 red bell pepper, sliced thin (any color is good)
- 1 cup purple cabbage, chopped into small strips
- 1 cup fresh corn (optional)
- ½ cup celery, chopped small
- ¼ cup fresh cilantro, chopped
- 2 – 3 tablespoons sesame seeds

Spicy Dressing:

- 1” piece fresh ginger, peeled
- ¼ - ½” chunk of jalapeño (optional)
- ½ of an avocado
- fresh juice from 1 lime
- ¼ - ½ cup water, depending on how thick you prefer your dressing
- 2 teaspoons maple syrup (or your favorite sweetener) – omit for Daniel Fast
- ½ tablespoon raw, unrefined, organic coconut oil
- ¼ teaspoon fine-grain sea salt
- pepper, to taste

Optional add-ins: cashews, peanuts, edamame, green onions, hemp hearts

Spiralize or peel zucchini and carrots. Add to a large bowl along with the red pepper, purple cabbage, corn, celery, cilantro and sesame seeds. Mix well.

For the dressing: In a blender, combine all the dressing ingredients and blend until smooth. Pour dressing over salad, mix well and serve!

Makes 2 large servings. If you think you will have leftovers, you can always keep the dressing separate and add as needed so the veggies don't become soggy in the refrigerator. Will keep in the refrigerator up to 2 days. *Contributed by Kelsey Clevenger*



Skillet Fried Yams

2 jumbo yams peeled and cubed
1 onion, rough chopped
1 bell pepper, rough chopped

2 tablespoons olive oil
1 tablespoon kosher salt
1 teaspoon cinnamon

Add the olive oil to a skillet over medium high heat. Add the yams, onion, and bell pepper. Stir occasionally. Cook until the yams are starting to brown and are fork tender. Sprinkle with salt and cinnamon. Give them a final stir to scrape the bottom and distribute the seasonings. Sit down and eat!
bigmista.com

Easy Pasta

Commercial pasta sauce that does not contain sugar can be difficult to locate. Check out what is offered at your market. Some options for you to try include Caso Visco brand Carmella's Homestyle Spaghetti Sauce; Roselli's Marinara; or Victoria's All Natural—all available at Farm Fresh; and Gina Rispoli or Calovita at Harris Teeter. They are much less known than Ragu or Prego, so you may have to hunt around for them a bit.



Buy a pasta that is 100% whole grain, cook according to the package directions, and serve with one of the above sauces. You can also sauté some veggies to add to your sauce—things like onions, bell peppers, mushrooms, various summer squashes, or whatever you like.

Black Bean and Brown Rice Burgers

½ cup brown rice
2 cups soaked and pre-cooked black beans
1 onion, diced
½ zucchini, diced



Place the rice in a pan with 1 cup water and bring to a boil. Reduce heat to simmer and place the lid on the pan. Cook until the water is all gone but before the rice burns to the bottom!

Drain the rice and set aside. Fry the onion and zucchini in a little oil until the onion is brown. Add the beans and cook for 5 – 7 minutes. Remove from heat and place 2/3 of the mixture in a blender and blend for a few seconds – no more. Place this back into the pan with the other mixture, add the rice, and mix thoroughly. Allow the mixture to cool for 10 minutes. Divide into 8 portions and shape into patties.

Heat a little oil in a skillet. When hot, place burgers in it and fry for 4 – 5 minutes on each side, then remove from the pan. Repeat with all the other burgers until they're all cooked. Store leftovers in the fridge and eat them within a week!

Try these with our "Clean Ketchup" recipe on page 40.

Contributed by Kelsey Clevenger

Tomato & Chickpea Curry

1 tablespoon olive or vegetable oil
1 medium onion, chopped (½ cup)
3 cloves garlic, finely chopped
1 tablespoon finely chopped gingerroot
1 tablespoon curry powder
2 cans (15 ounces each) chickpeas, drained, rinsed
2 cans (14.5 ounces each) Muir Glen™ organic fire roasted diced tomatoes, undrained
½ cup finely chopped fresh cilantro
1 tablespoon fresh lemon juice
½ teaspoon coarse salt (kosher or sea salt)
Hot cooked brown rice, if desired
Plain yogurt (optional; delete for the fast)



In a 3-quart saucepan, heat oil over medium heat. Cook onion, garlic, gingerroot, and curry powder in oil about 2 minutes, stirring frequently, until onion is tender. Stir in chickpeas and tomatoes. Heat to boiling. Reduce heat; simmer uncovered 15 minutes, stirring occasionally. Stir in cilantro, lemon juice, and salt. Serve over rice; top each serving with yogurt if using. *Reprinted from bettycrocker.com*

African Sweet Potato Curry

2 cups sweet potato, diced
1 onion, diced
3 cloves garlic, crushed
1 tablespoon grated ginger
1 teaspoon ground cardamom
2 teaspoons ground coriander
2 teaspoons ground cumin
1 teaspoon cinnamon
½ teaspoon cayenne pepper
1 red pepper, diced
2 cups canned diced tomatoes
1 cup vegetable stock
2 cups fresh spinach, torn
½ cup fresh coriander, chopped
½ cup sweet peas, frozen
olive oil



In a large pan, heat the oil then fry the onion and garlic until translucent. Add the cardamom, coriander, cumin, cinnamon, ginger, and cayenne pepper and fry for a minute or so, until aromatic. Add the diced sweet potato and cook, stirring, for 3 – 4 minutes. Add the red pepper, chopped tomatoes, and vegetable stock and stir, then put the lid on the pan and cook for at least 30 minutes, until the sweet potato is tender. If you have time to leave it for an hour at this stage, do so!

Stir in the frozen peas and cook for 5 more minutes. Add the spinach and fresh coriander, and cook for 2 – 3 more minutes. Remove from heat and serve with brown rice. This is one of those dishes that tastes even better the next day!

Marinated Roasted Vegetables

- | | |
|---------------------------------|--|
| 1 small to medium zucchini | 1 stem fresh rosemary |
| 1 small to medium yellow squash | 3 tablespoons organic balsamic vinegar |
| 1 red pepper | 2 tablespoons organic tamari |
| 1 orange pepper | ¼ cup olive oil |
| 1 yellow pepper | |
| ½ medium red onion | |
| 2 cloves garlic, minced | |



Preparation Time: 60 minutes Cooking Time: 60 minutes

Wash all the vegetables. Cut zucchini and yellow squash into chunks or slices (a little bigger than bite-size). Place in large bowl. Wash and seed peppers. Cut into strips or chunks about the same size as the squash. Add to the squash. Cut onion into smaller pieces than other vegetables. Add onion and minced garlic to the other vegetables. Take one small “tree” of the fresh rosemary and pull the little sprigs off and add the sprigs to the vegetables. Place vinegar and tamari into a small bowl. Whisk together. While continuing to whisk together, pour olive oil in a slow stream into mixture. Whisk until combined well. Pour marinade over top of vegetables. Add cayenne to taste. Gently stir everything together. Place cover on top of bowl. Allow to marinate for at least an hour, stirring occasionally; can be up to three hours. Then spoon vegetables into stainless steel baking pan, including small amounts of the marinade if any is left in bowl. (It may be all absorbed.) Bake at 350 degrees for 30 minutes. Gently stir vegetables and bake for 30 more minutes or until soft, glazed and lightly browned. Serves 8.

Notes: I use an organic balsamic vinegar since it has no added sulfites. Most other balsamic vinegars have numerous preservatives in them. Tamari is a fermented soy sauce. I use organic tamari made from organic soybeans.

Sharon Graham, sharonshealthyrecipes.com

Yukon Vegetable Bake

- | | |
|---|---|
| 1 pound Yukon Gold potatoes, unpeeled and cut into ½” cubes | ¼ teaspoon pepper |
| 1 cup fresh corn kernels (about 2 ears) | 1 cup thinly-sliced onion |
| 2 tablespoons extra-virgin olive oil, divided | 2 cups chopped zucchini, unpeeled, cut into ¼” rounds |
| ¼ teaspoon dried basil | 2 cloves garlic, minced |
| ½ teaspoon salt | |

Preheat oven to 425 degrees. Mix potatoes and corn in a large bowl. Add 1 tablespoon olive oil, basil, salt, and pepper. Stir well. Place on an 11 x 17-inch baking sheet. Bake about 25 minutes or until potatoes are tender, stirring halfway through cooking time.

When potatoes have about five minutes of cooking time remaining, heat 1 tablespoon olive oil in a large skillet over medium heat. Add onion slices and zucchini. Cook until vegetables are slightly browned. Stir in garlic, and cook about 30 seconds, stirring constantly so garlic doesn’t burn. Add potatoes and corn. Stir well, and cook another 5 minutes before serving.

STUFFED BAKED POTATOES

How to Bake a Potato – white potatoes



What You Need:

One russet potato per person

Optional: Olive Oil, Salt, Pepper

Equipment: A fork, a baking sheet covered in foil (optional)

- 1. Heat the Oven to 425°F** - Turn on the oven while you're preparing the potatoes.
- 2. Scrub the Potatoes** - Scrub the potatoes thoroughly under running water and pat them dry. You don't have to remove the eyes, but trim away any blemishes with a paring knife.
- 3. Season the Potatoes** - (optional—some people prefer to bake the potato as is) Rub the potatoes all over with a little olive oil. It's easiest to use your hands, but a pastry brush also works fine. Generously sprinkle the potatoes on all sides with salt and pepper.
- 4. Prick with a Fork** - Prick the potatoes in a few places with the tines of a fork. This allows steam to escape from the baking potato.
- 5. Bake the Potatoes** - You can bake the potatoes directly on the oven rack, or you can place them a few inches apart on a foil-lined baking sheet. Bake the potatoes for 50-60 minutes. Flip them over every 20 minutes or so and check them for doneness by piercing them with a fork. Potatoes are done when the skins are dry and the insides feel completely soft when pierced.

Notes:

- To cut down the baking time, microwave the potatoes for 3 – 4 minutes before baking.
- For softer skins, wrap the potatoes in foil before baking.
- If you're baking other items at a lower temperature, bake the potatoes alongside and just allow longer baking time

Sweet potatoes

Baking sweet potatoes is much like baking white potatoes, with these changes:

- Heat oven to 375 degrees Fahrenheit and bake for about 45 minutes or until done.
- Because of the sweet syrup that may escape from sweet potatoes, do not place them directly on the oven rack unless they are wrapped in foil.



NO TIME TO BAKE POTATOES?

Wash either white or sweet potatoes as above but DO NOT DRY. Place 6 – 8 damp potatoes in a crock pot. Cover and cook 4 hours on high or 6 – 8 hours on low.

Leftover potatoes may be refrigerated to use another time.

Now let's get creative with ways to top or stuff your potatoes...

TOPPINGS FOR BAKED POTATOES

A large baked potato with a substantial topping can actually become a meal in itself, or use a smaller potato for a hearty side. Some of these toppings require a little effort; others are right out of the cupboard or fruit basket or make good use of leftovers. Use these as a springboard for your own creativity.

For white potatoes:

- caramelized onions (recipe follows)
- sautéed peppers and onions
- sautéed veggies of all types
- guacamole and chopped tomato
- canned diced tomatoes heated with black beans and corn salsa
- lentil chili (great way to use leftover chili)



For sweet potatoes:

- unsweetened applesauce and a sprinkle of cinnamon
- black beans mixed with mango chunks
- pineapple tidbits and mandarin oranges
- fruit salsas (see Peach Salsa on page 40)



Caramelized Onions

2 large yellow onions

3 tablespoons olive or coconut oil

Peel and slice (or dice) the onions. It's important to have all the onion pieces roughly the same size and shape so they cook evenly. Otherwise, smaller pieces will burn before the larger ones caramelize.

Heat a heavy skillet over medium heat, then add the oil and continue to heat. Once the oil is nice and hot, add the onions. They should sizzle when they hit the oil, but the oil shouldn't be so hot that they splatter and pop.

Stir them together immediately so each onion piece is coated with some of the oil. The temperature of the oil will drop. Now let the onions cook, stirring up off the bottom frequently, so each onion piece gets roughly the same amount of time in contact with the floor of the pan.

Keep stirring from time to time, perhaps every 15 to 30 seconds. The onions will lose as much as two-thirds of their volume as the water within them evaporates, and then they'll begin to brown.

Once browning begins, you may wish to lower the heat; then you run a much lower risk of burning the onions. Either way, watch them closely at this point and stir more frequently. As the sugar within them caramelizes, they'll go from light tan to golden to deep brown. Don't cook past a mahogany color, because they're at great danger of burning about now. When the desired color is reached (after at least 10 to 20 minutes), transfer the onions to a cool plate or bowl at once so they stop cooking.

Stir Fry Veggies I

2 small onions

2 red bell peppers

2 bunch broccoli florets

4 zucchini

2 small can sliced water chestnuts

2 cans baby corn (find in Asian food section)

2 tablespoons olive oil

½ cup soy sauce

cooked brown rice

sesame seeds

Sauté first three ingredients in olive oil and soy sauce until slightly tender. Add zucchini and just before done add water chestnuts and baby corn. Sprinkle with sesame seeds. Let simmer for 2 – 3 minutes and serve over brown rice. Serves 8.

Stir Fry Veggies II

- 1 tablespoon sesame oil
- 3 green onions, finely chopped
- 1 tablespoon fresh ginger, minced
- 4 cups fresh broccoli, chopped
- ½ pound fresh green beans, chopped
- 2 carrots, peeled and sliced diagonally
- 2 cloves garlic, minced
- 4 cups greens, chopped (kale, bok choy, spinach, collards, etc.)
- 1 can sliced water chestnuts, drained
- 3 cups cooked brown rice
- 2 tablespoons soy sauce (or tamari)
- 1½ cups peas (if frozen, run under water to thaw)
- ½ cup toasted sliced almonds



Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.

Add green onions and ginger. Sauté for 5 minutes. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes. Add greens and toss for about 2 minutes or until greens are wilted. Stir in water chestnuts, brown rice, soy sauce or tamari, peas, and almonds. Serve over rice. Serves 4.

Contributed by Greg Diehl

Indian Lentils and Rice

- 8 medium green onions, chopped (½ cup)
- 1 tablespoon finely chopped gingerroot
- ⅛ teaspoon crushed red pepper
- 2 cloves garlic, finely chopped
- 5¼ cups vegetable broth
- 1½ cups dried lentils, sorted & rinsed
- 1 teaspoon turmeric
- ½ teaspoon salt
- 1 large tomato, chopped
- ¼ cup shredded coconut, preferably unsweetened
- 2 tablespoons chopped fresh mint leaves or 2 teaspoons dried mint
- 3 cups hot cooked rice, preferably brown during the fast
- 1½ cups plain yogurt (optional; omit during Daniel Fast)



Spray a 3-quart saucepan with cooking spray. Cook onions, gingerroot, red pepper, and garlic in saucepan over medium heat 3-5 minutes, stirring occasionally, until onions are tender. Stir in 5 cups of the broth, lentils, turmeric, and salt. Heat to boiling; reduce heat. Cover and simmer 25-30 minutes, adding remaining broth if needed, until lentils are tender. Stir in tomato, coconut, and mint. Serve over rice.

Bean Curry & Rice

- 2 tablespoons olive oil
- 1 large white onion, chopped
- ½ cup dry lentils
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 pinch cayenne pepper
- 1 can crushed tomatoes (28-ounce)
- 1 15-ounce can garbanzo beans, drained & rinsed
- 1 8-ounce can kidney beans, drained & rinsed
- ½ cup raisins
- 8 cups cooked brown rice

Heat the oil in a large pot over medium heat and cook the onion until tender.

Mix in the lentils, garlic, curry powder, cumin, and cayenne pepper. Cook and stir for two minutes.

Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt & pepper.

Reduce to low and simmer at least one hour, stirring occasionally. Serve with rice.

Contributed by Greg Diehl

Spanish Rice

- 2 tablespoons olive oil
- ½ cup chopped onion
- 1 clove garlic, minced
- ½ cup chopped celery
- 1 medium carrot, chopped
- ½ of a red pepper, chopped
- 1 28-ounce can organic chunky tomato sauce
- ½ teaspoon basil
- ½ teaspoon oregano
- 3 teaspoons chili powder
- 1 teaspoon sea salt
- 2 cups cooked brown basmati rice



Sauté onions and garlic in oil. Add celery, carrot, pepper, and spices and sauté a few more minutes until vegetables are soft. Add tomato sauce and rice. Simmer for about twenty minutes until hot and bubbly. Serves 6.

Sharon Graham, sharonshhealthyrecipes.com

Three-Bean Indian Dal

2 tablespoons olive oil	2 teaspoons coriander
1 medium red onion, diced	2 tablespoons fresh ginger, grated
½ cup celery, sliced thin	2 large tomatoes
4 cloves garlic, minced or pressed	3 cups water
1 small green pepper, diced	1 cup cooked lentils
1 teaspoon sea salt	1 cup black beans, cooked
½ teaspoon white pepper	1 cup garbanzo beans
1 tablespoon celery seed	¼ cup cilantro, chopped
1 tablespoon ground cumin	

Heat oil in large soup pot and sauté onion, celery, garlic, green pepper, salt and white pepper until green pepper is tender. Add celery seed, ground cumin, coriander, and ginger and sauté 3 minutes longer. Core tomatoes and dice. Add to onion and pepper mixture, and sauté until tomatoes are soft and juicy. Add water, lentils, black beans, garbanzo beans and cilantro to soup pot and simmer, covered for 10-15 minutes. Serve hot, garnished with cilantro. *Annette Reeder, The Daniel Fast*

Lentil-Spinach “Meatballs”

½ cup dry lentils, sorted and rinsed
1 ½ cups vegetable broth or water
½ cup diced onion, divided
1 clove garlic, minced
1 ½ teaspoons extra-virgin olive oil
1 cup finely chopped white button mushrooms
½ (10-ounce) package frozen chopped spinach, thawed, squeezed dry
½ cup oat flour
2 tablespoons finely chopped walnuts
2 tablespoons flaxseed meal
1 teaspoon dried basil
1 teaspoon dried parsley
½ teaspoon garlic powder
½ teaspoon salt

Place lentils and broth in a medium saucepan and bring to a boil. Lower heat, and add ¼ cup onions, and garlic. Cover, and simmer with lid tilted for 45 minutes. While lentils cook, heat olive oil over medium-low heat in a large skillet. Add ¼ cup onions, mushrooms, and spinach, and stir to coat. Cook 5 minutes, stirring frequently. Set aside. When lentils are done cooking, drain any water that remains and stir into mixture of onions, mushrooms, and spinach. Add oat flour, walnuts, flaxseed meal, basil, parsley, garlic powder, and salt. Stir well. Transfer to a food processor or blender, and process 10 – 15 seconds or until smooth. Form mixture into balls (about 2 tablespoons per ball), and place on an 11 by 17-inch baking dish that has been rubbed with olive oil. Bake 30 minutes. *ultimatedanielfast.com*

SNACKS & DESSERTS

Peach-Banana Nice Cream

- 1 cup unsweetened plain almond milk
- ¼ cup creamy almond butter
- 2 bananas, sliced and frozen, divided
- 3 peaches, pitted, chopped and frozen, divided

Put almond milk, almond butter, and half of the bananas and peaches into the food processor and purée, stirring often, until smooth. Add remaining bananas and peaches and repeat again until smooth. For soft serve texture, serve immediately. Or for a scoopable treat, transfer to a freezer-proof container, cover and freeze until solid, 4 to 6 hours. (If freezing, set aside at room temperature for 10 to 15 minutes before scooping.)



Sweet & Spicy Mixed Nuts

- ½ cup raw almonds
- ½ cup raw pecans
- ½ cup raw walnut halves
- 1 tablespoon Date Honey (see recipe on page 31)
- 1 tablespoon water
- 1 teaspoon extra-virgin olive oil
- ½ teaspoon chipotle chile seasoning
- ¼ teaspoon salt



Preheat oven to 250. Line an 11 x 17-inch baking sheet with parchment paper or lightly rub with olive oil, set aside. Put nuts in a large bowl. In a separate smaller bowl, mix date honey, water, olive oil, chipotle chile seasoning, and salt. Use a fork or small whisk to combine. Pour over nuts; stir until well coated. Spread nuts evenly on baking sheet. Bake 1 hour, stirring about halfway through cooking time. Cool and serve. Store in an airtight container. Yield: 6 servings (about ¼ cup each)

ultimatedanielfast.com

Frozen Banana Bars

- 2 medium bananas, peeled, sliced (about 2 cups)
- 1 cup roughly chopped dates
- 1 cup roughly chopped raw cashews

Instructions: Place bananas, dates, and cashews in a food processor or blender. Process about 30 seconds or until smooth. Transfer to an 8 x 8-inch baking dish. Place in freezer 3–4 hours or until firm. To serve, cut into 2 x 2½-inch bars and serve. Store in freezer. Yield: 12 bars

ultimatedanielfast.com

Vegan PB & J Energy Bars

- 1¾ cup pitted dates
- ½ cup unsweetened dried cranberries
- ¼ cup natural peanut butter
- ¼ cup whole raw almonds
- ½ cup instant plain oats (gluten free if you need!)

Soak the dates in warm water for 15 minutes, and drain. Place dates, dried cranberries, almonds, peanut butter, and oats in a food processor and blend until combined well. Scoop mixture into a square baking pan, and firmly press down to make an even layer. Place in the freezer for 30 minutes to set, then cut into 8 rectangle bars. Store in the freezer or fridge. *Contributed by Kelsey Clevenger*

Pina Colada Sorbet

1 cup frozen pineapple chunks
½ cup coconut juice, no sugar or additives
(available at Whole Foods)

Blend in a blender or NutriBullet. Place in a container and freeze 1 – 2 hours, until scoopable but not frozen solid. *Contributed by Kelsey Clevenger*



Blueberry Mango Sorbet

2 cups frozen blueberries
2 cups frozen mango chunks (1-inch cubes)

Mix blueberries and mango in a blender until smooth, or feed through a juicer with the blank attachment in place. Yield: 4 servings (about ½ cup each).

ultimatedanielfast.com

Whole Wheat Tortillas

2 cups whole wheat flour
½ teaspoon salt
2 tablespoons olive oil
½ cup warm water

Mix flour and salt in bowl. Add olive oil and stir until well combined. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl. Knead dough on floured board for about 3 minutes (20 folds). Allow dough to rest for 15 minutes.

Roll dough into sausage-shape and then cut into 12 equal parts and shape into little balls. With a rolling pin, roll each ball into a tortilla (for best results, roll out from the center). Heat a stick-free skillet over medium heat; fry the tortillas for about 30 seconds on each side for soft tortillas or longer for crisp tortillas. Keep tortillas warm by placing in a tortilla holder or wrap in a kitchen towel. Makes 12.

danielfast.wordpress.com

Brown Rice Tortilla Chips

These come highly recommended by Greg Diehl. He suggests you forget the time-consuming part of cutting into triangles—fry the tortillas whole and store in zip-top bags. Break them up as you use them.



1 or 2 brown rice tortillas per person (available at Food Lion in the freezer in the natural foods section)
Extra light olive oil or grape seed oil

Pour enough oil in pan to coat the bottom. Slide in a whole tortilla. Turn over when just slightly brown. When second side is browned, remove, drain, and salt.

Almond Butter Bites

½ cup almond butter
¼ cup raw sunflower seeds
¼ cup raisins
¼ cup chopped almonds
2 tablespoons unsweetened shredded coconut
¼ teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a ½-tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm. Serve frozen or just slightly thawed. Makes about 18. Yield: 6-8 servings (serving size: 2-3 balls)

Contributed by Amy Wiggins

DIPS & SPREADS

Date Honey

1 cup pitted dates
½ teaspoon cinnamon
1 cup water

Instructions: Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45–60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator. 12 servings (about 1 tablespoon each) Use as a spread for apple slices, rice cakes, etc.

ultimatedanielfast.com



Hummus

If you haven't tried hummus for a while, you might be pleasantly surprised by the wide variety of flavors available. This protein-rich dip has come a long way. You can find a huge selection in many markets. Be sure to choose those without preservatives. They are there, but it will take a little investigative work!

Hummus is also quite easy to make at home. Here are two recipes for you to try.

3 cups chickpeas (garbanzo beans)
6 tablespoons tahini*
2 tablespoons chopped garlic
Juice of 2 lemons
3 tablespoons chopped jalapenos (from a can)

See instructions below.



2 tablespoons jalapeno liquid
2 tablespoons olive oil
Handful of chopped cilantro
1 teaspoon salt

Hummus II

1 15-ounce can garbanzo beans,
drain & reserve liquid
2 cloves garlic
¼ cup olive oil
¼ cup tahini*
3 tablespoons lemon juice

2 tablespoons bean liquid
½ teaspoon sea salt
¼ teaspoon paprika
pinch cayenne
2 tablespoons fresh parsley

For both recipes: Puree in food processor until desired consistency. Serve with raw vegetables and other dippers.

* Tahini is a sesame seed paste. At the Harris Teeter where I shop it's located with the nut butters, near the peanut butter.

Guacamole

- 2 avocados, peeled and cut up
- 1 medium onion, finely chopped (about ½ cup)
- 1 or 2 green chili peppers, finely chopped (or 4-ounce can)
- 1 tablespoon lemon juice, preferably fresh
- 1 teaspoon sea salt
- ½ teaspoon freshly ground black pepper
- 1 medium tomato, finely chopped (about ¾ cup)



Mash avocados. Mix in remaining ingredients except tomatoes and beat until creamy. Stir in tomato. Cover and refrigerate at least one hour. Makes about 2 cups.
Contributed by Bonnie Kyle

Black Bean Dip

- 1 tablespoon extra-virgin olive oil
- 1 cup diced onion
- 1 cup diced red bell peppers
- 1 clove garlic, minced
- ½ cup water
- 2 15.5-ounce cans black beans, rinsed & drained
- 2 tablespoons fresh parsley (or 1½ tsp. dried)
- ½ teaspoon dried crushed rosemary
- ¼ teaspoon salt
- ⅛ teaspoon pepper

Heat olive oil in a large skillet over medium heat. Add onions and red peppers, and cook until onion is soft and translucent. Stir in garlic, and cook for 30 seconds, stirring frequently so garlic doesn't burn.

Place water and 2 cups beans in food processor or blender; process until smooth. Pour the pureed beans into skillet and stir. Add the remaining beans, parsley rosemary, salt, and pepper. Reduce heat to low and cook 15 minutes, stirring occasionally. Transfer to a serving dish and serve warm. Yield: 6 servings (about ½ cup each)

SALADS

Basic Salad

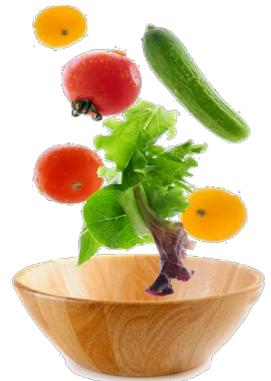
Have fun during the Daniel Fast experimenting with different types of salads. If you are basically a lettuce-tomato-cucumber type of salad maker, try other veggies that you like and don't forget other add-ins like unsweetened or naturally sweetened dried fruits, raisins, nuts, sunflower seeds, etc. See the salad dressing section for help with dressings.



Mango and Black Bean Salad

- 1 15-ounce can black beans, drained and rinsed
- 2 cups fresh mango, diced
- 1 cup sweet red bell pepper, diced
- 6 green onions, thinly sliced
- ¼ cup cilantro leaves, chopped
- ¼ cup fresh lime juice
- 1 tablespoon olive oil
- 1 seeded jalapeno pepper, minced (or hot sauce to taste)
- Salt to taste

Combine ingredients in a bowl. Toss and serve.



Cinnamon-Raisin Carrot Salad

2 cups peeled, shredded carrots
1 cup shredded red cabbage
1 apple, cored, unpeeled, cut
into 1-inch matchsticks (about 1 ½ cups)

½ cup raisins
¼ cup chopped pecans (or walnuts)
2 tablespoons raw sunflower seed kernels

Dressing: ½ cup unsweetened apple juice, 1 teaspoon cinnamon

Mix carrots, cabbage, apple, raisins, pecans, and sunflower seeds kernels in a large bowl. In a smaller bowl, add apple juice and cinnamon. Use a whisk to combine, and pour over carrot mixture. Stir well to coat. Place in refrigerator 1–2 hours or until cool. Serve chilled. Yield: 10 servings (serving size: ½ cup)

Pineapple-Kiwifruit Salad

6 cups fresh spinach leaves, torn, stems removed, lightly packed
1 (8-ounce) can pineapple tidbits, drained, juice reserved
5-6 kiwifruit, peeled, cut into half moons
¼ cup diced red onion



Wash spinach leaves well, and place in a large serving bowl. Top spinach with pineapple, kiwifruit, and red onion. Pour pineapple juice over all and toss gently. Yield: 6 servings (serving size: about 1 cup)

Taco Salad

1 (14.5-ounce) can corn kernels, drained
1 (15.5-ounce) can pinto beans, undrained
¼ teaspoon garlic powder
¼ teaspoon salt
1 tablespoon extra-virgin olive oil
½ cup diced onion
1 (15-ounce) can black beans, rinsed and drained
½ tablespoon taco seasoning (see page 40)
2 cups torn romaine or iceberg lettuce

Garnishes: Avocado slices, chopped green onions, sliced olives, and/or diced tomatoes

Preheat oven to 425 degrees. Spread corn kernels out in one layer on a lightly oiled 11 x 17-inch baking sheet. Bake for 20-25 minutes, or until corn is browned and slightly crunchy.

While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans. Lower heat, and continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.

Heat olive oil over medium heat, and add onions. Cook until onions are soft and translucent. Add black beans, corn, and taco seasoning. Stir well to coat. Reduce heat to low, and keep warm until pinto beans are done. To serve, place about ½ cup lettuce on each plate, and top with 1/4 cup pinto beans and a heaping ½ cup of black bean and corn mixture. Add desired toppings to salad.

Yield: 4 servings (about 1½ cups each)

ultimatedanielfast.com

QUINOA (pronounced *KEEN-wah*) is a high protein seed that has a fluffy, slightly crunchy texture. Though it looks like couscous and is eaten like a grain, it's actually a cousin of spinach, Swiss chard, and other leafy greens. It's wonderful when cooked right—the key is not to follow the package's instructions, which always call for too much liquid and results in way too mushy quinoa. The ideal ratio is one cup of quinoa to $1\frac{2}{3}$ cups of liquid.

(Source: Jennifer Segal, the chef behind the food blog, *Once Upon a Chef*)

SUPER EASY QUINOA AND BROWN RICE

Does the thought of cooking grains like quinoa and brown rice intimidate you? NO MORE! Several stores (Trader Joe's and Whole Foods for starters, but check out others, too) now offer FROZEN rices and quinoa. Three or four minutes in the microwave and you're all set to go!



Easy Quinoa Salad

2 pouches Trader Joe's frozen quinoa

One or handfuls of grape tomatoes

4 green onions, sliced (both white and green sections)

1 small can sliced black olives

$\frac{1}{3}$ cup slivered almonds (purchase in baking section in store)

1 fresh lemon

2 tablespoons olive oil

salt and pepper to taste



Microwave quinoa as directed and allow pouches to cool for 10-15 minutes. Transfer quinoa to a large bowl and fluff with a fork. Cut tomatoes in half and slice onions. Add to quinoa with drained sliced olives and almonds. Heat lemon in microwave about 30 seconds. Cut in half and squeeze juice over the salad. Drizzle olive oil over all. Toss with a fork and season to taste with salt and pepper. Chill in refrigerator before serving.

As you get comfortable making this salad, experiment by adding your favorite veggies and spices.

Cranberry & Cilantro Quinoa Salad

$1\frac{1}{2}$ cups water

1 cup uncooked quinoa, rinsed

$\frac{1}{4}$ cup red bell pepper, chopped

$\frac{1}{4}$ cup yellow bell pepper, chopped

1 small red onion, finely chopped

$1\frac{1}{2}$ teaspoons curry powder

$\frac{1}{4}$ cup chopped fresh cilantro

1 lime, juiced

$\frac{1}{4}$ cup toasted sliced almonds

$\frac{1}{2}$ cup minced carrots

$\frac{1}{2}$ cup naturally sweetened dried cranberries

salt and ground black pepper to taste

1. Pour the water into a saucepan, and cover with a lid. Bring to a boil over high heat, then pour in the quinoa, recover, and continue to simmer over low heat until the water has been absorbed, 15 to 20 minutes. Scrape into a mixing bowl, and chill in the refrigerator until cold.
2. Once cold, stir in the red bell pepper, yellow bell pepper, red onion, curry powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.
3. powder, cilantro, lime juice, sliced almonds, carrots, and cranberries. Season to taste with salt and pepper. Chill before serving.

Quinoa with Corn, Tomatoes, Avocado, and Lime

2 tablespoons olive oil, divided
½ cup chopped yellow onion, from one small onion
1 cup pre-washed quinoa (if not pre-washed, follow package instructions for rinsing)
1²/₃ cups low sodium vegetable broth
1 teaspoon salt, divided
1 cup chopped tomatoes, from 2 medium tomatoes
1¼ cups fresh cut cooked corn, from 2 cobs
2 scallions, white and green parts, finely sliced
1 small jalapeno pepper, seeded and finely chopped
⅓ cup chopped fresh cilantro
2 tablespoons lime juice, from 1 large lime
1 avocado, cut into bite-sized chunks



Heat 1 tablespoon olive oil in a medium sauce pan over medium-low heat. Add onions and cook, stirring frequently, until soft and translucent, about 5 minutes. Add quinoa to onions and continue cooking, stirring constantly, for 3-4 minutes. Add vegetable broth and stir in ½ teaspoon salt. Turn heat up to high and bring to a boil. Cover pan tightly with lid, turn heat down to low and simmer for 17-20 minutes, until liquid is absorbed and quinoa is cooked. Transfer cooked quinoa to mixing bowl and chill in refrigerator.

When quinoa is cool, add remaining tablespoon olive oil, tomatoes, corn, scallions, jalapeno, cilantro, remaining ½ teaspoon salt and lime juice. Taste and adjust seasoning if necessary. Right before serving, scatter avocado chunks over top.

Contributed by Amy Wiggins

Quinoa Salad with Yellow Tomatoes & Kalamata Olives

3 cups cooked quinoa
1 clove garlic, peeled
A handful of sweet grape tomatoes—yellow is low acid and delicious
1 carrot, grated
4 scallions, sliced (both white and green sections)
¼ cup Kalamata olives, whole or pitted and chopped
⅓ cup slivered nuts—pecans, almonds, or walnuts
Sea salt and pepper, to taste
¼ cup chopped cilantro
Extra virgin olive oil
Juice of 1-2 lemons or limes, depending on size



Rub the clove of raw garlic inside a glass or ceramic salad bowl.

While the quinoa is still a bit warm but not steaming hot, scoop it into the bowl and fluff with a fork.

Halve or quarter the yellow tomatoes and add them to the bowl. Add the grated carrot, scallions, olives, and nuts. Toss lightly to combine.

Season with the salt and pepper. Add the cilantro. Drizzle the salad with extra virgin olive oil—enough to moisten. Toss to distribute. Squeeze a lemon or lime all over the salad and toss. Taste test and adjust seasonings. Cover and chill until serving—at least one hour, but more is better.

Contributed by Greg Diehl

Diane's Tabbouleh

(Middle Eastern salad—great for a large gathering)

¾ cup fine bulghur wheat (found at a Middle Eastern deli or restaurant like Azar's)

3 – 4 large bunches of parsley

1 bunch green onions

6 – 8 tomatoes (Depending on size. Wash with veggie wash to remove impurities)

Juice of 4 large fresh lemons (or 5 small ones) to make ¼ - ½ cup juice

Extra virgin olive oil, about ½ - ¾ cup.

Fresh or dried mint (3 tablespoons)

Salt

- Place the bulghur wheat in the center of a large clean cloth napkin. Gather the corners together and tie the napkin with a rubber band so that the bulghur will remain inside. Place this in a bowl of clean water for 10-15 minutes so that the bulghur will absorb the water. After this time, remove the bulghur from the water and squeeze the cloth napkin so that all the water has been removed. Set aside the bulghur.
- Rinse the bunches of parsley thoroughly and let drain. Trim off the stems and discard. Cut the flowering portion of the parsley into tiny pieces. I gather one bunch and take a sharp knife to chop. Place in a large bowl.
- Slice the green onions in small pieces. Add to bowl of parsley.
- Cut the tomatoes in very small pieces. Add to bowl of parsley.
- Add the bulghur wheat and mix all ingredients well with spoon.
- Add mint
- Add olive oil and lemon juice to taste (at least ½ cup of olive oil and ¼ cup of lemon juice)
- Season with salt. Stir well.
- Always good to let set so that all the flavors can absorb (i.e., overnight).
- Bon appetite!

Contributed by Diane Chandler

Southwest Corn & Black Bean Salad

1½ cups corn kernels, fresh or frozen

½ cup pine nuts

¼ cup lime juice

2 tablespoons extra virgin olive oil

¼ cup chopped fresh cilantro

2 14.5-ounce cans black beans, rinsed

2 cups shredded red cabbage

1 large tomato, diced

½ cup minced red onion

Place pine nuts in a small dry skillet over medium heat and cook, stirring until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, salt, and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato, and onion; toss to coat. Refrigerate until ready to serve. Add freshly ground pepper and salt to taste just before serving.

Contributed by Greg Diehl



Organic Bean Salad with Corn & Avocado

- 1 15-ounce can organic pinto beans (rinsed and drained)
- 1 15-ounce can organic black beans (rinsed and drained)
- 1 15-ounce can organic kidney beans (rinsed and drained)
- 1 15-ounce can organic corn (rinsed and drained, or the corn from 3 ears of fresh, locally grown corn)
- 1 medium red onion, chopped fine.
- 1 cup grape or cherry tomatoes (halved)
- 1 jalapeño pepper (cut into very small pieces. I use rubber gloves to cut this, as it can really burn the skin.)
- ½ cup chopped fresh cilantro
- ⅓ cup fresh lime juice
- 4 tablespoons extra virgin olive oil
- ½ teaspoon sea salt, to taste.
- 2 peeled and diced fresh avocados

Combine all beans and corn in one large bowl.

Sauté chopped jalapeno pepper in olive oil 'til tender. Drain and add to beans. Add chopped red onion, tomatoes, and chopped cilantro. Mix well. Add lime juice, olive oil, and salt. Mix well.

When serving, top with avocado pieces. Bean salad lasts a few days, although the avocado will not. Enjoy!

Contributed by Diane Chandler

Beautiful Green Salad

- 8 cups baby spinach
- ½ of a medium red onion, sliced and separated into rings
- 1 cucumber, seeded and cut into ½" chunks
- 1 large can mandarin oranges
- 1½ cups naturally sweetened dried cranberries
- 1 cup roasted sliced almonds
- 1 cup balsamic salad dressing*

Place servings of spinach on salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order. Drizzle with dressing.

*Or see the recipe for Orange-Poppy Seed Dressing in the salad dressing section.

Strawberry Spinach Salad

- 8 cups torn fresh spinach, loosely packed
- 2 cup chopped strawberries
- 4 teaspoons sunflower seed kernels
- 1 teaspoon sesame seeds
- ½ teaspoon poppy seeds
- Apple-Cinnamon Salad Dressing (see salad dressing section)

Combine all ingredients. Toss with dressing just before serving.

SALAD DRESSINGS & CONDIMENTS

Basic Oil & Vinegar Dressing

It's perfectly fine to add oil and vinegar directly to your salad and season to your liking. If you've never done that and wonder about proportions, here's a simple recipe to help you.



3 tablespoons extra virgin olive oil
1 tablespoon balsamic vinegar (or apple cider vinegar)
Salt & pepper

Place oil and vinegar in a small bowl and whisk together; season to taste. Pour over your salad and enjoy.

Apple-Cinnamon Salad Dressing

$\frac{1}{4}$ cup extra-virgin olive oil
 $\frac{1}{4}$ cup unsweetened apple juice
1 tablespoon fresh lemon juice
1 tablespoon diced red onion
 $\frac{1}{4}$ teaspoon cinnamon

Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use. Use for strawberry spinach salad or other salads—especially ones with fruit and/or berries.

Lemon Olive Oil Dressing

$\frac{1}{4}$ cup fresh lemon juice (1 large lemon)
 $\frac{3}{4}$ cup olive oil
1 – 2 tablespoons tamari (soy) sauce
2 large cloves garlic, crushed
Fresh ground black pepper to taste

Shake all ingredients in a bottle. Toss with fresh salad greens. Store leftover dressing in refrigerator.

Contributed by Greg Diehl

Creamy Avocado Salad Dressing

1 ripe avocado
1 tablespoon extra virgin olive oil
1 teaspoon garlic salt
Juice of $\frac{1}{2}$ lemon

Mash avocado into paste-like consistency. Add garlic salt, lemon juice, and EVOO. Whisk until blended. Spoon over salad and enjoy!

Adjust the quantity of ingredients based on how many people you need to serve. Start out with the smallest amount of oil and adjust from there. (Add additional avocados to serve more people, and add more oil to make the dressing creamier.)

Contributed by Kelsey Clevenger

Herbal Vinaigrette

- 1 clove garlic
- 2 tablespoons fresh lemon juice
- 2 teaspoons Dijon mustard
- ½ cup organic olive oil
- ¼ teaspoon sea salt
- ½ teaspoon basil
- ½ teaspoon marjoram
- ½ teaspoon parsley
- ½ teaspoon tarragon
- ½ teaspoon thyme
- ⅛ teaspoon cayenne pepper



Place garlic, lemon juice and Dijon mustard in blender or food processor. Blend briefly. Slowly drizzle olive oil into blender while blender is running. Blend until mixture is combined. Stop and add salt, herbs, and cayenne. Blend briefly again until mixed. Tastes more flavorful when served at room temperature. Refrigerate leftovers.

Sharon Graham, sharonshhealthyrecipes.com

Creamy Cucumber Dressing

- 2 cups cut-up cucumbers
- 1 clove garlic
- 2 tablespoons chopped onion
- 3 tablespoons fresh lemon juice
- ½ teaspoon sea salt
- 1 teaspoon dried dill
- dash cayenne pepper
- ½ cup organic olive oil

Peel and cut up cucumbers to equal 2 cups. Place in blender. Add peeled garlic. Slightly chop onion and add to blender. Add lemon juice, salt and cayenne. Blend until combined. Add dill and mix in. Then drizzle in olive oil while blender is mixing on slow speed. Blend until oil is incorporated into dressing. Refrigerate until ready to use.

NOTE: The recipe also calls for 1 tablespoon agave nectar, a natural sweetener, which you can add after the Daniel Fast. Add it with the dill.

Sharon Graham, sharonshhealthyrecipes.com

Orange-Poppy Seed Salad Dressing

- ¼ cup extra-virgin olive oil
- ¼ cup orange juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon diced red onion
- ½ teaspoon poppy seeds
- ¼ teaspoon orange zest
- ⅛ teaspoon dry mustard
- ⅛ teaspoon salt

Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

Curry Ranch Dressing

1 cup soaked raw cashews*	Pinch of sea salt, to taste
½ cup fresh filtered water	Black pepper, to taste
1 tablespoon fresh lemon or lime juice	1 teaspoon fresh minced dill
½ to 1 teaspoon mild curry powder, to taste	2 teaspoons fresh minced parsley
¼ teaspoon organic garlic powder	2 teaspoons fresh minced basil leaves
¼ teaspoon organic onion powder	

Combine the cashews, water, lemon juice, curry, garlic powder, and onion powder in a blender or food processor and blend until smooth and creamy. If the sauce is too thick, add filtered water one tablespoon at a time to thin; pulse after each addition. Season with salt and black pepper to taste. Add the fresh chopped herbs and pulse *briefly*, just to combine. Adjust seasonings to your liking. Store in a covered glass jar or storage container in the refrigerator. The flavor gets better as it chills. Use as a salad dressing or dip for raw vegetables. Best used within four days.

NOTE: This recipe calls for organic spices and fresh herbs. If you don't have them available, use regular spices and dried herbs. Dried herbs are more concentrated—use about one-third as much if you use dried.

*For soaked cashews: place 1 cup raw cashews in a glass or ceramic bowl. Cover with fresh filtered water. Cover the bowl with a clean tea towel and let the cashews soak for two hours. Drain and use in recipe. *Contributed by Greg Diehl*

Clean Ketchup

6 ounces tomato paste	¼ teaspoon onion powder
¾ cup water	¼ teaspoon ground all spice
1½ tablespoons vinegar	¼ teaspoon ground cinnamon

In a small saucepan, combine all ingredients, then stir and simmer over medium heat. Continue to stir until ketchup reaches desired consistency, approximately 5 minutes. Remove from heat and allow to cool before serving or, even better, refrigerate overnight. *Contributed by Kelsey Clevenger*

Peach Salsa

1 cup chopped fresh or frozen peaches
1 (4-ounce) can chopped green chilies
2 tablespoons finely diced red onion
2 tablespoons fresh lime juice
1 tablespoon chopped fresh cilantro
¼ teaspoon salt



Mix ingredients in a medium-sized bowl, and stir well. Refrigerate for about 2 hours or until chilled. Serve. Yield: 6 servings (about ¼ cup each) *ultimatedanielfast.com*

Taco Seasoning

2 tablespoons chili powder	1 teaspoon onion powder
1 tablespoon cumin	½ teaspoon oregano
1 teaspoon garlic powder	⅛ teaspoon cayenne pepper
1 teaspoon paprika	

Mix all ingredients together and store in an airtight container.

Yield: 48 servings (¼ teaspoon each)

ultimatedanielfast.com

Alphabetical Recipe Index

2-Ingredient Healthy Banana Cookies	13	Oatmeal Cookies	13
African Sweet Potato Curry	22	Orange-Poppy Seed Salad Dressing	39
Almond Butter Bites	30	Organic Bean Salad with Corn & Avocado	37
Apple-Cinnamon Salad Dressing	38	Pasta with Portabella Mushrooms & Spinach	19
Baked Oatmeal	13	Peach-Banana Nice Cream	29
Basic Oil & Vinegar Dressing	38	Peach Salsa	40
Basic Salad	32	Peanut Butter and Banana Smoothie	12
Bean & Rice Casserole	19	Peanut Butter and Strawberry Smoothie	12
Bean Curry & Rice	27	Pina Colada Sorbet	30
Beautiful Green Salad	37	Pineapple-Kiwifruit Salad	33
Berry Blast Smoothie	12	Potato Soup	15
Black Bean and Brown Rice Burgers	21	Quinoa Salad with Yellow Tomatoes & Kalamata Olives	35
Black Bean Dip	32	Quinoa Stuffed Bell Peppers	18
Blueberry Mango Sorbet	30	Quinoa with Corn, Tomatoes, Avocado & Lime	35
Broiled Pineapple Slices	14	Raw Spicy Zoodle Bowl	20
Brown Rice Tortilla Chips	30	Simple Vegan Pesto	20
Caramelized Onions	25	Skillet Fried Yams	21
Cashew Carrot Soup	16	Southwest Corn & Black Bean Salad	36
Cinnamon-Raisin Carrot Salad	33	Spanish Rice	27
Clean Ketchup	40	Spicy Spaghetti Squash with Black Beans	18
Cranberry & Cilantro Quinoa Salad	34	Stir Fry Veggies I	25
Creamy Avocado Salad Dressing	38	Stir Fry Veggies II	26
Creamy Cucumber Dressing	39	Strawberry Banana Smoothie	12
Crockpot Vegetarian Split Pea Soup	17	Strawberry Spinach Salad	37
Curry Ranch Dressing	40	Stuffed Acorn Squash	14
Date Honey	31	Stuffed Baked Potatoes	24
Diane’s Tabbouleh	36	Stuffed Peppers	19
Easy Pasta	21	Sweet & Spicy Mixed Nuts	29
Frozen Banana Bars	29	Sweet Spinach Smoothie	12
Garden Vegetable Soup	17	Taco Salad	33
Guacamole	32	Taco Seasoning	40
Herbal Vinaigrette	39	Three-Bean Indian Dal	28
Hummus	33	Tomato & Chickpea Curry	22
Hummus II	31	Vegan PB & J Energy Bars	29
Indian Lentils and Rice	26	White Bean Soup	14
Lemon Olive Oil Dressing	38	Whole Wheat Tortillas	30
Lentil Chili	16	Yukon Vegetable Bake	23
Lentil Soup	15	Zoodles & Squoodles	20
Lentil-Spinach “Meatballs”	28		
Mango and Black Bean Salad	32		
Mango Smoothie	12		
Marinated Roasted Vegetables	23		
Minestrone	15		

Recipes by Category

Breakfast

Baked Oatmeal	13
Berry Blast Smoothie	12
Broiled Pineapple Slices	14
Mango Smoothie	12
Oatmeal Cookies	13
Peanut Butter and Banana Smoothie	12
Peanut Butter and Strawberry Smoothie	12
Strawberry Banana Smoothie	
Stuffed Acorn Squash	14
Sweet Spinach Smoothie	12

Condiments & Miscellaneous

Clean Ketchup	40
Date Honey	31
Taco Seasoning	40

Dips & Spreads

Black Bean Dip	32
Date Honey	31
Guacamole	32
Hummus	31
Hummus II	31
Peach Salsa	40

Main Dishes & Side Dishes

African Sweet Potato Curry.....	22
Bean & Rice Casserole	19
Bean Curry & Rice	27
Black Bean and Brown Rice Burgers	21
Caramelized Onions	25
Easy Pasta	21
Indian Lentils and Rice	26
Lentil-Spinach “Meatballs”	28
Marinated Roasted Vegetables	23
Pasta with Portabella Mushrooms & Spinach	19
Quinoa Stuffed Bell Peppers	18
Raw Spicy Zoodle Bowl	20
Simple Vegan Pesto	20
Skillet Fried Yams	21
Spanish Rice	27
Spicy Spaghetti Squash with Black Beans	18
Stir Fry Veggies I	25
Stir Fry Veggies II	26
Stuffed Acorn Squash	14
Stuffed Baked Potatoes	24
Stuffed Peppers	19
Three-Bean Indian Dal	28
Tomato & Chickpea Curry	22
Yukon Vegetable Bake	23
Zoodles & Squoodles	20

Recipes by Category

Salads & Salad Dressings

Apple-Cinnamon Salad Dressing	38
Basic Oil & Vinegar Dressing	38
Basic Salad	32
Beautiful Green Salad	37
Cinnamon-Raisin Carrot Salad	33
Cranberry & Cilantro Quinoa Salad ..	34
Creamy Avocado Salad Dressing	38
Creamy Cucumber Dressing	39
Curry Ranch Dressing	40
Diane's Tabbouleh	36
Herbal Vinaigrette	39
Lemon Olive Oil Dressing	38
Mango and Black Bean Salad	32
Orange-Poppy Seed Salad Dressing .	39
Organic Bean Salad with Corn & Avocado.....	37
Pineapple-Kiwifruit Salad	33
Quinoa Salad with Yellow Tomatoes & Kalamata Olives	35
Quinoa with Corn, Tomatoes, Avocado & Lime	35
Southwest Corn & Black Bean Salad	36
Strawberry Spinach Salad	33
Taco Salad	32

Snacks & Desserts

(see also Dips & Spreads)

2-Ingredient Healthy Banana Cookies	13
Almond Butter Bites.....	30
Blueberry Mango Sorbet.....	30
Broiled Pineapple Slices	14
Brown Rice Tortilla Chips	30
Frozen Banana Bars	29
Oatmeal Cookies	13
Peach-Banana Nice Cream	29
Pina Colada Sorbet	30
Sweet & Spicy Mixed Nuts	29
Vegan PB & J Energy Bars	29
Whole Wheat Tortillas	30

Soups

Cashew Carrot Soup	16
Crockpot Vegetarian Split Pea Soup .	17
Garden Vegetable Soup	17
Lentil Chili	16
Lentil Soup	15
Minestrone	15
Potato Soup	15
White Bean Soup	14

Special thanks to:

Greg Diehl, Diane Chandler, Sharon Graham,

Amy Wiggins, Cindy Pellicane,

Mike & Donna Harris, Linda Barnes,

Kelsey Clevenger

Resources:

daniel-fast.com

ultimatedanielfast.com

glutenfreegoddess.blogspot.com

bigmista.com/blog

danielfast.wordpress.com

sharonshealthyrecipes.com

yummly.com

fontenblog.blogspot.com

marthafry.org

hiphopenation.com

Compiled and edited by Bonnie Kyle

