

The Daniel Fast Food List

Please make sure to **READ THE LABEL** when purchasing packaged, canned or bottled foods. They should be **sugar-free** and **chemical-free**. Keep this in mind as you review this list of acceptable foods.

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

All vegetables. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

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. Also nut butters including peanut butter.

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.

All quality oils including but not limited to olive, canola, grape seed, peanut, and sesame.

Beverages: spring water, distilled water or other pure waters.

Other: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

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, and cane juice.

All leavened bread including Ezekiel Bread (it contains yeast and honey) and baked goods.

All refined and processed foods 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, and alcohol.

Remember, READ THE LABELS!

Snacks for the Daniel Fast

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." I suggest you still take snacks in "servings," so you don't over eat on these sometimes high-calorie foods.

Rice cakes, just plain old crunchy patties

Rice cakes with peanut butter and raisins

Almonds

Dried fruit including apricots

Apples dipped in nut butter

Sliced fruit

Veggies with dip

Popped popcorn

Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit

Fruit kabobs

Frozen fruit including grapes, blueberries, strawberries and bananas

Whole wheat crackers* with nut butter

Hummus with flat bread*

Breakfast

Muesli

Muesli is a combination of whole grains, dried fruit and nuts. It's nutritious and is a good way to start out the day! You can also make this in large batches, store in an air-tight container, and then consume over several days.

Ingredients:

- 1 1/3 cups rolled oats
- 1 1/3 cups water
- 1 tablespoon fresh lemon or orange juice
- 1/2 cup finely chopped prunes
- 1/2 cup finely chopped dried apples
- 1/4 cup currents or chopped raisins
- 2 tablespoons slivered or chopped almonds, toasted

Preparation:

1. Combine all the ingredients in a large bowl.
2. After well-mixed, cover muesli and refrigerate for eight hours or overnight.
3. Serve cold with unsweetened soy milk. You can also boil water and then add equal parts muesli, cooking for 3-5 minutes, stirring constantly over medium heat. Serve with unsweetened soy milk.

Yield: Four servings.

Italian Breakfast Scramble

If you have never tried tofu, this is a perfect recipe to introduce it to your taste buds. Tofu is high in protein. In this recipe, it has the consistency of eggs. And one of its most powerful attributes is that it picks up the flavors of the foods with which it is cooked.

Ingredients:

- 2 tbsp olive oil
- 1 yellow onion, coarsely chopped
- 1 green bell pepper, coarsely chopped
- 1 pound extra firm tofu, drained and diced into 1 inch cubes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon dried parsley
- 2 tablespoons Italian herbs

Preparation:

1. Heat oil in large skillet over medium-high heat; add the onion, bell pepper and tofu, sauté for 3-5 minutes, stirring often and crumbling the tofu.
2. Reduce the heat to medium and add the remaining ingredients, stirring to blend. Cook, stirring frequently, for 5-7 more minutes, adding more oil if necessary. Tofu will "absorb" the flavors as it cooks with the other ingredients.
3. Transfer to warm platter to serve.

Yield: Four servings

Hot Breakfast Cereal

A bowl of hot cereal is a wonderful way to start the day! Here are a few ways to serve hot oatmeal or whole wheat cereal.

Raisin and Spice: Add 2 tablespoons of raisins for each serving before adding cereal to boiling water when cooking. Sprinkle with cinnamon and serve with unsweetened soy milk. You can also use other dried fruit including apricots, dates, prunes or figs.

Fruit: Prepare hot cereal. Serve in individual bowls then top with 2 tablespoons sliced peaches, strawberries, bananas, applesauce or chopped apple.

Apple and Cinnamon: Prepare hot cereal as directed, adding $\frac{1}{4}$ chopped apples and $\frac{1}{2}$ teaspoon cinnamon per serving before cooking.

Fruit and Nuts: Add 2 tablespoons chopped dried fruit and 2 tablespoons chopped nuts to boiling water before adding cereal; cook as directed. Serve with cinnamon and unsweetened soy milk.

Rice Cakes, Peanut Butter and Raisins

Here is your quick and easy “dash” breakfast or snack. The peanut butter is loaded with protein, serves as glue for the raisins and is tasty. This is also one of my favorite snacks during the Daniel Fast. You can also substitute the raisins for other dried fruit, nuts or chopped apples.

Ingredients:

- 8 rice cakes
- 8 tablespoons creamy or chunky peanut butter
- 8 tablespoons raisins

Preparation:

1. Spread peanut butter evenly on each rice cake.
2. Sprinkle with raisins and serve.

Yield: Four servings

Apple Oats Cereal

This recipe can be made ahead in a batch and then served as a cold breakfast cereal with soy milk. Serve with apple slices and you have a wonderful breakfast.

4 cups unsweetened applesauce

1 1/3 cups oat bran hot cereal - uncooked

1 cup quick or old-fashioned oats - uncooked

1 cup unsweetened apple juice

2/3 cup raisins

1/4 cup almonds slivers

1 teaspoon cinnamon

Preparation:

1. In a large bowl, combine all ingredients. Mix well.
2. Transfer to smaller storage containers with tight covers if desired.
3. Refrigerate overnight.
4. Serve cold with soy milk.
5. Stores well in refrigerator for up to a week.

Yield: 6 servings

Potato and Green Onion Frittata

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish. Preheat the oven to 350°F.

Ingredients:

- ¼ cup olive oil
- 1 onion, finely chopped
- 4-5 green onions, chopped with the green and white parts separated
- 4 cloves garlic, minced
- 2 medium potatoes, shredded (or 2 cups frozen shredded potatoes)
 - 2 teaspoon salt, divided
 - ½ teaspoon pepper, divided
- 2 pounds firm tofu
- 2-3 Tbsp. soy sauce, to taste

Preparation:

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

Special Hot Oatmeal

Hot oatmeal is a great way to start the morning on the Daniel Fast. In fact, you might like this so much that it becomes part of your diet even after the fast. Actually, there are so many variations to hot oatmeal that you can use this recipe for a base, and then move out from there!

Ingredients:

- 1 cup dry old fashioned oats
- water, as directed on package oat bran
- 1 banana, mashed or sliced
- 1 tablespoon nut butter
- 1 tablespoon flax meal
- Soy milk as desired

Preparation:

1. Prepare old fashioned oats according to package directions
2. Mash or slice banana
3. Mix in all ingredients
4. Serve alone or with soy milk

Yield: 1 serving

Soups & Stews

Basic Vegetable Stock

A good vegetable stock is useful in the Daniel Fast and serves as an excellent substitute for chicken or beef stock. Simmering the stock for a full hour will release the flavors of the vegetables in your broth. Because of the long simmering time, it is in the stock's best interest that the vegetables be chopped into large chunks rather than a small dice. ** See notes for variations on this recipe.

Ingredients:

- 2 large onions, cut into large chunks
- 2 medium carrots, scrubbed but not peeled, cut into large chunks
- 3 stalks of celery, remove and discard all leaves, cut into large chunks
- 1 whole bulb of garlic, peel each clove, but do not chop
- 10 peppercorns
- 1 bay leaf

Preparation:

1. Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water.
2. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock.
3. Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks.

** Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

Yield: four cups of vegetable stock

Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

Ingredients:

- 4 tablespoons olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- Salt
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn, kernels removed
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped fresh parsley leaves
- 1 - 2 teaspoons freshly squeezed lemon juice

Preparation:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

Yield: 6 servings

Hearty Split Pea Soup

This recipe gets even better with time and makes a very thick split pea soup. To make it thinner, simply add more water. Depending on the density of split peas, it may take a while for the vegetables and peas to soften, but you can't really overcook this soup; just stir occasionally, and add water if it gets too dry. Alter seasonings to your liking!

Ingredients:

1 tablespoon vegetable oil	3 carrots, chopped
1 onion, chopped	3 stalks celery, chopped
1 bay leaf	3 potatoes, diced
3 cloves garlic, minced	1/2 cup chopped parsley
2 cups dried split peas	1/2 teaspoon dried basil
1/2 cup barley	1/2 teaspoon dried thyme
1 1/2 teaspoons salt	1/2 teaspoon ground black pepper
7 1/2 cups water	

Preparation:

1. In a large pot over medium high heat, sauté the oil, onion, bay leaf and garlic for 5 minutes or until onions are translucent.
2. Add the peas, barley, salt and water. Bring to a boil and reduce heat to low.
3. Simmer for 2 hours, stirring occasionally.
4. Add the carrots, celery, potatoes, parsley, basil, thyme and ground black pepper. Simmer for 20 – 30 more minutes or until the peas and vegetables are tender.

Yield: 6 servings

Lentil Soup

This soup is very hearty and full of flavor. Serve it along with a nice green salad and some sliced fruit. It's a very satisfying meal.

Ingredients:

- 2 tablespoons olive oil, plus extra for drizzling
- 1 medium onion, chopped
- 2 carrots, peeled and chopped
- 2 celery stalks, chopped
- 2 garlic cloves, chopped
- Salt and freshly ground black pepper
 - 1 can diced tomatoes (14.5 ounce)
 - 1 pound lentils (approximately 1 1/4 cups)
 - 2/3 cup pearl barley
 - 11 cups vegetable broth (can substitute water)
 - 4 - 6 fresh thyme sprigs

Preparation:

1. Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and pepper and sauté until all the vegetables are tender, about 5 to 8 minutes.
2. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.
3. Add the lentils and pearl barley, mix to coat.
4. Add the broth and stir.
5. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes.
6. Season with salt and pepper, to taste.
7. Ladle the soup into bowls, drizzle with olive oil and serve.

Yield: six servings

Potato-Leek-Onion Soup

The leeks in this soup add a wonderful flavor to the potatoes. It's a perfect winter lunch or dinner meal when added with fresh vegetables slices or a green salad.

Ingredients:

- 2 medium onions, chopped
- 3 medium leeks (white part only), chopped
- 1 clove garlic
- 2 - 3 tablespoons of vegetable oil
- 5 cups water
- 6 medium potatoes, cut into small or medium pieces
- 4 celery stalks, sliced
- 1 stalk fresh lemongrass (or dried) to taste
- cayenne, salt, and dill or marjoram, to taste
- 1 cup soy or rice milk
- 1 tablespoon lemon juice

Preparation:

1. Sauté the onions, leeks, and garlic in vegetable oil in a large pot until soft. Then
2. add the water, potatoes, celery, lemongrass, cayenne, salt, and dill.
3. Bring to a boil, reduce the heat, and simmer for 30-45 minutes until the potatoes are tender. Cover the pot for a thin broth or leave it uncovered for a thicker soup.
4. Once the potatoes are soft, remove the stalk of lemongrass (if using fresh) and purée about half the soup in a blender or food processor, then mix it back into the pot.
5. Add the lemon juice to the soy or rice milk and let it sit for 5 minutes. Then add it to the soup. Serve warm.

Yield: 8 servings

Tip: For variety, use 3 russet or Idaho potatoes and 3 sweet potatoes

Red Bean Soup

Beans are so rich in vitamins and protein. Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

Ingredients:

1 tablespoon olive oil	2 quarts vegetable stock
1 ½ cups chopped yellow onions	1 teaspoon salt
¼ cup chopped green bell peppers	3 tablespoons chopped parsley
1 tablespoon minced garlic	1 cup diced carrots
4 bay leaves	1 ½ cups cooked long-grain brown rice, warm
2 cups dried red kidney beans, soaked overnight	6 tablespoons chopped green onions
1 tablespoon Special Seasoning, (recipe follows on next page)	

Preparation:

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.
4. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

Yield: six servings

Special Seasoning

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

Ingredients: 2 ½ tablespoons paprika

2 tablespoons salt

2 tablespoons garlic powder

1 tablespoon black pepper

1 tablespoon onion powder

1 tablespoon cayenne

pepper

1 tablespoon dried leaf

oregano

1 tablespoon dried thyme

Preparation:

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

Yield: about 2/3 cup

Tip: Play around with this recipe and make it your very own family spice!

Quick Vegetable and Bean Soup

This is an effortless recipe for those times when you need to prepare a meal quickly and still satisfying. Play around . . . use things you have on hand. I also encourage you to have these ingredients available all the time so that when you are hungry and pressed for time you won't be tempted to step outside the fasting guidelines.

Ingredients:

1 can tomato soup

1 can white beans

1 cup frozen mixed vegetables

Preparation: Place all ingredients in small pot. Heat over medium heat until vegetables are tender, stirring frequently to prevent burning or sticking.

1. Serve! Now how easy is that? And who said fast food wasn't good for you!

Yield: 2 servings

Tuscan Black Bean Soup

This is a lovely dish packed with both protein and flavor! Serve with a colorful salad and sliced fruit for a hearty, yet refreshing meal!

Ingredients:

- 3/4 cup dried cannellini beans, soaked overnight and drained
- 4 tablespoons olive oil
- 1 Spanish onion, thinly sliced
- 1 leek, white and light green parts only, thinly sliced
- 1 carrot, cut into 1/4-inch dice
- 1 celery stalk, cut into 1/4-inch dice
- 1 garlic clove, thinly sliced, plus 1 whole garlic clove
- 2 sprigs fresh thyme
- 1 bay leaf
- 1 pound chopped cavolo nero (black cabbage), roughly chopped
- 1/2 pound chopped white cabbage, roughly chopped
- 2 scant tablespoons tomato paste
- 3 cups water
- salt and freshly ground black pepper

Preparation:

1. Place the presoaked cannellini beans in a medium stockpot. Add water to just cover the beans and bring the water to a boil over high heat. Lower the heat and let the beans simmer until tender, about 1 hour.
2. In a 12-inch sauté pan, heat the oil over medium-high heat until hot but not smoking. Add the onion, leek, carrot, celery, sliced garlic, and herbs. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.
3. Add the black and white cabbages and cook until the cabbage has softened and the flavors have blended, about 10 minutes.
4. Salt and pepper, to taste. Remove the sprigs of rosemary and thyme and the bay leaf.
5. Add the tomato paste, and stir until the tomato paste is well distributed throughout the vegetable mixture.
6. Add the vegetable mixture to the pot with beans and water and let simmer until the flavors are well blended, about 30 minutes more.
7. Serve the soup hot in 4 warmed bowls.

Yield: four servings

Vegetarian Chili

Ingredients:

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons salad oil
- 2 tablespoons chili powder
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground red peppers
- 2 cups corn kernels (fresh or frozen)
- 2 16 oz. cans tomatoes (juice and all)
- 2 16 oz. cans pinto beans (juice and all)
- 2 16 oz. cans black beans (juice and all)
- 1 4 oz. can mild green chilies
- 1 4 oz. can of tomato paste

Preparation:

1. Chop and sauté in oil the peppers and onions.
2. Add the sliced squashes, chili powder, salt, ground red peppers, and corn.
3. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended.
4. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: six generous servings

INSANELY EASY VEGETARIAN CHILI

This chili is sooo easy to make. You can pretty much throw whatever you have into the pot and it'll be great. It's very colorful, not to mention delicious.

Prep Time: approx. 25 min.

Cook time: 30 min.

Ready in: approx. 55 min.

Yields 8 servings

Ingredients:

- 1 tablespoon olive oil
- 1 cup chopped onions
- $\frac{3}{4}$ cup chopped carrots
- 3 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped red bell pepper
- $\frac{3}{4}$ cup chopped celery
- 1 tablespoon chili powder
- $1\frac{1}{2}$ cups chopped fresh mushrooms
- 1 (28 ounce) can whole, unsalted, peeled tomatoes with liquid, chopped
- 1 (19 ounce) can kidney beans with liquid
- 1 (11 ounce) can whole unsalted kernel corn, undrained
- 1 tablespoon ground cumin
- $1\frac{1}{2}$ teaspoons dried oregano
- $1\frac{1}{2}$ teaspoons dried basil

Directions:

Heat oil in a large saucepan over medium heat. Sauté onions, carrots, and garlic until tender. Stir in green pepper, red pepper, celery, and chili powder. Cook until vegetables are tender, about 6 minutes. Stir in mushrooms, and cook 4 minutes. Stir in tomatoes, kidney beans, and corn. Season with cumin, oregano, and basil. Bring to a boil, and reduce heat to medium. Cover, and simmer for 20 minutes, stirring occasionally.

Corn and Red Chile Stew

This colorful stew is as good as it looks. I prefer this dish over rice, but it's also great on its own! Full of flavor and nutrition!

Ingredients:

- 2 ½ tablespoons olive oil
- 1 medium onion, coarsely chopped
- 1 large garlic clove, minced
- ¾ pound butternut squash, peeled and cut into ½ inch cubes
- 1 teaspoon oregano
- ½ teaspoon salt
- 1 tablespoon fine whole wheat flour
- 1-2 tablespoons chili powder, vary depending on desired level of spiciness
- 2 cups frozen corn, thawed
- 3 cups water, or enough to generously cover squash mixture
- 1 green pepper, diced
- cilantro, chopped to use as garnish

Preparation:

1. Heat the oil in a large pan over medium heat; add onion, garlic, squash, oregano and salt and cook stirring constantly for 5 minutes.
2. Stir in flour and chili until well blended.
3. Add the corn and enough water to cover, about 3 cups. Cook over medium heat until squash begins to soften, about 20 minutes.
4. Add the green pepper and cook stirring often until the vegetables are tender, about 15 minutes.
5. Transfer stew into serving bowl and sprinkle with coriander; serve.

Yield: Four servings.

Lima Bean, Corn and Tomato Stew

Even if you are not accustomed to lima beans, you will enjoy them in this hearty stew. And the corn and tomatoes make the dish so colorful and appetizing! Lots of ingredients, but still easy to make. Consider doubling this recipe and freezing for later use.

Ingredients:

- 1 10 ounce package frozen baby lima beans
- ½ small onion, chopped
- 2 tablespoons chopped parsley, plus one sprig
- 1 small bay leaf
- 4 whole peppercorns
- 2 cups water
- 1 pinch of salt
- 1 10 ounce package frozen corn
- 2 tablespoons olive oil
- 6 medium scallions, thinly sliced
- 1 tablespoon minced basil
- ½ teaspoon finely chopped mint
- ½ teaspoon salt
- 1 large tomato, peeled, seeded and chopped
- ½ teaspoon freshly ground pepper
- 3 tablespoons chopped fresh cilantro

Preparation:

1. Combine lima beans, onion, parsley sprig, bay leaf, peppercorns and a pinch of salt in a medium saucepan. Add 2 cups water and bring to a boil.
2. Drain the beans in a colander set over a bowl to reserve the liquid. Discard the bay leaf, parsley and peppercorns.
3. In a large saucepan, heat oil over medium heat. Add the scallions and cook stirring occasionally; add the lima beans, chopped parsley, basil, mint, corn, reserved lima bean broth and ½ teaspoon salt. Bring the mixture to a simmer and cook for 3 minutes.
4. Add tomatoes and heat until cooked, about 5 more minutes.
5. Remove from heat, stir in ground pepper and coriander.
6. Adjust seasoning, serve.

Yield: Four servings.

Corn Chili

You can also add canned beans to this recipe as an alternative, but the corn along with the other richly flavored vegetables makes this recipe a novelty! Serve as a main course or a side dish!

Ingredients:

- 2 10 ounce packages frozen corn, thawed
- 4 tablespoons olive oil
- 1 medium red pepper, cut into $\frac{1}{4}$ inch dice
- 2 scallions, thinly slice separately green part and white part
- $\frac{1}{2}$ teaspoon ground mild chilies
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- 1 small jalapeno pepper, seeded and minced, about 1 teaspoon (Always be sure to protect hands when preparing jalapeno peppers.)
- $\frac{1}{2}$ cup loosely packed fresh cilantro leaves, finely chopped
- Tabasco Sauce to taste

Preparation:

1. Combine corn and $\frac{1}{2}$ cup water in medium saucepan; cover and bring to boil over moderately high heat; cook corn for 3 minutes then drain in colander and set aside.
2. Heat the oil in a saucepan over medium temperature. Add red bell pepper and the scallion whites; cook stirring occasionally until softened, about 3 minutes. Stir in the corn, ground chili, salt and black pepper. Cook, stirring occasionally for about 3 minutes.
3. Stir in jalapeno pepper and the scallion greens. Remove from heat and stir in cilantro. Season to taste with salt and pepper.
4. Serve with hot sauce.

Yield: Six servings.

Garden of Eden Vegetable Soup

You can vary this recipe depending on what vegetable might be on hand. But try to include a leek as it offers a very distinctive flavor to this soup.

Ingredients:

- 3 tablespoons olive oil
- 1 clove garlic, minced
- 1 medium leek, thinly sliced
- 2 large carrots, diced
- 1 small turnip, diced
- 2 small potatoes, peeled and diced
- 5 cups vegetable broth
- 1 cup frozen peas, thawed
- 1 small head green lettuce, shredded
- 1 tablespoon fresh tarragon, chopped
- 2/3 cup pesto sauce (see recipe or use prepared sauce)
- salt and pepper to taste

Preparation:

1. Heat oil in a large stockpot over medium heat and sauté the garlic, leek, carrots, turnip and potatoes until they begin to soften, about 5 or 6 minutes.
2. Pour in the stock and bring to boil; then reduce heat and simmer until the vegetables are tender, 15-20 minutes.
3. Add peas, and lettuce; simmer 5 minutes; stir in tarragon and pesto.
4. Season to taste. Serve.

Yield: four to six servings

Creamy Corn Chowder

Corn chowder is a nice soup to serve during the Daniel Fast with its naturally sweet flavor and hearty substance. Serve with a green salad and homemade chapattis or corn chips and you have a delightful and nutritious meal.

Ingredients:

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 cup celery, chopped
- 1 cup carrots, chopped
- 1 clove garlic, minced
- 2 ½ cups vegetable broth
- 2 cups canned corn
- 2 cups unsweetened soy milk
- 1 tablespoon whole wheat flour
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- 1 teaspoon salt
- 1 teaspoon pepper

Preparation:

1. Heat oil in a large skillet over medium heat. Stir in onions and celery; cook until just slightly golden. Stir in carrots and garlic; cook until garlic is slightly golden.
2. Meanwhile, bring broth to a boil over high heat. Stir in corn and the vegetables from the skillet. Cook until vegetables are tender. Add water, if necessary.
3. Reduce heat to low, and pour in 1 cup soy milk. Stir soup well, then stir in remaining 1 cup soy milk.
4. Quickly whisk in flour. Stir in parsley, garlic powder, salt, and pepper. Cook, stirring constantly, until chowder thickens, about 15 to 20 minutes.

Yield: Six servings

Russian Borscht

The first time I ever had borscht was during my school days when we were studying Russia. But this soup is actually a staple soup in many Eastern European countries and the Ukraine is cited as the birthplace for his beet-based soup. Borscht is served either hot or cold.

Ingredients:

- 1 large onion, chopped
- 6 large beets, peeled, julienne cut
- 1 large potato, peeled, julienne cut
- 2 tablespoons olive oil
- 2 ½ cups green cabbage, sliced
- ½ cup canned, diced tomatoes
- 5 pints vegetable broth
- 5 tablespoons fresh lemon juice
- salt and pepper to taste

Preparation:

1. Heat the oil in a large stock pot over medium heat; add the onion and cook until lightly browned, 3-4 minutes.
2. Add the remaining vegetables and stir together for several minutes.
3. Pour in enough stock to cover; bring to boil then reduce heat. Cover and simmer until vegetables are tender, between 20-30 minutes.
4. Add the remaining stock and the lemon juice.
5. Puree half the soup in a blender or food processor, returning it to the stock pot. Reheat over medium heat.
6. Season to taste and serve.

Yield: Six servings

Italian Bean and Cabbage Soup

This soup is rich in flavor! When cabbage is cooked, the sugars in it are released and a distinct flavor is the result. The other vegetables, beans and herbs make this a wonderful dinner soup.

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 large carrots, thinly sliced
- 2 medium turnips, scrubbed and thinly sliced
- 2-3 cloves garlic, minced
- 4 cups shredded green cabbage (about $\frac{3}{4}$ pound)
- 2 16 ounce cans cannellini beans
- 4 16 ounce cans diced tomatoes with juice
- 2 quarts vegetable broth
- 4 tablespoons parsley, chopped and divided in two parts
- salt and pepper to taste

Preparation:

1. Heat the oil in a large stock pan over medium heat; add onion and cook until translucent, about 5 minutes.
2. Add carrots and turnips and stir to coat with oil. Add garlic and gently cook for 2-3 more minutes.
3. Add remaining ingredients (save half of chopped parsley for garnish) and bring to boil.
4. Reduce heat, cover and simmer until vegetables are tender, about 25 minutes.
5. Season to taste. Serve with sprinkled parsley for garnish.

Yield: Six servings.

Potato and Carrot Soup

This soup is a real bargain as potatoes are often offered at discount prices and are good keepers! Just this week I bought a 10-pound bag of potatoes for \$1.88! Wow! The other thing I like about this soup is that the carrots add lots of color and nutrition!

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 large potatoes, peels and diced
- 8 large carrots, diced
- 7 $\frac{1}{2}$ cups vegetable broth
- $\frac{1}{2}$ cup unsweetened soy milk
- salt and pepper to taste

Preparation:

1. Heat oil in large skillet; add onion and sauté in covered pan until soft.
2. Stir in potatoes, and carrots.
3. Add stock and bring to a boil. Cook over low heat, partially covered by lid until the vegetables are tender, about 30 minutes.
4. Puree $\frac{3}{4}$ of the soup in a blender or food processor and return to soup pot, stirring thoroughly.
5. If necessary, thin soup with soy milk adding a little at a time until desired consistency. Season to taste and serve.

Yield: Six servings

Lentil Soup

Lentils are becoming more and more popular as people discover their great flavor and nutritional value. You will enjoy this recipe, especially when served with salad and homemade crackers!

Ingredients:

- 3 cups lentils, soaked 2-3 hours
- 2 quarts water
- 2 tablespoons salt
- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 stalks celery, chopped
- 3 carrots, sliced
- 2 cloves garlic, minced
- 2 16 ounce cans diced tomatoes with juice
- 2 tablespoons lemon juice
- 2 tablespoons red wine vinegar
- ground pepper to taste
- dried herbs to taste

Preparation:

1. Heat water in large pan, add lentils and cook covered for 20 minutes. Add salt
2. While the lentils are cooking, heat oil in large skillet; add onion, celery, carrot and garlic. Sauté until soft, about 10 minutes.
3. Stir in the softened vegetable mixture to the lentils. Add tomatoes, lemon juice and vinegar.; season with pepper.
4. Bring to boil, then gently simmer uncovered until lentils are very tender, about 30 minutes. If the soup becomes too thick, add a little water.
5. Before serving, check the seasoning and stir in chopped herbs.

Yield: Six to eight servings.

Black Bean Soup

Black beans are a staple in the Daniel Fast as they are so versatile. This black bean soup recipe can easily double so you can freeze a batch for a later meal. I like to add corn to this recipe or make it thicker for a sauce over rice.

Ingredients:

- 4 tablespoons olive oil
- 2 medium onions, chopped (about 2 ½ cups)
- 6 garlic cloves, pressed
- 1 14 1/2-ounce can vegetable broth
- 1 ½ cups canned diced tomatoes
- 2 tablespoons ketchup
- 2 teaspoons Worcestershire sauce
- 1 tablespoon chili powder
- 4 16-ounce cans black beans, drained but not rinsed

salt and freshly ground black pepper
1 bunch cilantro
juice of 1/2 lime
thinly sliced scallions, for garnish

Preparation:

1. Put the olive oil into a large heavy pot and place it over medium heat. Add the onions and cook, stirring, until they start to turn translucent, about 4 minutes.
2. Stir in the garlic and cook until you can smell it, about 1 minute. Add the broth, tomatoes, ketchup, Worcestershire, and chili powder.
3. Stir in the beans, turn the heat to high and bring to a boil. Adjust the heat so the soup is bubbling gently and cook 10 minutes. Season with salt and pepper.
4. Meanwhile, pick off all the thick stems from the cilantro. Wash it and shake dry. Chop the cilantro coarsely and stir it into the soup when it has been simmering 10 minutes; cook until the soup is thickened, about 5 minutes.
5. Stir in the lime juice. Serve with the garnishes.

Yield: Eight to ten servings

Minestrone Soup

Minestrone is thick Italian vegetable soup and comes in many varieties. Added to the vegetable soup are rice and beans to make this a flavorful and hearty soup.

Ingredients:

2 teaspoons olive oil
1 ½ cups chopped onion
1 medium carrot, diced
1 clove garlic, minced
½ cup long-grain brown rice, uncooked
2 ½ cups water
1 ¼ cups vegetable broth
2 14 ½ ounce cans unsalted diced tomatoes
1 teaspoon dried Italian seasoning
1 medium zucchini, halved lengthwise and sliced
1 15 ounce can cannellini beans, drained
1 10 ounce package frozen chopped spinach, thawed and drained
¼ teaspoon pepper
Salt to taste

Preparation:

1. Heat the oil in a soup pan over medium heat; add onion, carrot and garlic. Sauté for about 5 minutes.
2. Add rice stir to coat with oil before adding the water and the vegetable broth. Increase the heat to bring to a boil. Reduce heat and simmer for 15 minutes.
3. Add remaining ingredients and simmer until rice is fully cooked.
4. Adjust seasoning and serve.

Yield: Six servings

Salads & Dressings

Basic Garden Salad

Ingredients:

- 1 large head leaf lettuce, torn into bite-sized pieces (reserve some leaves to line serving bowl)
- 2 cups diced carrots
- 2 cups cauliflower sprigs
- 1 cup chopped celery
- 1 large cucumber, seeded and sliced
- 3 cups chopped tomatoes, peel and seed before measuring
- ¼ cup chopped nuts, toasted

Preparation:

1. If you prefer, parboil the carrots, cauliflower and celery. Drain and cool before mixing with other ingredients.
2. Combine the lettuce, carrots, cauliflower, celery, cucumber and tomatoes in a large bowl.
3. Chill in lettuce-lined serving bowl until ready to dress with desired salad dressing and serve.

Yield: Four servings

Italian Green Salad

Tasty salads are nice to have as a side dish or add lots of ingredients and serve it for lunch. I especially like this salad because it is so colorful and has so many flavors.

Ingredients:

- 1 cup frozen artichoke hearts, thawed
- ¼ cup plus 2 tablespoons prepared Italian salad dressing (use prepared dressing or make from recipes in next section)
- 1 tablespoon red wine vinegar
- ¼ teaspoon dry mustard
- 2 cups torn red lettuce
- 2 cups torn green lettuce
- 1 cup cherry tomatoes, halved (I like using pear-shaped when available and affordable)
- ½ small red onion, sliced and separated into rings

Preparation:

1. Place artichoke hearts in a zip-lock plastic bag (set it in a measuring cup so it stays upright)
2. Combine salad dressing, vinegar and mustard in a small bowl, whisking until well blended. Pour just 2 tablespoons of the mixture over artichoke hearts and seal baggie. Place artichokes in refrigerator for at least one hour to marinate. Set remaining dressing aside.
3. Just before serving time, drain artichokes and discard the dressing. Combine the artichokes, lettuce, tomatoes and onion in a bowl. Whisk the reserved salad dressing and drizzle over salad tossing to disburse.
4. Divide servings onto four serving dishes.

Yield: Four servings

Southwest Bean and Pasta Salad

This hearty salad is an excellent choice to serve as a meal! The beans and pasta are rich and protein and also very filling. The flavors in this salad make it very appetizing!

Ingredients:

8 ounces whole wheat uncooked pasta (rotini, mostaccioli or other bite sized pasta)

1 cup frozen corn, thawed

½ cup red bell pepper, ¼ inch diced

½ cup minced fresh cilantro

1 16 ounce can dark red kidney beans, drained and rinsed

1 4 ½ ounce can chopped green chilies

¾ cup Soynnaise

2 tablespoons cider vinegar

2 teaspoons chili powder

1 teaspoon ground cumin

1 large clove garlic, minced

Salt and pepper to taste

Preparation:

1. Cook pasta using package directions, but do not add any salt; drain and rinse with cold water.
2. Place pasta in large bowl; add corn, red pepper, red onion, cilantro and kidney beans; toss until well mixed.
3. Using a small bowl, combine the Soynnaise, vinegar, chili powder, cumin and garlic. Pour this mixture over the pasta and toss. Season to taste with salt and pepper, tossing to mix.
4. Serve as a side dish or as a main course.

Yield: Eight servings as a side dish; four servings as a main course.

Tuscan White Bean Salad

This is another hearty salad suitable as the main dish or to accompany soup. The recipe calls for dried beans, but you can also use canned beans if you want to save time. Adjust the preparations as necessary.

Ingredients:

2 cups dried Great Northern or white beans, rinsed and drained

1 small yellow onion

2 garlic cloves

4 sprigs of fresh sage or thyme (or ¼ teaspoon dried)

4 plum tomatoes cut in wedges

Salt

1 teaspoon freshly ground black pepper

1 small red onion, chopped

1 small celery rib with leaves cut in ¼ inch dice

¼ cup thinly sliced scallion greens

2 tablespoons shredded fresh basil
1 tablespoon chopped parsley
1/3 cup extra-virgin olive oil
3 tablespoons fresh lemon juice

Preparation:

1. Soak the dried beans in 6 cups cold water for 6 hours or overnight. Rinse and drain the beans.
2. Place the beans in a large saucepan and cover with 4 inches of fresh cold water. Cover and bring to a boil over high heat.
3. "Bury" the whole onion, garlic and sprigs of herbs in the beans, reduce heat and simmer over low heat until the beans are just tender, about 90 minutes. Drain the bean and discard the onion, garlic and herb sprigs.
4. Place the beans in a large mixing bowl and season to taste with salt and pepper. Add the chopped red onion, celery, scallion greens, basil, parsley, olive oil and lemon juice. Toss gently to combine the ingredients being careful to keep beans intact. Cover and set aside for at least 1 hour at room temperature while flavors blend. *This recipe can be made 1 day in advance up to this point, covered and refrigerated.*
5. Transfer to a serving bowl or platter and surround with the tomato wedges. Serve at room temperature.

Yield: Six to eight servings if served as a side salad; four servings if used as main dish.

Rice and Lentil Salad

Another hearty salad! Serve this one with a fruit plate and you have a wonderful meal!

Ingredients

2/3 cup lentils, soaked
1 1/4 cup brown rice, rinsed
2 carrots, grated
1/2 cucumber, seeded and chopped
3 green onions, sliced
3 tablespoons, Italian parsley, chopped

Dressing

2 tablespoons sunflower oil
2 tablespoons extra virgin olive oil
2 tablespoons red wine vinegar
2 tablespoons lemon juice
Salt and pepper to taste

Preparation:

1. Soak the lentils for 30 minutes.
2. While the lentils soak, make the dressing by whisking all ingredients in a bowl or shaking in a bottle.
3. Boil the lentils in at least 1 quart of water for 25-30 minutes until soft. Drain.
4. Boil the rice for 10-15 minutes until soft.
5. Mix lentils and rice with dressing; allow to cool.
6. Add the carrot, cucumber, onion and parsley.
7. Serve

Yield: Six servings

Apple Pineapple Slaw

This is a refreshing salad to serve along with a spicy soup or chili. The pineapple and apple add a sweet flavor that serves as a nice contrast. This is an easy salad to make and will be enjoyed at the meal table.

Ingredients:

- 6-8 iceberg lettuce leaves (do not cut)
- 3 cups shredded green cabbage
- 1 cup canned crushed pineapple, drained
- 1 cup diced apples (use a sweet variety apple like Honeycrisp)
- ½ cup chopped celery
- ½ cup Soyynnaise (mayonnaise made from soy beans)
- apple slices, for garnish
- lemon juice

Preparation:

1. Line a salad bowl or individual serving plates with whole leaves of lettuce.
2. Combine cabbage, pineapple, diced apples, celery and Soyynnaise in a mixing bowl until all ingredients are coated.
3. Transfer salad to lettuce-lined bowl or individual serving plates. Toss apple slices in lemon juice and garnish the slaw with the apple slices.

Yield: Four servings

Colorful Coleslaw Salad

Make this salad ahead of time so the flavors have time to develop. I like making this recipe and then using it for several meals. This is a good salad to take in lunches for work or school

Ingredients:

- 1 small head cabbage, about 2 pounds
- 1 ½ cups frozen corn, thawed
- 1 cup chopped red onion
- 1 cup shredded carrot
- 1 cup ¼ inch diced red bell pepper
- ½ cup pineapple or apple juice
- ¼ - ½ cup white vinegar
- 1 teaspoon salt
- 1 teaspoon celery seeds
- ¼ teaspoon ground white pepper
- ¼ teaspoon mustard seeds
- 4 drops Tabasco Sauce (or to taste)

Preparation:

1. Shred the cabbage and place in a large bowl. Add corn, red onion, carrot and red bell pepper.
2. Combine the remaining ingredients in a small bowl, adjusting the amount of vinegar to your taste.
3. Pour dressing over cabbage-vegetable mixture and toss until all ingredients are well coated. Cover and chill for at least 2 hours.
4. Gently toss again and then serve with slotted spoon. Offer Tabasco or other preferred hot sauce.

Yield: Ten to twelve servings

Carrot, Apple and Orange Coleslaw

Color, color color! That's what this salad is all about, plus its great flavors. Make sure the apples are sweet for maximum flavor!

Ingredients:

- 2 cups grated sweet carrots
- 2 eating apples such as Fuji, Honey Crisp, Delicious, or Braeburn
- 1 tablespoon lemon juice
- 1 large navel orange
- 3 tablespoons olive oil
- 4 tablespoons sunflower oil
- 3 tablespoons lemon juice
- 1 clove garlic, minced
- 4 tablespoons Soynnaise
- 1 tablespoon mixed fresh herbs, such as tarragon, chives and Italian parsley
- Salt and pepper to taste

Preparation:

1. After grating the carrots, place them in a large bowl. Quarter and core the apples and then cut them into small slices. Sprinkle with lemon juice to prevent discoloring before adding to carrots.
2. Using a very sharp knife, remove the peel and pith of the orange. Then use the knife to remove the sections from the membrane. Cut into bite-sized segments before adding the orange to the carrots and apples.
3. Add the remaining ingredients to a small bowl and whisk or combine in container with a tight-fitting lid and shake until well mixed.
4. Just before serving, pour the dressing over the salad and toss together until well mixed.

Yield: Four servings.

Barley and Black Bean Salad

This is a very easy and quick recipe. Beans and barley make a complete protein, so this is an excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

Ingredients:

- 1 cup barley, cooked according to package directions
- 1 (15 ounce) can black beans, rinsed
- 1/2 cup corn (thawed if frozen)
- 1/3 cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1 tablespoon extra-virgin olive oil
- 4-8 cups torn lettuce

pinch of cayenne pepper

salt and freshly ground black pepper to taste

Preparation:

1. Combine cooked barley, beans, corn, cilantro, lime juice, oil, cayenne pepper, salt and pepper in a medium bowl.
2. Serve on bed of chopped or torn lettuce.

Yield: four servings

Beautiful Green Salad

Green salads will be a cornerstone to your Daniel Fast, along with soups, stews, rice casseroles, and stir fry meals. You can prepare all the “fixins” and keep them in baggies or small containers in the refrigerator. Then when it’s mealtime, just throw the ingredients in a bowl and toss with a simple dressing and the salad is done.

Ingredients:

- 8 cups baby spinach leaves
- 1/2 medium red onion, sliced and separated into rings
- 1 cucumber, seeds removed and cut into 1/2” chunks
- 1 sweet orange, sliced into sections or triangles
- 1 1/2 cups naturally sweetened dried cranberries
- 1 cup roasted sliced almonds
- 1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

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

Yield: six servings

Cooler Salad

This is a really easy salad recipe. One of those toss and mix kinds!

Ingredients:

fresh cilantro or Italian parsley, roughly chopped
1/3 cup green or red onion
1 cup cucumber, seeds removed and cut into chunks
1 cup tomato, seeds removed and diced
1 cup avocado, cut into chunks
1 cup celery, cut into ¼ inch slices
1/4 cup flavored vinegar or Italian salad dressing.
1/2 lemon or lime
salt and pepper

Preparation:

1. Place chopped cilantro or Italian parsley in glass salad bowl
2. Add remaining vegetables.
3. Squeeze lemon or lime juice over salad.
4. Toss all ingredients and chill in fridge.
5. Before serving drizzle with salad dressing and salt and pepper to taste
6. Serve cool as a salad or side dish.

Yield: four servings

Green and Red Salad

This is a very attractive salad and loaded with great flavors. It's a perfect salad to go with your lunch and dinner soups and main courses.

Ingredients:

- 1 sweet green pepper, cored, seeded and cut into 1/2-inch wide strips
- 1 sweet red pepper, cored, seeded and cut into 1/2-inch wide strips
- 1 cucumber, peeled, seeded and cut into 1/2-inch wide pieces
- 4 plum tomatoes, seeded and cut into 1/2-inch wide pieces
- 2 carrots, shredded
- 1 small bunch arugula, cut into 2-inch pieces
- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

Preparation:

1. Combine sweet peppers, cucumber, tomatoes, carrots and arugula in a medium-size bowl.
2. Whisk together oil, vinegar, salt and pepper in a small bowl.
3. Pour dressing over vegetables, tossing to coat.
4. Serve chilled or at room temperature.

Yield: six servings

Hearty Layered Salad

Use this Hearty Layered Salad as a main course or along with a bowl of soup. It's very attractive, nutritious, and has lots of nice textures.

Ingredients:

- 6 cups mixed salad greens
- 1 can garbanzo beans or chickpeas (15 ounce), rinsed and drained
- 1 cup sliced fresh mushrooms
- 1 cup cherry tomatoes, halved
- 1 small cucumber, thinly sliced
- 1 cup thinly sliced red onion, separated into rings
- 1 green pepper, diced
- ½ cup chopped walnuts, toasted

Dressing:

- 1 large ripe avocado, peeled and sliced
- 1 cup silken tofu
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Preparation:

1. In a large glass bowl, layer the first eight ingredients.
2. In a blender, combine the dressing ingredients; cover and process until smooth.
3. Serve with the salad.

Yield: four servings

Mixed Green Salad with Baby Beets

This salad takes some extra effort, but it's all worth it! If you don't have access to fresh beets, use canned beets. The flavor is slightly different, but it's still very tasty. The result is a salad rich in color and full of flavor.

Ingredients:

6 - 8 baby beets (1 1/2-inch), peeled and stems trimmed

1/4 cup olive oil

salt and pepper

8 ounces spring onions, tops and stem ends trimmed

4 teaspoons minced shallots

1 teaspoon minced garlic

1 teaspoon Dijon mustard

1 cup fresh squeezed orange juice, reduced to 1/2 cup

2 tablespoons white wine vinegar

1 cup extra-virgin olive oil

10 ounces mixed baby greens

1 cup small diced Granny Smith apples

1/2 cup pine nuts, toasted

Preheat the oven to 400 degrees F.

Preparation:

1. Place the beets in a small bowl and drizzle with 2 tablespoons of the olive oil. Season the beets with a pinch of salt and a pinch of pepper. Place on an oven-proof platter and roast in the oven until tender, about 40 to 45 minutes.
2. Remove from the oven and allow to cool. Once cool enough to handle, slice into quarters and set aside.
3. Set a grill pan over medium heat. Set the spring onions in a small bowl and drizzle with the remaining olive oil and season with salt and pepper. Marinate the spring onions in the bowl with the olive oil for at least 1 hour, and up to 2 hours. Remove from the oil, slice in half lengthwise.
4. Set a grill over medium heat, and place the spring onions, cut side down, on the grill and cook for 3 minutes.
5. Rotate the onions a quarter turn and grill another 3 minutes.

Mixed Green Salad with Baby Beets, continued

1. Turn the spring onions over and grill on the second side for 3 minutes, then turn and grill a final 3 minutes.
2. Remove the spring onions from the grill and allow to cool completely. Once cool, roughly chop and set in a medium bowl with the shallots, garlic, Dijon mustard, orange juice and vinegar.
3. Use a whisk to blend and slowly drizzle in the extra-virgin olive oil until completely incorporated. Season the vinaigrette with salt and pepper.
4. To make the salad, combine the mixed greens, apples, goat cheese, pine nuts and the beets in a large bowl. Season with salt and pepper and add 1 cup of the vinaigrette to the bowl. Toss using your hands or tongs and serve immediately.

Yield: six servings

Red Onion, Orange and More Salad This popular and colorful salad lends a festive note to meal. Some versions omit the red onion, or replace the raspberry vinegar with lemon juice. No matter which variation is served, however, this salad is tangy and refreshing when served with soups, stews or other Daniel Fast main dishes. The salad should always be served chilled.

Ingredients:

- 4 ripe medium oranges, peeled
- 1 small red onion, sliced fine
- 2 tablespoons raspberry vinegar
- 6 tablespoons extra-virgin olive oil
- salt and freshly ground pepper
- 4 tablespoons golden raisins, covered for 20 minutes in hot water, then drained
- 20 black olives, pitted
- 2 tablespoons sunflower seeds
- 2 tablespoons almonds, blanched and chopped fine
- Springs of fresh mint, to garnish

Preparation:

1. Remove the white pith from the oranges and cut the fruit crosswise into 1/4 inch slices.
2. Arrange on a serving platter and scatter over the sliced red onion.
3. In a small bowl, whisk together the vinegar, olive oil, salt, and pepper.
4. Spoon this dressing over the onion and oranges.
5. Sprinkle with the raisins, olives, sunflower seeds, and almonds.
6. Garnish with mint springs and serve chilled.

Yield: four servings

Simple Orange and Red Onion Salad

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes.

Ingredients:

- 4 cups torn romaine
- 2 medium navel oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Preparation:

1. On a serving platter, arrange the romaine, oranges and onion.
2. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well.
3. Drizzle over salad; serve immediately.

Yield: four servings.

Southwest Corn and Black Bean Salad

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

Ingredients:

- 1 ½ cups corn kernels (fresh or frozen)
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 2 (14.5 ounce) cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion

Preparation:

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. 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.
3. Freshly ground pepper and salt to taste just before serving.

Yield: four servings

Salad Dressings

Lemon Olive Oil Dressing

Ingredients:

- 1/3 cup fresh lemon juice (1 large or 1 1/2 small lemons)
- 3/4 cup olive oil (or sometimes I mix canola and olive)
- 1-2 tablespoons tamari soy sauce
- 2 large cloves garlic, crushed
- fresh ground black pepper to taste

Preparation:

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

AWESOME RANCH DRESSING

Preparation time: 3 min.

Yields 6 servings

Ingredients:

- 1/2 cup soy milk (*Edensoy vanilla or regular flavour*)
- 1/2 cup tofu mayonnaise *
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 2 - 3 tablespoon red wine vinegar
- 1 tablespoon dried or fresh parsley (finely chopped)
- Salt and pepper to taste

Directions:

Mix all ingredients in food processor. I use vanilla flavored soy milk. Sounds unusual, but tastes great. This recipe tastes totally like the regular Ranch dressings on shelves in supermarkets. Everybody loves it and they all want the recipe hearing that it is vegan and sooo much healthier for you. I use it on salads, brown rice, baked potatoes, steamed veggies and a little thicker (add a bit more tofu mayo) as a veggie dip for raw vegetables. For the vegetable dip I omit the red wine vinegar.

GAIL'S HUMMUS

Yields 8 servings

Ingredients:

3 cloves of garlic

3 scallions

A handful of parsley

38 ounce of chick peas (garbanzo beans)

6 tablespoons of tahini

6 tablespoons of lemon juice

About 2 teaspoons cumin

Cayenne to taste

Directions:

Place sliced garlic, chopped parsley and scallions (no greens) into food processor and finely chop and add chickpeas; tahini; and lemon juice and blend. Add in cumin and cayenne to taste. Add more of any of these ingredients if needed, but chop garlic or scallions well before adding at this point. Hummus is a completely flexible dish, and takes additions well. You can add chopped chili peppers along with a heavy dose of garlic. Use as a dip for your fresh veggies

MISO-DILL DRESSING

Preparation time: 5 min.

Yield 4 servings

Ingredients:

1 tablespoon brown rice miso

2 tablespoon lemon juice

2 tablespoon olive oil

1 tablespoon dried dill weed

1 tablespoon tahini

Directions:

Combine ingredients in a small bowl blending well. The book says you can use 1 tsp soy sauce instead of miso, but I have never tried it. This dressing is very tangy. I use it on everything.

OOOLALA SALAD DRESSING

Preparation time: 1 min.

Yields 4 servings

Ingredients:

¼ cup extra virgin olive oil

¼ cup balsamic vinegar

1 tsp Herbes de Provence

1 teaspoon Dijon Mustard

1 clove garlic crushed

Fresh ground pepper 2 taste

Directions:

Whisk all ingredients together; toss with green salad and voila! What is Herb de Provence? Herbs de Provence is the name of a mixture of herbs. The herbs are frequently used in the French kitchen (by the way, Most French recipes do not use this mix, for a good taste it is better to just use one or two herbs together. The Herbes de Provence mix consists of thyme, rosemary, oregano, basil. Start out by using one or two.

TOMATO VINAIGRETTE

Makes 2 servings

Ingredients:

½ cup chopped, peeled tomato
2 tablespoon white wine vinegar
½ teaspoon dried basil (*or 1½ tsp fresh*)
½ teaspoon dried thyme (*or 1½ tsp fresh*)
½ teaspoon Dijon mustard

Directions:

Chop in your favorite blending appliance. Keep refrigerated, lasts about 2 days. Serve on green salads.

Vinaigrette

One of the frequently asked questions I receive on the Daniel Fast Blog is about salad dressings. We are so accustomed to using the fine and vast array of prepared dressings that we rarely make our own. But most prepared dressings include sugar and/or chemicals in the ingredients making them unusable for the Daniel Fast. So I've included many recipes here that you can make for your salads! Enjoy!

Ingredients:

- 1-2 teaspoons Dijon mustard
- 2 tablespoons fresh lemon juice
- 2 tablespoons wine, balsamic or cider vinegar
- 5 tablespoons extra virgin olive oil
- Salt and pepper to taste
- Minced garlic to taste (optional)

Preparation:

1. Mix mustard, lemon juice and vinegar by whisking in small bowl.
2. Whisk in each tablespoon of olive oil until thickened.
3. Add garlic (if using) and season to taste.
4. Chill for at least 30 minutes; whisk before serving.

Yield: four to six servings

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Garlic Mustard Dressing

Make this recipe to your own liking for the amount of garlic you want! Six cloves is too much for me, but I have a friend who loves even more! Test the number of cloves to your taste.

Ingredients:

- ½ lemon, juiced
- 3-4 tablespoons Dijon mustard
- ¼ cup red wine vinegar
- 3-6 cloves garlic, minced (as desired)
- 1 ¼ cup extra virgin olive oil
- Salt and pepper to taste

Preparation:

1. Combine lemon juice, mustard and vinegar in blender mixing until well-blended.
2. Gradually add olive oil in a steady stream until all the oil is added.
3. Season to taste and blend again.

Yield: 1 ¾ cups

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Basic Salad Dressing

This is one of the standard dressings I use at my home. I often make a large batch and keep it waiting in the fridge for my salads prepared over several days!

Ingredients:

- ½ cup olive or soya bean oil
- 1 lemon, juiced
- 1 tablespoon finely chopped parsley
- 1 teaspoon paprika
- Salt and pepper to taste

Preparation:

1. Combine all ingredients in a small bowl; whisk until thick and well mixed. You can also combine all the ingredients in a jar with a tightly-fitted lid and shake to combine.
2. Drizzle dressing over salad and toss.

Yield: Usually enough to dress a four-serving green salad.

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Soy and Lemon Dressing

This dressing has an Asian flavor to it, without the typical sweetness. Serve it with a mandarin orange salad or salad greens, green onions and snow peas.

Ingredients:

- 1 lemon, juiced
- 3-4 tablespoons soy sauce
- 6 tablespoons dark sesame oil
- 1 teaspoon fresh garlic, grated
- 1 garlic clove, minced
- Salt and pepper to taste

Preparation:

1. Mix all ingredients together in a small bowl.
2. Chill and whisk again before serving.

Yield: 2/3 cup

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Thousand Island Dressing

Typically, Thousand Island dressing is kind of sweet, so this will be a little different, but it's still a good dressing for your dinner salads.

Ingredients:

- 1 ¼ cups Soynnaise
- ¼ cup ketchup (see recipe for sugar-free ketchup)
- 2 tablespoons minced parsley
- 2-3 tablespoons minced dill pickle
- 2 tablespoons fresh lemon juice

Preparation:

1. Mix all ingredients together in a small bowl.
2. Chill and whisk again before serving.

Yield: 1 ¼ cup

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Lemon Caper Vinaigrette

This full-flavored dressing is perfect for a variety of salads. The capers add a special “pop” of flavor!

Ingredients:

- 2/3 cups extra virgin olive oil
- 1/2 cup fresh lemon juice
- 1 tablespoon bottled capers, drained and chopped
- 1-2 tablespoons Dijon mustard
- Salt and pepper to tasted
- Snipped chives and minced shallots (optional)

Preparation:

1. Add all ingredients to a jar and shake until well mixed.
2. Chill and shake well before serving.

Yield: 1 ¼ cups

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Balsamic, Garlic and Herb Dressing

Herbal flavors abound in this simple to make dressing. If you don't have fresh herbs, use half the amount of dried herbs.

Ingredients:

- 3-4 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- 1 tablespoon chopped parsley
- 5 tablespoons extra virgin olive oil
- 1 teaspoon chopped fresh tarragon, basil or any combination of herbs
- Salt and pepper to taste

Preparation:

1. Mix vinegar, garlic and parsley medium bowl.
2. Whisk in 1 tablespoon of olive oil at a time as the dressing thickens.
3. Add herbs to flavor and season to taste with salt and pepper.
4. Chill and whisk before serving.

Yield: ½ cup

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Soy Yogurt Dressing

The sharp flavor of the soy yogurt blends well with the pungent flavor of celery seed. This dressing is so flavorful that serving with simple greens and perhaps sliced green onions works well.

Ingredients:

- ½ cup plain soy yogurt
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons grated onion
- 1 tablespoon celery seed
- Minced garlic to taste
- Minced red or green bell pepper to taste
- Salt and pepper to taste

Preparation:

1. Mix all ingredients in small bowl.
2. Adjust seasoning to personal taste.
3. Chill and blend again before serving.

Yield: four to six servings

Side Dishes

Sautéed Mustard Greens

I have to admit that we don't get a lot of mustard greens in our part of the continent (Pacific Northwest). But many Daniel Fast followers live in the South where mustard greens are common! Here is a recipe that I hope will serve you well!

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 1 medium onion, coarsely chopped
- 2 small shallots, minced
- 2 small garlic cloves, minced
- 2 tablespoons vegetable broth
- 2 pounds fresh mustard greens, rinsed with large stems removed (can replace with kale or spinach)
- 2 teaspoons lemon juice
- ½ teaspoon salt
- ¼ teaspoon freshly ground pepper

Preparation:

1. Heat oil in a large saucepan over medium heat. Add onion, shallots and garlic; cook until golden, 8-10 minutes.
2. Add the broth; arrange the mustard greens on top of the onions. Cover and cook, turning the greens several times, until tender, about 20 minutes (less time for spinach). Season with lime juice, salt and pepper.
3. Serve as side dish.

Yield: Six servings.

Stewed Kale

Kale is rich in vitamins and minerals, is tasty and can be prepared in many creative ways. I especially like this recipe!

Ingredients:

- 1 large bunch kale, about 2 pounds
- ¼ cup olive oil
- 1 large onion, chopped
- 2 garlic cloves, minced
- 1 ¼ cups canned diced tomato with juice
- ¾ teaspoon salt
- 2 teaspoons red wine vinegar
- Freshly ground pepper

Preparation:

1. Wash the kale in lukewarm running water.
2. Transfer the leaves to a large pot and add ½ cup water; bring to boil over high heat.
3. Cover and reduce heat to medium to steam the kale until tender, about 10 minutes. Drain the kale in a colander and set aside.
4. Heat the oil in a large non-reactive skillet over medium heat. Add the onion and heat until soft, about 10 minutes. Stir in garlic; cook for 2 more minutes.
5. Add the tomatoes and salt; simmer until the sauce is slightly reduced, about 5 minutes.
6. Coarsely chop the kale and stir it into the sauce. Cover and simmer until heated through, about 5 minutes.

7. Stir in the vinegar and season to taste with salt and pepper. Serve hot.

Yield: Six servings.

Cider Braised Onions

Onions have many health benefits for our bodies, including aiding blood flow to the heart and digestive ailments. The apple cider vinegar sweetens the onions in this recipe

Ingredients:

1 pound pearl fresh onions

1 tablespoon olive oil

$\frac{3}{4}$ cup apple cider

$\frac{1}{4}$ teaspoon soy sauce

1 tablespoon chopped parsley, if desired

Preparation:

1. Peel the onions trimming a fraction from both the top and the bottom. Score a cross on the bottom with a sharp paring knife to ensure cooking.
2. Heat the oil in a medium non-reactive skillet; add the onions and stir to coat. Add the cider and soy sauce and increase the heat to a slow boil. Reduce the heat to maintain a gentle simmer, cover and braise the onions until tender, about 10 minutes.
3. Uncover the heat to medium high returning the mixture to a boil. Boil until the cider reduces, about 5 minutes.
4. Sprinkle with parsley and transfer to serving bowl.

Yield: Six servings

Baked Onions with Balsamic Vinegar

Simple and tasty is the description for this recipe! Use sweet onions for best results!

Hopefully you can find Walla Walla Sweets in your area. They are some of the best and grown in my home state of Washington!

Ingredients:

6 medium Vidalia or Walla Walla onions, peeled

$\frac{1}{4}$ cup plus 1 tablespoon olive oil

1 $\frac{1}{2}$ teaspoons Dijon mustard

2 tablespoons balsamic vinegar

$\frac{1}{2}$ teaspoon salt

$\frac{1}{4}$ teaspoon freshly ground pepper

Preparation:

1. Preheat oven to 350°. Cut off the top and bottom of the onions. Mark a cross in the bottom of each onion with a sharp paring knife. This helps ensure even cooking.
2. Place each onion on a square of aluminum foil with the bottom up. Top each with a teaspoon of olive oil. Wrap foil tightly around onions bringing the top to a twisted point; place the onion packages in baking dish and bake for 40 minutes or until very tender when pierced.
3. While cooking, combine the mustard, vinegar, salt and pepper in a small bowl. Gradually add the remaining 3 tablespoons of olive oil, whisking in each addition until well blended and creamy.
4. Unwrap the onions and place them on serving platter. Spoon or drizzle the vinaigrette over each onion; season with salt and pepper.

Yield: Six servings

Green Beans with Roasted Peppers

I love the flavors and the presentation of this side dish! It takes a little extra time, but still suitable for dinner fares! Serve this dish at room temperature.

Ingredients:

- 1 pound green beans
- 2 large red bell peppers
- 2/3 cup olive oil
- ¼ cup fresh lemon juice
- 3 tablespoons chopped fresh dill
- ¾ teaspoon salt
- ½ teaspoon freshly ground pepper

Preparation:

1. Bring large saucepan of water to a boil. Add beans and after the water has returned to a boil, cook over moderate heat until the beans are just tender but not soft, about 5 minutes. Drain in colander under cold running water for 1 minute to stop cooking. Place beans in medium bowl
2. Roast the peppers over an open flame or oven broil 4 inches from heat, turning with tongs as the skin blackens, about 5 minutes. Allow to cool for 1 minute then place in plastic bag to let “sweat” for 10 minutes. Rub off charred skin and rinse briefly under cold running water; pat dry. Remove stem and seeds; slice into thin strips about 2 ½ inch long. Add the pepper strips to the bowl of beans.
3. Place the oil, lemon juice, dill, salt and pepper in a small bowl. Whisk until well blended. Pour the dressing over the beans and pepper, tossing until vegetables are well coated. Allow to marinate at room temperature for at least 1 and up to 6 hours.

Yield: Six servings.

Wild Rice and Vegetables

This is a nice recipe for the Daniel Fast as the combination of rice and vegetables is hearty. It also abound with flavor!

Ingredients:

- ½ cup wild rice
- 1 red onion, thinly sliced
- 2 carrots cut in julienne strips
- 2 celery stalked, cut in julienne strips
- 2/3 cup vegetable stock or water
- 4 tablespoons olive oil
- Water
- 2 zucchini, cut in thicker strips
- Salt and pepper to taste
- 3 tablespoons toasted almonds

Preparation:

1. Cook rice in water until soft, drain.
2. Sauté vegetables in oil until softened, then add stock (or water) and season with salt and pepper, about 5 minutes.
3. Bring to boil for 2 minutes then add zucchini and cook for 1 minute more.
4. Add cooked wild rice and gently mix thoroughly.
5. Sprinkle with sliced toasted almonds and serve

Yield: Four servings

Sweet and Sour Chick Peas

As a good source of fiber, chick peas (a.k.a. garbanzo beans) can help lower cholesterol and improve blood sugar levels. This makes them a great food for all, but especially for diabetics and insulin-resistant individuals. When served with high quality grains, garbanzo beans are an extremely-low-fat, complete protein food. So couple this recipe with brown rice and you have a fine meal!

Ingredients:

- 12 ounces canned chick peas (reserve liquid)
- 4 tablespoons canola oil
- 2 medium onions, finely chopped (reserve 2 tablespoons)
- ½ pound tomatoes, seeded and finely chopped
- 1 tablespoon ground cumin
- 1 tablespoon ground coriander
- 1 teaspoon ground fenugreek
- 1 teaspoon ground cinnamon
- 1-2 green chilies, seeded and finely sliced
- 1 tablespoon fresh ginger root
- 4 tablespoons fresh lemon juice
- 1 tablespoon cilantro, chopped
- Salt

Preparation:

1. Heat oil in skillet. Sauté all except 2 tablespoons onions until translucent.
2. Add tomatoes and cook over low heat for 5-6 minutes, stirring often.
3. Add spices (cumin, coriander, fenugreek and cinnamon). Cook for 30 seconds.
4. Add chick peas and 1 ½ cup liquid (add water if necessary)
5. Season with salt, cover and simmer for 15-20 minutes, stirring occasionally. Add more water if necessary.
6. Mix reserved onion with chili, ginger and lemon juice. Add to mixture just before serving.

Yield: Four servings

Apple and Cranberry Stuffed Acorn Squash

This is a nice way to dress up acorn squash since butter and brown sugar are off the list for the Daniel Fast. If you like this recipe and want to prepare it in non-fasting times, you can add a little butter and brown sugar to sweeten the filling up a little more.

Preheat the oven to 350oF.

Ingredients:

2 acorn squash

2 sweet apples, peeled and
chopped

1/2 cup dried cranberries

1 tablespoon nutmeg

1/4 cup pine nuts (optional)

Preparation:

1. Slice the acorn squash in half and scrape out the seeds and the strings. Place both halves face down in a casserole pan filled with 1/2 inch of water. Bake in the oven for 10 to 15 minutes.
2. Put the peeled and chopped apples, dried cranberries, and pine nuts into a bowl and toss until well mixed.
3. Take the steamed acorn squash out of the oven. Empty the casserole pan of any water. Place the halves face up and fill with the apple mixture. Top with nutmeg. Cover the pan loosely with tin foil and bake until the squash, apples, and cranberries are soft, about 30 minutes.

Yield: four servings

Oven Roasted Potatoes

This recipe is a great substitute for French fries, except they are much healthier! Make your own ketchup (see recipe) and you are set!

Ingredients:

4 medium to large baking potatoes, scrubbed but not peeled

2/3 cup olive oil

1 teaspoon dried herbs (optional)

salt

Preparation:

1. Preheat the oven to 450° or higher. Place a lightly oiled roasting pan in the oven to heat.
2. Cut the potatoes in half lengthwise, then cut into long thin wedges. Brush each side with oil.
3. When the oven and roasting pan are really hot, carefully arranged the potatoes in a single layer. Sprinkle the potatoes with herbs and salt.
4. Roast the potatoes for about 20 minutes until the potatoes are golden brown and slightly puffed.
5. Serve immediately.

Yield: Four to six servings

EASY SPICED BROWN RICE WITH CORN

An easy-to-prepare rice dish with frozen corn kernels seasoned with cumin and cilantro.

Prep Time: approx. 5 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 5 min.

Yields 6 servings

Ingredients:

2 cups water

1 cup brown rice

1 tablespoon olive oil

1 cup frozen corn kernels

½ teaspoon dried cilantro

½ teaspoon cumin seed

Directions:

In a saucepan, mix the water, rice, olive oil and bring to a boil. Mix in the corn, cilantro, and cumin. Reduce heat, cover, and simmer 45 to 60 minutes, until the liquid has been absorbed.

OVEN BROWN RICE

Prep Time: approx. 10 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 10 min.

Yields 8 servings

Ingredients:

1 cup brown rice

2 cups vegetable broth *

1 teaspoon garlic powder

1 teaspoon onion powder

Directions:

Preheat oven to 350°F (175°C). In a 2-quart casserole dish, mix together rice, vegetable broth, garlic powder and onion powder. Bake uncovered in preheated oven for 60 minutes, until liquid is absorbed and rice is tender.



OVEN FRIES

Prep Time: approx. 15 min.

Cook Time: approx. 30 min.

Ready in: approx. 45 min.

Yields 6 servings

Ingredients:

2½ pounds baking potatoes

1 teaspoon olive oil

1 pinch ground cayenne pepper

Directions:

Preheat oven to 450°F (230°C). Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into ½ inch thick strips. In a large mixing bowl toss potatoes with oil and red pepper. Spread on baking sheet in one layer. Bake for 30 minutes. Serve immediately.

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Crispy Home Fries

Home Fries serve as a nice and healthy snack. You can play around with this recipe and use different varieties of potatoes and add various vegetables. Serve with salsa or tomato sauce dip.

Ingredients:

4 medium baking potatoes, thinly sliced

1 tablespoon garlic powder

1 teaspoon black pepper (or more to taste)

1 tablespoon paprika

1 tablespoon onion salt

1 tablespoon oregano

1 small onion, chopped (or more to taste)

1 small green bell pepper, chopped

1 small red bell pepper, chopped

1 cup thinly sliced mushrooms

4 tablespoons olive oil

Preparation:

1. Put the thinly sliced potatoes and the spices in a container with a tight-fitting lid. Shake for 30 seconds, until the potatoes are well coated. Set aside.
2. In a large frying pan, sauté the chopped onion, bell peppers, and mushrooms in olive oil until the onion is translucent and slightly browned, about 7 to 10 minutes.
3. Add the spiced potato slices to the sautéed onions, bell peppers, and mushrooms in the frying pan. Toss well. Let sit for 10-15 minutes, browning over medium-low heat. *Do not stir.*
4. Flip over and let sit for another 10 minutes, or until both sides are crispy brown. Serve immediately.

Yield: two to four servings

Tip: If you just want spicy fried potatoes, just leave out the other vegetables.

Main Dishes

CABIN DINNER

Prep Time: approx. 15 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 15 min.

Yields 6 servings

Ingredients:

¼ cup olive oil

4 cloves garlic, chopped

1 yellow onion, diced

1 red bell pepper, chopped

2 teaspoons chopped parsley

1 tablespoon chili powder

2 teaspoons ground cumin

2 teaspoons paprika

2 teaspoons ground turmeric

1½ (16 ounce) cans kidney beans, drained with liquid reserved

2 tablespoons unsalted tomato paste hot sauce to taste

Directions:

Heat oil in a Dutch oven over medium heat. Sauté garlic, onion, bell pepper, parsley, chili powder, cumin, paprika, turmeric, salt and pepper, until onions are tender. Stir in kidney beans and some of the reserved liquid until desired consistency. Stir in unsalted tomato paste and hot sauce. Reduce heat to low, cover and simmer for an hour, stirring occasionally. Add more bean liquid and/or water if necessary so that beans don't dry out.



BARLEY AND MUSHROOMS WITH BEANS

Prep Time: approx. 15 min.

Cook Time: approx. 1 hr.

Ready in: approx. 1 hr., 15 min.

Yields 6 servings

Ingredients:

1 teaspoon olive oil

3 cups sliced fresh mushrooms

1 cup chopped onion

½ cup chopped celery

2 cloves garlic, minced

½ cup uncooked barley

3 cups water

1 (15.5 ounce) can white beans, drained

Directions:

Heat oil in a medium saucepan over medium heat, and stir in mushrooms, onion, celery, and garlic. Sauté until tender. Mix barley and water into the saucepan. Bring to a boil, cover, and reduce heat. Simmer 45 to 50 minutes, until barley is tender. Stir white beans into the barley mixture. Continue cooking about 5 minutes, until beans are heated.



AMERICAN-STYLE RED BEANS AND RICE

Prep Time: approx. 5 min.

Cook Time: approx. 30 min.

Ready in: approx. 35 min.

Yields 4 servings

Ingredients:

1 tablespoon olive oil

1 (15 ounce) can kidney beans

1½ cups unsalted tomato sauce

4½ cups water, divided

½ teaspoon dried oregano

½ teaspoon dried basil

1 pinch dried thyme
Salt and pepper to taste
5 teaspoons adobo seasoning, divided
2 cups uncooked brown rice

Directions:

In a large saucepan combine olive oil, kidney beans, tomato sauce, ½ cup water, oregano, basil, thyme, salt, pepper and 2 teaspoons adobo. Simmer on low heat. Meanwhile, bring 4 cups water to a boil. Add rice and stir. Reduce heat, cover and simmer until rice is cooked and all liquid is absorbed. Stir in remaining 3 teaspoons adobo. Serve beans over the rice.

BARLEY AND MUSHROOMS WITH BEANS

Prep Time: approx. 15 min.
Cook Time: approx. 1 hr.
Ready in: approx. 1 hr. , 15 min.
Yields 6 servings

Ingredients:

1 teaspoon olive oil
3 cups sliced fresh mushrooms
1 cup chopped onion
½ cup chopped celery
2 cloves garlic, minced
½ cup uncooked barley
3 cups water
1 (15.5 ounce) can white beans, drained

Directions:

Heat oil in a medium saucepan over medium heat, and stir in mushrooms, onion, celery, and garlic. Sauté until tender. Mix barley and water into the saucepan. Bring to a boil, cover, and reduce heat. Simmer 45 to 50 minutes, until barley is tender. Stir white beans into the barley mixture. Continue cooking about 5 minutes, until beans are heated.



Bean and Rice Casserole

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:

- 1 medium onion, chopped
- 2 cup uncooked brown rice
- 1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
- 1 can black beans (15 1/4 - 19 oz), drained and rinsed
- 1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
- 1 can stewed tomatoes (14 1/2 - 16 oz), drained
- 1 can chopped mild chilies (4 oz), drained
- 10 ounces frozen green peas, thawed by placing under running water
- 1 cup frozen corn, thawed by placing under running water

Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

Yield: four servings

Bean Curry and Rice

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

Ingredients:

2 tablespoons olive oil

1 large white onion, chopped
1/2 cup dry lentils
2 cloves garlic, minced
3 tablespoons curry powder
1 teaspoon ground cumin
1 pinch cayenne pepper
1 can crushed tomatoes (28 oz)

1 can garbanzo beans,
drained and rinsed (15
ounce)
1 can kidney beans,
drained and rinsed (8
ounce)
1/2 cup raisins
salt and pepper to taste
8 cups cooked brown rice

Preparation:

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Yield: eight servings

Lentil Rice Casserole

Wonderful flavors in this easy dish. It's also packed with protein. Serve with a green salad and sliced fruit.

Preheat oven to 300 degrees

Ingredients:

3 cups vegetable broth
3/4 cup lentils, uncooked
1/2 cup brown rice, uncooked
2/3 cup chopped onion
2-3 medium carrots, chopped
1/2 teaspoon basil
1/4 teaspoon oregano
1/4 teaspoon thyme
1-2 clove garlic (optional)
salt (optional)

Preparations:

1. Mix ingredients in a casserole dish.
2. Bake covered for 90 minutes.

Yield: four servings

International Bean and Rice Casserole

This casserole has lots of different flavors. Don't let the number of ingredients deter you! It's very easy. Pop it in the oven, make a big green salad and dinner is on the way.

Preheat oven to 350 degrees

Ingredients:

1 tablespoon vegetable oil	6 ounces tomato paste
1 large onion, chopped	1 teaspoon cumin
2 celery stalks, chopped	1 teaspoon chili powder
1 red bell pepper, diced	1 teaspoon basil
3 cup red kidney beans, cooked	1/2 teaspoon oregano
	pinch cayenne, if desired

3 tablespoon shoyu or
tamari
1 cup arame seaweed,
soaked (optional)
4 cup cooked brown rice
1/2 cup flat leafed parsley,
chopped
3 large tomatoes, sliced
5 garlic cloves, pressed

Preparation

1. Heat the oil in a large skillet and sauté the onion, celery and red pepper till almost tender.
2. Blend together the beans and about ¼ cup of the bean liquid, the tomato paste, the spices, and the shoyu or tamari in a blender or food processor to make a puree.
3. Transfer the puree to a large bowl. Add the sautéed vegetables and the soaked arame (if desired) to the bean puree and mix well.
4. In a separate bowl, mix the rice and parsley together.
5. Oil a large, deep baking dish. Place half of the rice in the bottom of the dish. Spread half of the bean mixture over the rice. Top it with half of the sliced tomatoes, and then distribute half of the pressed garlic over the tomatoes. Repeat the layers.
6. Bake 45 minutes.

Yield: six servings

Red Lentil Curry

This is a hearty dish which is better for a main dish than a side. Don't let the ingredient list fool you. This is a very easy recipe. The recipe also calls for 1 teaspoon sugar, which I have eliminated here due to Daniel Fast restrictions. However, you might want to add that back in if you decide to make the dish during non-fasting times.

Ingredients:

2 cups red lentils	1 teaspoon chili powder
1 large onion, diced	1 teaspoon salt
1 tablespoon vegetable oil	1 teaspoon minced garlic
2 tablespoons curry paste	1 teaspoon ginger root, minced
1 tablespoon curry powder	1 can tomato puree (14.25 ounce)
1 teaspoon ground turmeric	
1 teaspoon ground cumin	

Preparation:

1. Wash the lentils in cold water until the water runs clear (this is very important or the lentils will get "scummy"), put the lentils in a pot with water to cover and simmer covered until lentils tender (add more water if necessary).
2. While the lentils are cooking: In a large skillet or saucepan, caramelize the onions in vegetable oil.
3. While the onions are cooking, combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, garlic, and ginger in a mixing bowl. Mix well. When the onions are cooked, add the curry mixture to the onions and cook over a high heat stirring constantly for 1 to 2 minutes.
4. Stir in the tomato puree and reduce heat, allow the curry base to simmer until the lentils are ready.
5. When the lentils are tender drain them briefly (they should have absorbed most of the water but you don't want the curry to be too sloppy). Mix the curry base into the lentils and serve immediately.

Yield: eight servings

Red Potato Casserole

Easy, easy, easy! Mix everything in the same dish as you bake it! Great flavors, lots of protein, and nice textures.

Preheat oven to 350 degrees

Ingredients:

4 cups chopped fresh tomatoes
4 cups peeled, cubed red potatoes
1 cup diced red onions
½ cup olive oil
2 tablespoon chopped fresh basil
4 tablespoons finely chopped fresh parsley
4 teaspoons dried oregano
½ cup water
1 teaspoon paprika
1 ½ teaspoon salt
1 teaspoon freshly ground black pepper
4 cups diced baked or firm tofu

Preparation:

1. Combine all the ingredients in a casserole dish and mix well.
2. Cover with foil and bake for 45 minutes.

Yield: 4 servings

Stir Fry Vegetables with Brown Rice

This is an easy recipe that you can serve over brown rice. Add a nice side dish of sliced tomatoes and another with orange

Ingredients:

2 carrots, cut into ½" strips	1/2 large sweet onion, sliced
1 green pepper, cut into ½" strips	1/4 head green cabbage, sliced
	1 small zucchini, cut into ½" strips

1 cup pea pods
1 tablespoon canola oil
1 tablespoon soy sauce

1 tablespoon sesame oil
4 servings cooked brown
rice

Preparation:

1. Heat canola oil in wok to high heat.
2. Add all prepared veggies and stir every minute for about 5 minutes.
3. Add soy sauce and stir-fry one minute more.
4. Remove from heat and drizzle sesame oil on top.
5. Serve with brown rice.

Yield: four servings

White Beans with Sautéed Vegetables

This is a very fast and flavorful dish. Add a salad and some sliced fruit and you have a very nice Daniel Fast meal!

Ingredients:

2 cans white beans, drained
2 tablespoons olive oil
½ cup yellow onion, chopped
2 cloves garlic, minced
½ cup celery, finely diced
½ cup carrot, finely diced
¼ cup virgin olive oil (to drizzle after beans are dished up)
salt and pepper to taste

Preparation:

1. Drain the white beans and set aside
2. Heat olive oil and then add all the prepared vegetables to the pan and sauté for until just done.

3. Add beans and heat thoroughly
4. Dish up on serving plates, drizzle with extra virgin olive oil. Salt and pepper to taste.

Yield: 4 servings

Tip: It is best to cook with regular old pure olive oil – save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away! So use the less expensive pure olive oil for sautéing and frying.

Spicy Mexican Bean Burger

Yummy is all I can say to describe these veggie burgers! Serve them with a nice salad or with a beans and rice dish and your set!

Ingredients:

- 1 16 ounce can of red kidney beans, drained and mashed
- ½ cup small onion, coarsely chopped
- ½ green pepper, coarsely chopped
- 1 carrot, steamed and mashed
- 1/8 cup picante sauce or salsa (spicy or mild to your taste)
- 1 cup crushed rice cakes or whole wheat crackers (Matzo)
- ½ cup whole wheat flour
- ½ teaspoon salt (or to taste)
- ½ teaspoon black pepper (or to taste)
- dash chili powder

Preparation:

1. Mix all ingredients in a large mixing bowl. Add more flour to create a firmer mixture, or more salsa if mixture is too stiff.
2. Form mixture into balls and form into patties.
3. Bake at 450 degrees for 15 - 20 minutes, until firm, brown and done.

Yield: Eight – 10 burgers

Homemade Tomato Sauce

I enjoy making red sauce for whole wheat pasta. This recipe is tasty, but you can also alter it for your preferences and your family liking.

Ingredients:

- 3 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, crushed
- 2 small red or green bell pepper, chopped
- 1 16 ounce diced tomatoes (or equivalent in fresh tomatoes)
- salt and pepper to taste
- 2 tablespoons chopped fresh herbs, such as basil, parsley, marjoram

Preparation:

1. Heat the oil in a large skillet over medium heat; add onion, garlic and bell pepper and gently sauté for about 5 minutes.
2. Stir in tomatoes, salt, pepper and herbs. Bring to boil, cover and then reduce heat and simmer for 15-20 minutes.
3. Check sauce and adjust seasoning; also, if sauce is too thin, cook uncovered until reduced to desired consistency.
4. Serve over cooked whole wheat pasta, brown rice or couscous.

Yield: Enough sauce for four to six servings with pasta.

Simple Vegetable Curry

If you enjoy the flavor of curry, you will like this recipe. Serve it with brown rice and you have a complete meal.

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, sliced
- 2 cloves garlic, thinly sliced
- 2 tablespoons curry paste (or to taste)
- 1 ½ cups frozen peas, thawed
- 1 large boiling potato, scrubbed and diced
- 2 cups sliced carrots
- 2 cups diced zucchini
- 1 ½ cups sliced mushrooms

Preparation:

1. Heat the oil over medium heat; add onion and garlic; cook covered for about 10 minutes until garlic and onion are softened.
2. Add the curry paste to the onions and garlic and stir gently for about 2 minutes; add remaining vegetables and stir until well combined.
3. Continue to cook until all the vegetables are tender, between 30-40 minutes.
4. Serve along with rice, couscous or quinoa.

Yield: Four servings.

Fast Food – Bean Style

I make this recipe year around, whether I'm fasting or not! It's easy to make, nutritious and freezes well. It's a standard at my house! Experiment with ingredients you have on hand. And serve over brown rice or as a chili. This recipe is very versatile!

Ingredients:

- 3 tablespoons olive oil
- 1 green pepper, diced
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 16 ounce cans black beans, drained
- 2 16 ounce cans kidney beans, drained
- 2 16 ounce cans white beans, drained
- 2 16 ounce cans diced tomatoes
- 1 can kernel corn, drained
- 1 can cut green beans, drained
- 1 tablespoon chili powder
- 1 tablespoon cumin

1 tablespoon oregano

Preparation:

1. Heat oil in large soup pan over medium heat; sauté green pepper and onion until soft, about 5 minutes.
2. Add all ingredients, mixing well, especially after adding herbs and spices.
3. Simmer, stirring often for one hour as seasonings blend with other ingredients. Serve.
4. OR, heat over medium heat, uncovered until desired serving temperature if you are short on time!

Yield: Six to eight servings

Greek Stuffed Green Peppers

Stuffed peppers can be prepared in various ways and serve as an excellent main course during the Daniel Fast. Full of flavor, nutrition and substance, consider preparing them several times during your fasting period.

Ingredients:

- 3 large green peppers
- 3 tablespoons olive oil
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 medium tomato, peeled, seeded and chopped
- 1 cup brown rice
- 2 ½ cups vegetable broth
- ¾ cups pine nuts
- 1/3 cups currents (can substitute raisins)
- Salt and pepper to taste
- 3 tablespoons fresh dill, chopped
- 3 tablespoons fresh parsley, chopped
- 1 tablespoon fresh mint, chopped
- Extra olive virgin oil, to sprinkle
- Sprigs of dill for garnish

Preparation:

1. Halve the pepper (lengthwise), seed and score. Set aside.
2. Heat oil in large skillet over medium heat; add onion and garlic and sauté for 2 minutes. Add the rice and cook for 2 more minutes.
3. Add the tomato, stock, pine nuts, currents and seasoning. Bring to boil, cover and simmer for 15 minutes. Stir in the fresh herbs.
4. While the rice is cooking, blanch the green peppers halves in boiling water for about 3 minutes. Remove from water and drain upside down. When the rice mixture is cooked, scoop the rice filling into all six green pepper halves.
5. Preheat oven to 375°. Place stuffed green pepper halves in lightly oiled baking dish. Drizzle a small amount of olive oil over each pepper. Bake for 25-30 minutes. Serve hot!

Yield: Six servings

Baked Barley and Bean Casserole

Barley is rich in flavor and vitamins. When coupled with beans, you create a complete protein and an excellent meat replacement. This recipe is easy and will be enjoyed

Ingredients:

- 1 cup pearl barley, uncooked
- 1 ¼ cups vegetable broth
- 1 ¼ cups water
- cooking spray (olive oil)
- 2 cups sliced fresh mushrooms
- 1 cup chopped onion
- ½ cup diced green pepper
- 1 15 ounce can black beans, rinsed and drained
- salt and pepper to taste
- 3 tablespoons sunflower seeds

Preparation:

1. Spread barley on baking sheet; bake at 350° for about 8 minutes until lightly brown.
2. Combine barley, broth, and water in a saucepan; bring to boil. Cover, reduce heat and simmer until barley is tender and liquid is absorbed, about 20 minutes.
3. Coat a non-stick skillet with cooking spray; heat over medium heat; then add mushrooms, onion and green pepper. Sauté until tender.
4. Add barley and beans; season with salt and pepper to taste.
5. Coat a 1 ½ quart baking dish with cooking spray. Spoon barley and bean mixture into dish. Cover with foil and bake at 350° for 30 minutes or until heated thoroughly.
6. Sprinkle with sunflower seeds and bake uncovered for another 5 minutes.
7. Serve.

Yield: Four generous servings.

Barley Casserole

The mushrooms in this barley casserole add a nice flavor to a nutritious dish. Barley has a very pleasant flavor and this is an excellent way to introduce this valuable grain into your diet.

Ingredients:

- 4 tablespoons olive oil
- 2 medium onions, chopped
- ½ pound mushrooms, chopped
- 1 ½ cups pearl barley
- 3 cups vegetable broth, divided
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- 1 teaspoon finely chopped parsley

Preparation:

1. Preheat oven to 350°.

2. Heat olive oil in large skillet over medium heat. Add onions and sauté about 2 minutes. Add mushrooms and sauté 5-7 more minutes. Add barley and cook until barley is well-browned, about 5 minutes.
3. Add just 2 cups of vegetable broth, salt and pepper and bring to boil. Reduce heat and simmer for 10 minutes.
4. Transfer to baking dish and stir in remaining broth.
5. Bake, uncovered for about 1 hour.

Yield: Four servings

Barley Bowl

The vegetables in this recipe provide lots of flavor and the bean and barley combination create a complete protein. This could become a favorite meal. Add a salad and you have a sure winner!

Ingredients:

- 1 red onion, sliced
- ½ fennel bulb, sliced
- 2 medium carrots, cut in sticks
- 1 parsnip, sliced
- 3 tablespoons sunflower oil
- 1 cup pearl barley
- 4 cups vegetable broth
- 1 teaspoon dried thyme
- 2/3 cup green beans, sliced
- 1 16 ounce can pinto beans, drained
- 2 teaspoons chopped parsley

Preparation:

1. Heat the oil over medium heat; gently sauté onion, fennel, carrot and parsnip for about 10 minutes.
2. Stir in the barley and stock. Bring to a boil; add herbs and seasoning; cover and gently simmer for 40 minutes.
3. Stir in the green beans and drained pinto beans; continue cooking covered for 20 more minutes.
4. Ladle barley into serving bowls and sprinkle with chopped parsley before serving.

Yield: Six servings

Flat Breads,
Chips
&
Crackers

Chapattis or Indian Flat Bread

Chapattis are similar to tortillas, but made with no baking powder. They are easy to make and keep well if stored in an air-tight container. Chapattis are common in Southeast Asia and throughout Africa.

Ingredients:

- 2 ½ cups wheat flour
- 2 cups water (or enough to make a soft dough)
- 1 pinch salt

Preparation:

1. Mix flour and salt in a large mixing bowl.
2. Make a hole in flour and using your hand, mix in water to make a soft dough.
3. Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.
4. Heat a cast iron skillet over medium high heat until very hot.
5. Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on each side.
6. Once turned press gently with a towel, until brown.
7. Repeat until all dough is used.

Yield: About 10 chapattis

Homemade Crackers Recipe

Making crackers is quick, easy and fun. They can be made with various seasonings and many different kinds of grain. Try cornmeal with chili powder, rye with caraway or dill seeds, or whole wheat with garlic powder. Experiment! If made from cornmeal, buckwheat or other non-gluten grains, they can safely be eaten by gluten-intolerant individuals. This recipe makes a semi-crisp, dense cracker.

Ingredients

- 1 ¼ cups whole wheat flour (rye, buckwheat or cornmeal can be substituted)
- ½ teaspoon salt
- 2 tablespoons canola oil or olive oil; more as needed
- 4 tablespoons water; add more as needed
- 1 teaspoon seasoning such as chili powder, dried herbs etc (optional)

Preparation:

1. Preheat oven to 400° F.
2. Using a food processor, mix 1 cup of the flour, 1/2 teaspoon salt and oil.
3. Add 3 tablespoons water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour.
4. Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8th inch thickness, trying to get it fairly uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary to prevent sticking, dust your hands and the rolling pin with a little more flour.
5. Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet)
6. Bake for 10 - 15 minutes, until light brown.
7. Cool and break into pieces. If making several batches, mix another while the first one bakes. You can re-use the parchment paper several times.

Yield: About 1 pound of crackers

Homemade Corn Chips

Families from the Southwest especially miss corn chips during the Daniel Fast. Most found in the grocery stores are deep fried, making them off limits during the Daniel Fast. But here's a recipe for homemade corn chips that you can make and then bake!

Ingredients:

- 1 cup cornmeal
- 1 tablespoon oil
- ½ teaspoon salt
- ¾ cup boiling water (plus enough to make dough proper consistency)

Preparation:

1. Mix all ingredients in a large mixing bowl.
2. Scoop 1 heaping measuring teaspoonful of mixture and place on a well greased baking sheet. (Use plenty of oil, or they will stick)
3. Moisten fingers, pat out very thin or use the bottom of a glass (flour or moisten to keep from sticking).
4. Bake in 400 degree oven about 10 minutes.

Yield: About 1 pound of chips.

**Gravies,
Sauces
&
Dips**

Homemade Hummus

Serve this dip with fresh vegetables as a side dish with a meal or as a snack.

Ingredients:

- 1 15-oz. can garbanzo beans
- 1 - 2 cloves garlic
- 1/8 teaspoon salt
- 1/4 cup extra virgin oil, decrease or increase to desired consistency

Preparation:

1. Blend garbanzo beans in a food processor with garlic, salt, and oil.

Tip: Stir in some lemon juice, tahini, sun dried tomatoes or chopped olives for variety.

Black Bean Dip

Similar to the white bean dip, this black bean dip is also wonderful served as an appetizer with sliced vegetables or homemade crackers or chips.

Ingredients

- 1 plum tomato, diced
- 2 tablespoons diced red onion
- 1 tablespoon cilantro, chopped, plus sprigs for garnish
- 2 15-ounce cans black beans, drained
- 1 tablespoon ground cumin
- 2 teaspoons hot sauce
- salt
- sliced vegetables or chips, for dipping

Preparation:

1. Place the tomato, onion and cilantro into the bowl of a food processor and pulse until well chopped.
2. Add the black beans, cumin, hot sauce and salt, to taste, and pulse until the mixture is mostly smooth.
3. Scrape into a decorative bowl and garnish with cilantro sprigs. Serve with vegetables or chips.

Yield: About two cups of dip

Fresh Tomato Salsa

Serve this salsa with veggie burgers

Ingredients:

- 5 scallions, coarsely chopped
- 6 large plum tomatoes, peeled, seeded, chopped
- 1 tablespoon olive oil
- ½ teaspoon salt
- ¼ teaspoon cumin
- ¼ oregano
- 1 pinch cayenne pepper

Preparation:

1. Mix scallions and tomatoes together with olive oil in medium bowl.
2. Mix seasoning together in small bowl and then mix with scallions and onions.
3. Chill for up to three hours before serving.

Yield: 1 ½ cups

Sugar-free Homemade Ketchup

Most bottled ketchup available in supermarkets has sugar as an ingredient, making it unusable during the Daniel Fast. This recipe is a good substitute and is sugar free.

Ingredients:

- 6 ounce can salt-free tomato paste
- 2 tablespoons vinegar
- ¼ teaspoon dry mustard
- ¼ teaspoon cinnamon
- ¼ teaspoon salt
- 1 pinch cloves
- 1 pinch allspice
- 1/8 cayenne pepper
- water

Preparation:

1. In a medium bowl combine all of the ingredients with a wire whisk. Blend well.
2. Scrape the mixture into a pint-sized, air-tight container. Chill overnight, to blend the flavors. Use wherever ketchup is desired.

Yield: ½ cup ketchup

Spicy Chili Dip

This is a spicy dip and a nice alternative for an appetizer or as an accompaniment with your meal.

Ingredients:

- ¾ cup drained canned whole tomatoes
- 1 cup drained canned kidney beans
- 1 tablespoon tomato sauce
- 1 dash soy sauce
- 2 large cloves garlic
- ½ red bell pepper, seeded and chopped
- 3 green onions, sliced
- 1 fresh hot red chili pepper, finely sliced
- salt and pepper

Preparation:

1. Combine all ingredients in blender or food processor.
2. Mix until smooth.
3. Serve with homemade crackers or chapatti bread.

Yield: Four servings

Easy Fresh Pesto Sauce

Pesto usually calls for nuts, which you can add to this recipe. I prefer this simple variety. You can make this in large batches, pour the sauce in ice cube tray and freeze. Once frozen, remove from the trays and store in the freezer in zip-lock bags. Use cubes as necessary.

Ingredients:

- 8-10 large cloves garlic, minced
- 4 cups fresh basil, chopped
- 4 tablespoons extra virgin olive oil

Preparation:

1. Mince garlic in food processor by pulsing until coarsely minced.
2. Add basil and pulse only enough times to coarsely chop.
3. Add olive oil, pulse again until slightly smooth sauce.

Yield: About ½ cup

Mushroom Gravy

A Daniel Fast appropriate gravy made with soy milk is a nice addition to your menus. Use the gravy mix as your base. Add fresh vegetables to it and then serve it over rice or some other whole grain.

Ingredients:

- 1/2 onion, chopped
- 1 clove garlic
- 1 tablespoon vegetable oil
- 1 cup sliced fresh mushrooms

2 tablespoon whole-wheat pastry flour
1 cup water or vegetable stock
1 tablespoon soy sauce
1/4 teaspoon savory
1/4 teaspoon thyme
salt and pepper to taste

Preparation:

1. In a medium saucepan over medium-high heat, sauté onion and garlic in oil until soft.
2. Add mushrooms and cook 5 minutes over low heat.
3. Stir in flour; cook over medium heat for 2 minutes.
4. Add water or stock, and soy sauce. Cook, stirring, until thickened, about 3 to 4 minutes.
5. Season with herbs; salt and pepper to taste.

Yield: about 2 cups gravy

White Bean Dip

This is a great dip for vegetables. It's a lot like hummus. You can also substitute the mint and thyme with chopped rosemary for a totally different flavor. Consider adding lemon zest. Use the beans, garlic and oil as a base, and then experiment.

Ingredients:

1 (14 ounces) can cannellini beans, rinsed and drained
1 clove garlic
1 ½ tablespoons extra-virgin olive oil

4 sprigs fresh mint leaves
6 sprigs fresh thyme leaves, stripped from stem
coarse salt and black pepper to taste

Preparation:

1. Mix all ingredients in food processor.
2. Serve with sliced vegetables including carrots, celery, cucumbers, and red and green peppers

Yield: about 2 cups

White Bean and Rosemary Dip

This is one of my favorite dips with vegetables (or crackers during non-fasting times). The flavors are subtle.

Ingredients:

1 can white cannellini beans, drained and rinsed
3 cloves garlic
2 tablespoons olive oil
1 lemon
hot pepper sauce
1 teaspoon rosemary

Preparation:

1. In food processor combine beans and garlic. Process and add rosemary and olive oil.
2. Squeeze in lemon juice and a dash of hot pepper sauce. Process until smooth.
3. Scoop into dish and serve with celery, carrot slices, zucchini or other vegetables

Yield: about 2 cups

Fruit Desserts

Asian Fruit Plate

You can use this as a dessert plate or as a side dish with the rest of your meal.

Ingredients:

- 1 (20 oz.) can sugar-free pineapple chunks
- 1 (11 oz.) can sugar-free mandarin oranges, drained
- 2 large bananas, sliced
- 1/2 cup chopped dates
- 2 tablespoon cider vinegar
- 1/4 cup salad oil
- 1 teaspoon curry powder
- 1/4 teaspoon salt

crisp salad greens

1/2 cup chopped salted peanuts

Preparation:

1. Drain pineapple, reserving 1/2 cup syrup.
2. Combine pineapple and next 3 ingredients in a large bowl.
3. Combine reserved syrup with next 4 ingredients in a jar.
4. Cover and shake well. Pour over fruit and marinate 1/2 hour.
5. Arrange greens on 6 serving plates. Top with fruit mixture.
6. Sprinkle with peanuts.

Fresh Fruit Platter

Fruit plates are as pretty to look at as they are to eat! Have fun and arrange the fruit in a pattern or design. Serve with serving plates or with toothpicks.

Ingredients:

2 small ripe melons

1 ripe pineapple

2 bunches green grapes

2 bunches red grapes

1 pint fresh figs

1 pint raspberries

1 pint strawberries

1 pint blueberries

1 red papaya

2 kiwis

Preparation:

1. Prepare all fruit in bite-sized pieces or single servings
2. Arrange in an attractive way on a large platter.
3. Serve with individual serving plates or toothpicks.

Drinks

APPLE CRAZE!

Preparation time: 5 min.

Yields 1 serving

Ingredients:

4 tablespoons unsweetened applesauce

1 teaspoon lemon juice

1 teaspoon lime juice

1 teaspoon lemon water (*Lemon peels and boiling water*)

1 teaspoon minced green apple

Directions:

Put lemon peels in boiling water. While you are waiting mince the green apple. Pour the lemon water and minced apple into the blender. Pour the applesauce into the blender. Pour in the lime and lemon juice. Blend until smooth.

FRUIT FANTASY

Preparation time: 10 min.

Yields 3 servings

Ingredients:

1 banana (not frozen)

1 apple

1 orange

2 handfuls grapes

3 strawberries (frozen)

8 ice cubes

Directions:

Wash, cut fruit and place in blender. Add ice and blend on high for 2-3 minutes. Makes a wonderfully refreshing whole fruit drink. I varied some fruits seasonally for different tastes. This was actually pretty good I did not put in the orange though and instead of using strawberries I used blueberries. *Yummy!* This fruit shake is really good. It's fast, easy, delicious and simple. If your fruits are fresh, it's even better. So far, it's my favorite breakfast shake! Go ahead, give it a try! Y'all will love it!

GROOVY SMOOTHIE

Yields 1 to 2 servings

Ingredients:

1 cup apple juice

2 bananas, halved

½ to ¾ cup strawberries

¼ cup soymilk

Directions:

Put all ingredients in blender. Blend for 30-40 seconds, or until desired consistency.

SPRING SMOOTHIE

Preparation time: 10 min

Yields 6 servings

Ingredients:

½ ripe cantaloupe

2 ripe kiwis

20 fresh strawberries

3 slices unsweetened pineapples

1/3 cup unsweetened pineapple juice

4 cubes ice

Directions:

Peel and cut all fruits into chunks and place into blender. Add juice and blend until smooth. Add ice and blend again. This is a great drink for a quick pick-me-up, or as a breakfast drink. You could also freeze it to make an ice treat for the children.

PURPLE MONSTROSITY FRUIT SMOOTHIE

This is a great smoothie for breakfast - and sometimes dinner! You can substitute the orange juice with any mix of juices or even soy milk! The soy milk adds more of a milk shake quality than the juice does.

Prep Time: approx. 5 min.

Ready in: approx. 5 min.

Yields 4 to 6 servings

Ingredients:

2 frozen bananas, skins removed and cut in chunks

½ cup frozen blueberries

1 cup orange juice

1 teaspoon vanilla extract (optional)

Directions:

Place bananas, blueberries and juice in a blender, puree. Use vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie.

VEGGIE ENERGIZER

Preparation time: 5 min.

Yields 2 servings

Ingredients:

1 cup cold bottled water
1 carrot, scrubbed clean and cut into large pieces
1 stalk celery, cut into large pieces
½ apple wash and leave skin on
1 inch piece of fresh ginger, peeled

Directions:

In a high-powered blender blend all ingredients until smooth.

WATERMELON-BERRY WONDER

Preparation time: 5 min

Yields 1 serving

Ingredients:

½ cup seedless watermelon, chopped into chunks
¼ cup raspberries, blueberries or blackberries, frozen
A splash of water
1 teaspoon lime juice
3 ice cubes

Directions:

Combine and blend in a blender until smooth!!! *Yummy!!!!* You can have this smoothie for breakfast all the time!!!

Easy Breakfast Fruit Smoothie

Breakfast smoothies are perfect for the Daniel Diet because of the protein in the soy milk. If you are not accustomed to soy milk, fruit smoothies are great for your introduction. Although, the soy milk of today is so near cow's milk that it's hard to tell the difference.

½ cup soy milk
1 banana
½ cup frozen berries

Preparation:

1. Place all ingredients in blender and blend until smooth.

Yield: 1 serving

Tip: You can also add silken tofu to boost the protein.