

# the danielfast

August 23 - September 13

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## FOODS TO INCLUDE IN YOUR DIET DURING THE DANIEL FAST

**All fruits:** These can be fresh, frozen, dried, juiced or canned (watch for added sugar)

Apples	Coconuts	Limes	Pineapples
Apricots	Cranberries	Mangoes	Plums
Avocados	Dates	Melons	Prunes
Bananas	Figs	Mulberry	Raisins
Berries	Grapefruit	Nectarines	Raspberries
Blackberries	Grapes	Oats	Strawberries
Blueberries	Grenadine	Olives	Tangelos
Boysenberries	Guava	Oranges	Tangerines
Breadfruit	Honeydew melons	Papayas	Watermelon
Cantaloupe	Kiwi	Peaches	
Cherries	Lemons	Pears	

**Vegetables:** These can be fresh, frozen, dried, juiced or canned (watch salt content)

Artichokes	Collard greens	Mustard greens	Sprouts
Asparagus	Corn	Okra	Squashes
Beets	Cucumbers	Onions	Sweet potatoes
Broccoli	Eggplant	Parsley	Tomatoes
Brussel sprouts	Garlic	Peppers	Turnips
Cabbage	Ginger root	Potatoes	Watercress
Carrots	Kale	Radishes	Yams
Cauliflower	Leeks	Rutabagas	Zucchini
Celery	Lettuce	Scallions	
Chili peppers	Mushrooms	Spinach	

### Legumes:

Black beans	Green beans	Peas
Black eyed peas	Green peas	Peanuts (incl. natural peanut butter)
Cannellini	Kidney beans	Pinto beans
Dried beans	Lentils	Split peas
Edamame ( <i>Newly Added</i> )		White Beans

### Seeds:

All nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground flax	Sunflower	Natural Almond Butter

### Whole Grains:

Whole wheat	Rolled Oats	Whole wheat tortillas
Brown rice	Plain Oatmeal- not instant	Plain Rice cakes
Millet	Barley	Popcorn (see FAQ's)
Quinoa	Grits (no butter)	
Oats	Whole wheat pasta	

### Liquids:

Water (spring, distilled, filtered)	Herbal (caffeine free) Tea
Unsweetened Soy Milk	100% Fruit/Vegetable Juice (no added sugar)

### Other:

Tofu	Small amounts of Honey	Small amounts of Olive Oil
Soy products	Small amounts of Sea Salt	Spices (watch for preservatives)
Herbs	Small amounts of Ezekiel Bread	

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## FOODS TO AVOID IN YOUR DIET DURING 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, yogurt, cream, butter and eggs.

**All deep fried foods**, including but not limited to potato chips, french fries and corn chips.

### Liquids:

Caffeinated beverages  
Coffee (including decaf)  
All alcoholic beverages

Carbonated beverages  
Energy drinks

### Sweeteners:

Refined sugar  
Sugar substitutes  
Raw sugar

Syrups  
Molasses  
Cane juice

### All other, including:

All leavened breads  
All baked goods  
Foods with preservatives & additives  
High fat products  
Margarine  
Mayonnaise  
Processed foods

Refined foods  
Shortening  
White bread  
White flour  
White rice

# MEAL PLAN APPROACH

Recipes Included For All Of These Meals



BREAKFAST	SNACK	LUNCH	SNACK	DINNER
<b>DAY 1: 8/23</b>				
<b>FAST BEGINS AFTER SERVICES ON SUNDAY, AUGUST 23.</b>				
		Mixed Salad Diced Fruit Salad	Fresh Fruit - Apples 1/4 Cup Almonds	Barley Bowl Mixed Salad
<b>DAY 2: 8/24</b>				
Apple Blueberry Oatmeal Cereal Juice	Fresh Fruit - Banana 1/4 Cup Almonds	Daniel Fast "Fast Food"	1/4 Cup Granola Mix	Minestrone Soup Mixed Green Salad Italian Dressing Ezekiel Bread
<b>DAY 3: 8/25</b>				
Brown Rice, Sweet Apple and Coconut Oil Juice	Rice Cakes, Peanut Butter & Raisins	Southwestern Corn & Black Bean Salad	Diced Fruit Salad	Homemade Veggie Burgers Herb-Roasted Idaho Potato Fries
<b>DAY 4: 8/26</b>				
Apple Blueberry Oatmeal Cereal Juice	Fresh Fruit - Grapes 1/4 Cup Unsalted Peanuts	Barley & Black Bean Salad Mixed Green Salad Ezekiel Bread	1/4 Cup Popcorn	Vegetarian Chili Polenta "Biscuits"
<b>DAY 5: 8/27</b>				
Muesli Juice	Cantaloupe Tonight Melon Smoothie	Homemade Veggie Burgers Herb-Roasted Idaho Potato Fries	1 Cup Granola Mix	Whole Wheat Pasta Quick Tomato Sauce Salad or Spicy Green Beans
<b>DAY 6: 8/28</b>				
Apple Blueberry Oatmeal Cereal Juice	Fresh Fruit - Banana 1/4 Cup Almonds	Angela's Veggie Soup	1/4 Cup Popcorn	Black Bean Soup Hot Water Cornbread
<b>DAY 7: 8/29</b>				
Easy High-Protein Stir-fry	Rice Cakes, Peanut Butter & Raisins	Whole Wheat Pasta Quick Tomato Sauce Salad	Diced Fruit Salad	Homemade Veggie Burgers Herb-Roasted Idaho Potato Fries

**BLANK MEAL PLANNER**



**BREAKFAST**

**SNACK**

**LUNCH**

**SNACK**

**DINNER**

DAY \_\_\_\_\_

DAY \_\_\_\_\_

DAY \_\_\_\_\_

DAY \_\_\_\_\_

DAY \_\_\_\_\_

DAY \_\_\_\_\_

DAY \_\_\_\_\_

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## BREAKFAST RECIPES

### Apple Blueberry Oatmeal Cereal

2 sweet apples  
¾ cup rolled oats  
1 cup blueberries  
½ cup almonds  
1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

### Brown Rice, Sweet Apple and Coconut Oil

2 cups cooked brown rice  
1 ½ cup finely chopped sweet apple  
1 tablespoon coconut oil, available in natural food section of grocery store

Warm the coconut oil in a sauce pan over medium heat. Add the brown rice and apple, stirring to coat well with coconut oil. Heat thoroughly and serve.

### Easy High-protein Breakfast Stir-fry

1 tablespoon olive oil  
1 medium onion, sliced  
1/2 green pepper, chopped  
1 cup firm tofu, diced in bite-sized pieces  
Fresh Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft. Makes two servings.

### Granola

4 cups rolled oats  
1 cup crushed almonds  
½ cup whole grain flour  
1 tsp. cinnamon  
¼ cup shredded coconut  
1 cup sunflower seeds  
½ cup wheat germ or other whole grain bran  
¾ - 1 cup honey  
1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

## **Muesli**

1/2 cup muesli (Bob's Red Mill Old Country Style)

1/2 cup water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

## **LUNCH and DINNER**

### **Angela's Veggie Soup**

1 28oz. can diced or crushed tomatoes

1 6oz. can tomato paste

1 can of tomato sauce

1 can (drained) each of corn, green beans, potatoes, english peas, carrots.

salt to taste

2 medium onions diced

1 tsp garlic

4-5 bay leaves

Add water to cover items cook in slow cooker for 3-4 hrs or on stove top. Could also add mushrooms or other veggies you enjoy.

### **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.

1 cup barley, cooked according to pkg 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

Salt to taste

Combine cooked barley, beans, corn, cilantro, lime juice, oil, and salt in a medium bowl. Serve on bed of chopped or torn lettuce. Yield: 4 servings

### **Black Bean Soup**

8 cups vegetable stock  
1 ½ cup onion  
1 cup celery  
1 potato  
2 garlic cloves  
1 tsp. honey  
2 bay leaves  
Sea salt  
1lb black beans, soaked overnight, rinsed & drained  
1 yellow or red pepper  
1 cup carrots  
2 Tbsp. cilantro  
1 Tbsp. parsley  
2 Tbsp. marjoram  
1 whole onion

Place beans in pot with veg. stock, whole onion and bay leaves. Bring to a boil and cook 2-1/2 hrs. or until beans are tender. Remove onion and bay leaves. Chop onion, pepper, and celery. Grate carrots and potato on cheese grater. Mince garlic and sauté in Tbsp. olive oil until tender. During last hour of cooking, combine vegetables and seasonings with beans. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

### **Cathy's Leek and Potato Soup**

1 tsp crushed fennel seeds  
2 cloves garlic  
2 tbsp olive oil  
4 pints vegetable stock  
2 lbs leeks (trimmed, cleaned, sliced)  
2 lbs potatoes (cleaned, cut into cubes)

Heat olive oil on a medium heat in a large pan. Add garlic - heat for a few mins until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes and mix well with other ingredients. Cover and cook for 5 mins. Stir quickly. Cover and cook for further 5 mins. Add stock. Bring to boil, then cover, turn heat down and simmer for 40 mins.

### **Fast Food for the Daniel Fast**

There are going to be times on the Daniel Fast when you need a quick meal. In fact, when you prepare for the Daniel Fast, you'll want to stock up on a few of these items so you have the on hand.

1 can organic tomato soup  
1 can white beans  
1 cup mixed vegetables (frozen)

Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like)  
Add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve! Serves 2-4 depending on size of serving!

### **Greek Vegetable Stew**

2 tablespoons oil  
2 onions, chopped  
1lb green string beans, broken in half  
1 package frozen or fresh spinach  
4 cups water  
6 zucchini, chunked  
4 yellow squash, chunked  
2 cups celery leaves  
4 tomatoes, quartered  
1 teaspoon salt  
8 slices lemon  
1 tablespoon dried oregano  
3 tablespoons fresh basil  
2 cloves chopped garlic  
2 tablespoons lemon juice

Lightly brown onions in a hot skillet in 2 tablespoons oil. Add oregano & garlic. Cook 1 minute. Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl. Eight servings

### **Harira**

Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.

2 Tbs oil  
1 cup chopped onion  
1/2 cup chopped celery  
2 cups warm water  
Pinch of saffron threads  
1/2 tsp salt, divided  
1/4 tsp peeled fresh ginger, minced  
1/4 tsp ground red pepper  
1/4 tsp ground cinnamon  
2 garlic clove, minced  
2 cups organic mushroom broth  
1 1/2 cups chopped and seeded plum tomatoes

1/2 cup dried small red lentils  
2 15 oz. cans no-salt-added chickpeas, drained  
3 Tbs chopped fresh cilantro  
3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender. Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt. Yield: 4 servings

### **Homemade Veggie Burgers**

1 cup drained canned black beans  
1 carrot, grated  
1/2 onion, diced  
3 medium potatoes, grated  
4 scallions, chopped  
1 cup frozen corn, thawed  
small amount of salt and pepper to taste along with oil for frying

Place the beans in a large bowl and mash with a fork or a potato masher. Add the remaining ingredients, except the oil and mix until well combined. Wet hands and shape the mixture into four patties. Heat about two tablespoons of olive oil and cook each patty until the veggie burgers are done, about 3 minutes on each side. Yields four burgers.

### **Lentil Soup**

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  
1 (14 1/2-ounce) can diced tomatoes  
1lb lentils (approximately 1 1/4 cups)  
2/3 cup pearl barley  
11 cups vegetable broth (can substitute water)  
4 to 6 fresh thyme sprigs

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and sauté until all the vegetables are tender, about 5 to 8 minutes. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. 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. Season with salt to taste. Ladle the soup into bowls, drizzle with olive oil and serve. Six Servings

### **Lola's Black Bean Soup**

I make this with canned black beans. Basically just black beans, vegetable broth, crushed garlic, large chopped onion, 1 jar of all natural salsa, chopped jalapeno, chopped Cilantro. Combine all ingredients and enjoy. Amount of broth depends on how chunky you like your soup.

### **Mashed Pinto Beans On Whole Grain Taco Shells**

1 can pinto beans rinsed and drained  
1 TBSP of raisins 1 tsp salt

Cook pinto beans and raisins in crock pot for four hours blend in blender serve with whole grain soft taco shells.

### **Rice and Chick Peas**

1 cup rice  
1 can chick peas drained and rinsed  
1 cup water  
1 tsp salt  
1 TBSP raisins

Cook rice in a rice cooker. Put rest of ingredients in crock pot and cook four hours at medium

### **Minestrone Soup**

8 cups vegetable stock  
1 ½ cups of garbanzo beans  
2 cups red kidney beans  
½ cups carrots  
3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)  
½ cup fresh parsley  
Sea salt  
1 cup cabbage  
¼ tsp. oregano  
¾ tsp. basil  
¼ tsp. thyme  
½ cup celery  
½ cup onion  
1 clove garlic  
1 pkg. spinach noodles cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and saute in water or soup stock over medium heat 5-7 min. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles.

### **Mrs. Jones' Brown Rice Dinner**

1 cup of Brown Rice 2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes. Half way through the cooking time,  
add:

1/2 cup of fresh salsa  
1 cup of frozen corn 1/2 of a chopped red bell pepper  
3/4 cup of cooked black beans

Stir and replace cover for remainder of cooking time. Serve with fresh sliced avocado.

### **Quick Tomato Sauce**

2 tablespoons olive oil  
1 medium yellow onion (chopped)  
2 cans diced tomatoes (14.5 oz) (or fresh)  
Salt to taste  
1/4 cup cilantro, finely chopped

Sauté onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over whole wheat pasta, rice or cooked vegetables.

### **Rice-Stuffed Tomatoes**

6 large tomatoes  
1/2 cup raisins  
2 Tbsp. chopped green pepper  
2 Tbsp. green onions  
2 cups cooked brown rice  
2 Tbsp. parsley

Dressing:

1/4 cup olive oil  
1 Tbsp. ketchup (with no added sugar)  
1 tsp. chili powder (optional)  
2 Tbsp. lemon juice  
1/2 tsp. dry mustard, optional  
1 tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato. Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain. In a bowl combine chopped tomato, rice, raisins, green pepper, onion, and parsley. Prepare dressing and stir into rice. Season to taste. Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350 for about 15-20 minutes until the tomatoes soften.

### **Stuffed Peppers**

2 Tbs. olive oil  
2 stalks celery, minced (1/2 cup)  
1 medium onion, minced  
1 tsp. salt  
1 clove garlic, minced (1 tsp.)  
2 cups cooked brown rice  
1/2 cup yellow raisins  
1/2 cup vegetable broth  
5 oz tofu, mashed  
3 red bell peppers, laved lengthwise  
2 Tbs. fresh flat leaf parsley

Preheat oven to 400 degrees. Heat oil in pan over medium heat. Add celery, onion, 1/2 tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing. Meanwhile, mash tofu, 1/2 tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers. Bake for 30 minutes or until peppers are soft and the stuffing is hot. Yield: 6 servings

### **Vegetable Soup and Navy Beans**

- 1 cup puree spinach
- 1 cup puree green beans
- 1 can navy beans rinsed and drained
- 1 tsp salt
- 1 cup water

Put all ingredients in crock pot for four hours on medium.

### **Vegetable Stock**

A good vegetable stock is useful in the Daniel Fast. Vegetable stock is an excellent substitute for chicken or beef stock. Makes 4 cups of vegetable stock

- 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
- 1 bay leaf

Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water. 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. 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.

### **Vegetarian Chili**

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons olive 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

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. 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. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking. Yield: 6 generous servings

### **White Beans and Sautéed Vegetables**

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

Drain the white beans and set aside. Heat olive oil and then add all the prepared vegetables to the pan and sauté until just done. Add beans and heat thoroughly. Dish up on serving plates, drizzle with extra virgin olive oil. Salt 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.

## **SALADS & DRESSINGS**

### **Salad**

3 cups bite-size pieces fresh spinach  
½ cup sliced strawberries  
½ cup cubed cantaloupe  
Optional ½ cup sliced oranges  
2 medium green onions, sliced

In a tightly covered container, shake all dressing ingredients. In large bowl, toss all salad ingredients with dressing.

### **Strawberry-Melon Spinach Salad Dressing:**

1 tablespoon orange juice  
1 tablespoon honey (if you are allowing honey)  
1 ½ teaspoon olive oil  
Avocado Tomato Dressing  
2 ripe avocados, peeled and pitted  
1 med. ripe tomato  
1 tsp. herb seasoning  
¼ cup fresh lemon juice  
Sea salt to taste

Place all ingredients in blender and blend until smooth.

### **Creamy Green Dressing**

½ med. ripe avocado, peeled and pitted  
¾ cup distilled water  
3 tablespoons fresh lemon juice  
¼ cup almonds, soaked overnight and drained  
¼ tsp. garlic powder  
1 ¼ tsp. onion powder or flakes  
Sea salt  
Blend all ingredients until smooth.

### **Pesto Dressing**

4 small garlic cloves, peeled  
2 2/3 cup tightly packed fresh basil leaves  
1/3 cup pine nuts  
1/3 cup cold-pressed extra virgin olive oil  
Sea salt

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add oil through the feed tube. Continue to process until smooth.

### **Herb Vinaigrette**

1/3 cup fresh lemon juice  
1/2 tsp. dried basil (if fresh, use 2x as much)  
1 tsp. dried oregano  
1/4 tsp sea salt  
1/2 tsp dry mustard (optional)  
1/2 cup fresh Italian parsley, minced  
1 cup olive oil  
1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

### **Italian Dressing**

1/2 cup olive oil  
1/4 cup fresh lemon juice  
1-2 garlic cloves, peeled  
1 tsp. whole grain mustard seed (opt)  
1/2 cup distilled water  
1 green onion, chopped  
1 tsp. honey  
Dash Cayenne

Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1 tsp. oregano and 1/2 tsp. basil. Mix well.

### **French Dressing**

1 cup olive oil  
1/3 cup fresh lemon juice  
1/3 cup honey  
1 tablespoon paprika  
3/4 cup salt free tomato puree  
1 tablespoon onion powder  
1/2 tsp. garlic powder  
Sea salt

Blend on high for 30 seconds.

## **SIDE DISHES**

### **Barbara's Rice, Black beans and corn**

1 can Organic Black beans drained  
1 can of Organic corn drained  
Organic long grain rice  
Organic corn tortilla  
Homemade salsa (see below)  
Avocado

Combine 1 can Organic Black beans drained and 1 can of Organic corn drained. Heat and place on top of organic long grain rice (cooked). Top with homemade salsa (which is 2 tomatoes diced, 1 onions diced, cilantro, squirt of lime, clove of garlic minced, tad bit of salt, 1 Jalapeno minced, 1/2 of an avocado diced.) Serve with organic corn tortilla (you can heat them and make them crunchy. I just cut them into triangles and make them like chips. (Organic ones are made with just corn and lime) Serve with sliced avocados.

### **Diced Fruit Salad**

1 kiwi  
1 pint strawberries  
1 mango  
2 bananas  
½ pint blueberries

Slice and mix.

### **Karen's Tabouleh**

1 bunch parsley  
1 small onion  
1 small tomato  
3 tbs Bulgur (cracked wheat)  
Juice of 1 lemon  
Olive oil

Soak bulgur for 1 hour in warm water. Chop parsley very fine. Chop onion and tomato combine all ingredients. Drizzle olive oil and squeeze lemon into mixture. Salt to taste.

### **Herb-Roasted Idaho Potato Fries** by Denise Austin

Makes 4 servings  
1lb small baking potatoes  
2 tsp extra-virgin olive oil  
1/2 tsp dried thyme  
1/2 tsp dried rosemary  
1/4 tsp salt

### **Hot water cornbread**

White or yellow corn meal hot water

Stir it up very well. Pat out individually like hamburger patties. Brown both sides in skillet with olive oil.

### **Maria's Curry brown rice**

Cooked brown rice  
1-2 tspn curry powder  
1/2 c frozen sweet peas  
1/2 c corn  
1/4 c onions  
1/4 c tomato  
1/2 tspn dried thyme leaves  
1 tbsp virgin olive oil

Make the desired amount of brown rice. Dice the onion and tomato. Heat pan with olive oil. Mix in tomato, onions, thyme, corn, sweet peas and curry. Stir until onion and tomato is cooked. Add water sparingly to keep it from sticking to the pan. Add already cooked brown rice. If desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out.

### **Polenta "Biscuits" for the Daniel Fast**

This recipe for polenta "biscuits" is a nice addition to soups, stews or casseroles. Plus the tofu is rich in protein.

1/2 cup dry polenta  
1 teaspoon Italian seasoning  
Salt  
2 - 12 ounce packages extra-firm tofu, drained  
1 tablespoon olive oil

Preheat oven to 400 degrees. Combine polenta, Italian seasoning, & salt on a plate. Slice the tofu into 2" x 2" squares (approximate). Brush tofu pieces with olive oil and dredge in polenta mixture. Transfer to baking pan lined with parchment paper or sprayed with 100 percent olive oil spray. Bake 30 minutes or until browned. Serve by laying polenta biscuits on top of stew or with soup or casserole.

### **Rice, Green Beans and Lentils**

1 cup rice  
1/2 cup lentils rinsed  
1 tsp. cinnamon  
1 tsp. salt  
1 TBSP tomato paste  
1 can green beans not drained  
1 cup of water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.

### **Rice and Lentils**

1 cup rice  
1/2 cup of lentils 1 tsp salt  
2 cups water

Rice cooked in rice cooker. The rest of the ingredients go in crock pot for five hours on high.

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet. In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

### **Southwestern Corn and Black Bean Salad**

The beans, corn and nuts in this salad combine to create 19 grams of protein per serving.

1 1/2 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  
Salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime juice, oil, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve. Yield: 4 serving

### **Spanish Rice**

1 cup brown rice  
1 cup tomato juice  
1/3 cup green pepper  
1/3 cup celery  
1 med. Tomato  
2 tsp. chives  
1 tsp. basil  
1 cup vegetable stock  
1 tsp. oregano  
1/3 cup carrot  
1/3 cup onion  
2 small garlic cloves  
15  
1 tsp. sea salt

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 min. Remove from heat and add the following: diced tomato, celery and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15 - 20 min.

### **Spicy Green Beans**

2 tablespoons vegetable oil  
1 pound green beans, trimmed  
1/4 teaspoon salt  
3 cloves garlic, minced  
1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

### **Stir Fry Vegetables**

1 red onion, sliced  
3 stalks celery, thinly sliced  
1/2 cup broccoli, chopped  
1 bell pepper, sliced  
1 tsp. sea salt  
3 carrots, peeled and sliced  
1/2 cup cauliflower, chopped  
1 cup zucchini, thinly sliced  
1 cup yellow squash, thinly sliced  
1 Tbsp. Oriental seasoning

Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender. Add salt and seasoning. Serve alone or over brown rice.

### **Susan's Black Bean and Brown Rice Stuffed Peppers**

1 qt 100% Vegetable or Tomato Juice  
2 cups cooked black beans  
1 cup cooked brown rice  
2 med green onions (chopped)  
1/4 cup fresh cilantro (chopped)  
2 tbsp extra virgin olive oil  
2 tbsp lime juice  
1 clove garlic (finely chopped)  
2-3 large bell peppers (cut in half-lengthwise and deseeded)

Combine all ingredients except juice and bell peppers in bowl and mix well. Place peppers in glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in oven on 350 degrees for 45-60 minutes.

### **Whole Wheat Tortillas**

You can buy 100% whole-wheat tortillas, but these are easy to make. Use these tortillas for a veggie wrap or for chips with salsa.

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

Mix flour and salt in bowl. Add olive oil and stir until well combined. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl. Knead dough on floured board for about 3 minutes (20 folds). Allow dough to rest for 15 minutes. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball with a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward). Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas. Yield: Makes 12 tortillas

## **SNACKS**

### **Cantaloupe Tonight Melon Smoothie**

1/2 medium-size cantaloupe, seeded and cut from the rind.  
1/2 cup orange juice (juiced from fresh oranges)  
Juice of 2 limes (taste before you add all the juice at once)  
1 medium-size, banana, peeled and cut into chunks  
Fresh mint leaves for garnish (optional)  
2 cups of ice cubes - makes it like a frozen ice drink (optional)

Mix all in a blender, and serve. Serves 2

You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

### **Celery and Peanut Butter Snacks**

Stuff celery with all-natural peanut butter and add nuts or raisins.

### **Rice Cakes, Peanut Butter and Raisins**

8 Rice Cakes  
8 Tbsp creamy or chunky, natural peanut butter (Smucker's has a couple of good alternatives)  
8 Tbsp raisins

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

### **Popcorn**

1/4 cup unpopped popping corn 1 brown lunch bag

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.