

# Apple and Oat Porridge

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## Ingredients:

4	cups water	$\frac{1}{2}$	teaspoon ground caraway seeds
1 $\frac{1}{2}$	cups oat bran (not oatmeal)	$\frac{1}{2}$	teaspoon cinnamon
1	large apple - peeled/cored and chopped into very small pieces	$\frac{1}{2}$	teaspoon salt
$\frac{1}{3}$	cup raisins		Soy milk for serving (optional)

## Preparation:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

**Yield:** 4 servings

## Potato and Green Onion Frittata

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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.

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

### 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

## Tofu Breakfast Scramble

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Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

### Ingredients:

- |   |                        |   |                                   |
|---|------------------------|---|-----------------------------------|
| 1 | box firm tofu          | 2 | green onions, finely sliced       |
| 1 | zucchini, diced small  | 1 | tablespoon fresh cilantro, minced |
| 1 | tomato, diced          | 1 | clove garlic, minced              |
| ½ | onion, diced           |   |                                   |
| 1 | red bell pepper, diced |   | Salt and pepper to taste          |
|   |                        |   | Tomato paste if desired           |

### Preparation:

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

**Tip:** You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.

## 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 fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)
- 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 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

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.

Preheat oven to 400°

### Ingredients

- 1 ¼ cups whole wheat flour, divided (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 dried herbs, chili powder, garlic powder, onion powder, etc. (optional)

1. Using a food processor to mix 1 cup of the flour, ½ teaspoon salt and oil.
2. 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.
3. 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.
4. 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)
5. Bake for 10 - 15 minutes, until light brown.
6. 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.

Makes about a pound of crackers

## *“Daniel Fast Recipes”*

### **Thick and Creamy Corn-Potato Soup**

6 ears corn (cut off the cob)  
6 medium-large red potatoes (chopped in 1/2 inch pieces)  
6 carrots (finely chopped)  
1 medium-large onion (finely chopped)  
2 green peppers (finely chopped)  
2 bay leaves  
3 teaspoons thyme  
2 teaspoons marjoram  
3 teaspoons cumin  
2 teaspoons sea salt  
2 teaspoons pepper  
3 32oz. boxes of vegetable broth  
water

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8-10 generously.

## **Tomato Basil Soup**

12 Vine Ripe Tomatoes  
1 Package Cherry Tomatoes  
2 1/2 Cups Fresh Carrot Juice (or Odwalla available in juice section)  
1 Large Ripe Avocado  
2 Yellow Onions (chopped)  
4 Cloves Garlic (chopped)  
5 Stems Fresh Basil  
2 Tablespoons Pure Honey  
1 Bay Leaf  
1 teaspoon Oregano  
1 teaspoon Sea Salt  
1 Tablespoon Red Pepper Flakes  
2 Tablespoons Olive Oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup pan or crock pot and cook on medium low for 2 to 3 hours.

## **Portabella Steaks**

6 portabella mushroom caps  
1/2 cup fresh squeezed lemon juice  
2 tablespoons apple cider vinegar  
2 tablespoons Pure Maple syrup  
2 teaspoons fresh grated ginger  
1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through.

Serve with baked sweet potatoes and grilled squash and asparagus.

### **Grilled Vegetables**

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

### **Baked Sweet Potatoes**

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

## **Vegetable Barley Soup**

Choose your vegetables. Really, anything can work depending upon your taste.

My picks:

3 cups chopped celery  
2 cups chopped white onion  
3 cups chopped carrots  
3 cups chopped green/yellow/red pepper  
3 cups thin sliced mushrooms  
2 cups chopped roma tomatoes (peeled and seeded)  
2 32oz. boxes vegetable broth

Use your favorite spices. I choose 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley. Pour 1/4 cup vegetable broth in a soup pot. Add all of the vegetables and saute them until tender. Add the spices and stir to mix. Add the remaining vegetable broth. Bring to a boil and add 1 cup Natural Whole Grain Barley. Boil for 15-20 minutes until the barley is tender.

Serves 6

For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

## **Guacamole**

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.

Serve on black beans, portobello mushrooms or use as a dip with vegetables.

## **Baked Apples or Pears**

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with 1/2 teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.

## **The Breaker's Granola**

5 cups raw oatmeal  
1 cup finely chopped walnuts  
1 cup slivered raw almonds  
1 cup finely chopped cashews  
1 cup unsalted sunflower seeds  
1/2 cup flax seed  
1 cup finely chopped dry figs  
1 cup finely chopped apricots (unsweetened if possible)  
1/4 cup chopped coconut  
2 cups unsweetened raisins  
2 Tablespoons cinnamon

Mix together in a large bowl. Keep in tightly sealed container such as tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

## Gazpacho

6 med. tomatoes, quartered  
2 large cucumbers  
1 small red onion  
1 med. zucchini, chopped  
3 med. garlic cloves, smashed  
1 med. green bell pepper  
chopped fresh herbs: parsley, basil, chives  
2 Tbsp. lemon juice  
2 Tbsp. extra virgin olive oil  
1 tsp. sea salt  
1 tsp. cayenne pepper  
1 tsp. ground cumin seed  
2 cups vegetable stock or tomato juice

1. In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped.
2. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more burst. Blend in stock or tomato juice.
3. Transfer to large bowl. Refrigerate at least 1 hour before serving.

Serves 4. Preparation Time: 10 minutes.

## **Vegetarian Spaghetti Squash**

Slice squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin, and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin. Reheat the squash strands by dipping with a strainer in boiling water just before serving.

You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water. Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and serve with stir fried sauce.

### **Stir Fried Sauce**

10 Roma tomatoes, peeled, seeded, and chopped coarsely  
2 cups thinly sliced mushrooms  
2 cloves garlic  
2 cups chopped broccoli florets or 1 package baby spinach  
2 teaspoons oregano (powdered or flakes)  
Sea salt to

Saute mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands. Serve hot. 6 servings

## **Brown Rice with Edamame and Vegetables**

2 cups brown rice  
4 cups water or vegetable broth  
1 cup fresh squeezed orange juice  
1 package frozen, shelled edamame  
1 cup shredded carrots  
1 cup sliced white mushrooms  
1/2 teaspoon cumin  
1 clove garlic minced  
1/2 cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

While rice is cooking, prepare edamame according to package directions but without salt. Drain in a sieve. Saute garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion.

Servings:4-6 entree size

Serve with orange slices and celery sticks.

## **Cuban Black Beans & Rice with Tomato Salsa**

1 package dried black beans  
Vegetable broth (1- 32oz. box)  
Chili powder  
Chipotle powder  
2 cloves garlic

Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed. Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

### **Salsa**

Roma Tomatoes quartered  
Lime  
Cilantro  
Green onion (1 bunch)  
Chili powder  
Cumin  
Garlic

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture. We prefer chunky.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entree size

Serve with sliced mango and papaya and lime juice

## **Toasted Nut Snack**

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins.

We keep this on the counter for a quick snack.

## **Honey and Oat Cereal**

Prepare Oatmeal with Soy Milk or Water. Sweeten with Honey and a dash of cinnamon.

# Homemade Corn Tortillas

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Perhaps you have looked for corn tortillas in the grocery store, and upon reading the list of ingredients you find a long list of chemicals. Many corn tortillas also have baking powder added. This recipe uses only masa harina, a special corn tortilla flour, and water. You can visit this site for step-by-step instructions: [How to Cook Tortillas](#).

## Ingredients:

- 2 cups masa harina
- 1 ¼ cups warm water

## Preparation:

1. Combine masa harina and water in a medium bowl. Stir the mixture until the dough is firm but moist. If necessary add water, a little at a time.
2. Allow the dough to rest for 15 minutes and then divide it into 12 equal portions. Shape each portion into a small ball. Place a ball of dough between two pieces of parchment or waxed paper. Use a tortilla press, a rolling pin or two pie plates to flatten the balls of dough. Flatten each ball into a 6 inch round.
3. Remove the paper and place the tortilla on a medium-high ungreased griddle or skillet. Cook, turning several times for 2 to 2 ½ minutes until the tortilla is lightly browned.
4. Wrap the tortillas in foil if using immediately. You can also freeze tortillas by separating them with waxed paper and then placing the stack in a zip-lock plastic bag. Use within 1 month and thaw completely before using.

**Yield:** twelve 6" tortillas

## Mexican Cooked Salsa

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Use freshly made salsa for an appetizer or snack along with your Homemade Tortillas or as a condiment with fried zucchini or tofu breakfast scrambles.

### Ingredients:

- 1 pound tomatoes, quartered
- 1-2 fresh jalapeno peppers, seeded and halved
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1 clove garlic, minced
- ¼ teaspoon ground cumin

### Preparation:

1. Preheat the broiler. Place the tomatoes and the peppers cut-side down on unheated broiler pan. Broil for 9-11 minutes or until tomato skins and pepper skins start to blacken. Remove from broiler pan and cool until they can be handled.
2. Remove the skins from the tomatoes and peppers; chop finely.
3. Heat the oil in a medium saucepan over medium-high heat. Sauté the garlic and onions for about 3 minutes. Add the tomatoes, peppers and cumin, stirring well.
4. Cook uncovered, simmering for 10-15 minutes or until most of the liquid is evaporated.
5. Cool the salsa and serve with homemade corn chips or homemade corn tortillas.

**Yield:** About 1 ¼ cups.

## Easy Mexican Fresh Salsa

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Uncooked salsa is refreshing and full of wonderful flavors. Serve this with chips, as a condiment or atop a vegetarian taco

### Ingredients:

- 2 medium tomatoes, finely chopped
- 1 fresh Anaheim pepper, seeded and finely chopped
- ½ green sweet pepper, finely chopped
- 3 scallions, finely chopped
- 3-4 tablespoons finely chopped cilantro
- 2 tablespoons lime juice
- 1 jalapeno pepper, seeded and finely chopped
- 1 clove garlic, minced
- salt and pepper to taste

### Preparation:

1. Add all ingredients to a medium bowl and mix well.
2. Cover and chill for at least 1 hour before serving.
3. Adjust seasoning and serve with corn chips or as a condiment.

**Yield:** Makes about 3 cups.

## Mexican Rice and Beans

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Rice and beans form a complete protein. So this recipe is an excellent choice for you meals. The flavors are wonderful and the dish is full of nutrients

### Ingredients:

- 1      tablespoon olive oil
- 1      medium carrot, finely chopped
- 1      medium onion, finely chopped
- 1      fresh poblano pepper, seeded and finely chopped
- 1      fresh jalapeno pepper, seeded and finely chopped
- 2      cloves garlic, minced
- 1      cup long grain brown rice
- 2 ¼    cups vegetable broth
- ¼      teaspoon salt
- 1      cup frozen cut green beans, thawed
- 1      15 ounce can black beans, rinsed and drained

### Preparation:

1. Heat olive oil in a large skillet over medium-high heat; add carrot, onion, both peppers, and garlic for about 3 minutes.
2. Add uncooked rice, stirring constantly for about 3 minutes.
3. Slowly add broth and salt. Bring to boil and then reduce heat; cover and simmer for 15 minutes.
4. Add green beans and cook for another 5 minutes or until rice is tender and liquid is absorbed.
5. Stir in black beans and heat thoroughly. Adjust seasoning and serve as main course or side dish.

**Yield:** three to six servings

## **Black Bean Soup Mexican Style**

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I like to make soups in large batches and then freeze them in zip-lock bags. I can cook once and then have the soup for two or three meals. This method is a great timesaver and this recipe is an excellent candidate for freezing!

### **Ingredients:**

- 1 dried ancho or chipotle pepper
- 1 tablespoon olive oil
- 1 green sweet pepper, chopped
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 15-ounce cans black beans, rinsed and drained
- 1 large tomato, chopped
- 2 tablespoons chopped cilantro
- 1 teaspoon dried thyme
- ½ teaspoon dried oregano

### **Preparation:**

1. Place dried pepper in a medium bowl and cover with boiling water; let stand for 30 minutes until softened; drain and cut pepper into small pieces.
2. Heat oil in large saucepan over medium-high heat. Add green pepper, onion and garlic and sauté for 3 minutes.
3. Add remaining ingredients, blending well. Cover and simmer for 30 minutes.
4. Serve as a side dish or main dish.

**Yield:** three to six servings

## Bean and Rice Casserole

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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

## Stir Fry Vegetables with Brown Rice

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You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

### Ingredients:

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

### Preparation:

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

**Yield:** four servings

**Tip:** Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

## Bean Curry and Rice

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

### 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

## Southwest Corn and Black Bean Salad

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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

## Simple Orange and Red Onion Salad

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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

### Directions:

On a serving platter, arrange the romaine, oranges and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad; serve immediately. **Yield:** 4 servings.

## Beautiful Green Salad

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This is a basic green salad with a little “zip” to it.

### 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:** 6 servings

## Salad Dressings

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Many salad dressings call for sugar or honey. I have chosen to exclude those in this Journal, however many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you! More salad dressing recipes are available on The Daniel Fast weblog.

### Lemon Olive Oil Dressing

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

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

### Tofu Mayonnaise

4 ounces tofu  
1/3 cup olive oil  
2 tablespoons lemon juice  
2 teaspoons Dijon mustard  
1 teaspoon grated lemon rind  
Salt and pepper -- to taste

Puree the tofu with 1/4 cup of water, oil, lemon juice and mustard until smooth. Add grated lemon rind and season with salt and pepper.

You can add 4-6 garlic cloves, mashed with 1/2 teaspoon salt, to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped white onion or scallion to zip it up.

Serving Size: Just under 1 cup of finished mayo

# Garden Vegetable Soup

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

## 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

## Greek Vegetable Stew

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The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

### Ingredients:

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

### Preparation:

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

**Yield:** eight servings

## Red Bean Soup

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Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! 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 ½ 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 ¼ 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	1	tablespoon onion powder
2	tablespoons salt	1	tablespoon cayenne pepper
2	tablespoons garlic powder	1	tablespoon dried leaf oregano
1	tablespoon black pepper	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!

## Roasted Chickpeas

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Elaine Wood is a member of our informal “Daniel Fast Community” and told me about this recipe! It looks super and I thought I would pass it on. It’s a nice snack that may just end up on our diet year-round!

### Ingredients:

- 1 12 ounce can chickpeas (garbanzo beans), drained
- 2 tablespoons olive oil
- Seasoning of your choice (i.e. salt, garlic salt, chili powder, Spike, seasoning salt, or try the Moroccan spice blend – recipe below)

### Preparation:

1. Preheat the oven to 450 degrees.
2. Drain and rinse the chickpeas and then lay them out on sheets of paper towel to absorb most of the water.
3. Place the chickpeas in a bowl and sprinkle with olive oil. Add seasoning to taste.
4. Spread the chickpeas on a cookie sheet (I suggest you line it with parchment paper for easy clean-up) and bake for 35-40 minutes until they are crunchy. Check them frequently toward the end of the bake time to make sure they don’t burn.
5. Serve!

**Yield:** four servings

### Moroccan Spice Mix:

- 2 teaspoon ground cumin
- 1 teaspoon ground coriander
- ½ teaspoon chili powder
- ½ teaspoon sweet paprika
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground allspice
- ¼ teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- pinch ground clove

## Cyberlynn's Pasta and Veggie One-Pot Meal

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I received this yummy recipe from Cyberlynn Terpstra and it's real Daniel Fast winner! Cyberlynn wrote, "I have a family of six so I make things kinda big to feed them. And also have enough for the next day!"

### Ingredients:

- 1 box of whole wheat pasta (i used organic)
- 2-3 tablespoons olive oil
- ½ cup almonds
- 2 cloves garlic, minced
- 3 green onions, sliced
- 1 cup button mushrooms, sliced
- 2 green squash
- 2 yellow squash
- 1 cup frozen green beans, thawed
- ½ bottle Newman's Own Olive Oil & Vinegar Salad Dressing
- 1 tablespoon Dijon mustard

### Preparation:

1. Prepare the pasta using package directions.
2. Meanwhile, heat the olive oil in a large skillet over medium heat; sauté the almonds, garlic, green onions and mushrooms until the almonds have browned.
3. Add the zucchini, yellow squash and green beans. Cook until just tender.
4. Add the pasta and gently toss.
5. In a small bowl, whisk together the salad dressing and the Dijon mustard. Pour it over the pasta and vegetables and gently toss until well mixed.

**Yield:** Six or more servings

**Susan's Tip:** Click here [Newman's Own \\$1 Off Coupon](#) to receive a \$1-off coupon when you purchase two items. I am a huge fan of Paul Newman! Many years ago I was raising funds for a children's home in Israel. I submitted a grant request to Paul Newman's Foundation. I was swooning when I received a \$50,000 check in the mail with Paul Newman's signature at the bottom. That was a hard check to cash! But it's still a great memory and Newman's Own products have given away more than \$250 million to good causes around the world.

## Louie's Baked Potatoes . . . the Daniel Way

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Louie left this recipe on the Daniel Fast Blog and I thought it was so good that I wanted to pass it on in this format to make sure you get it. I made another version the other night and served the potatoes with a simple green salad. It was delicious and filling!

### Ingredients:

4      baking potatoes, scrubbed and pierced  
2      tablespoons olive oil, plus enough to rub on potatoes  
1-2    cloves garlic  
1      small yellow onion, finely sliced  
1      cup button mushrooms  
dash   salt

### Preparation:

1. Preheat the oven to 300 degrees F (150 degrees C). Scrub the potato, and pierce the skin several times with a knife or fork. Rub the skin with olive oil, then with salt.
2. Place the potato in the preheated oven, and bake for 90 minutes, or until slightly soft and golden brown.
3. About 20 minutes before the potatoes are ready, heat 2 tablespoons olive oil in medium skillet over medium heat. Sauté the garlic until fragrant.
4. Add the sliced onion and sauté until just tender; add mushrooms and toss, cooking until the mushrooms are tender, about 3 minutes.
5. Cut potatoes down the center and lay open on individual dinner plates. Spoon onion and mushroom mixture on top; season to taste with salt and pepper.

**Yield:** four servings

Susan's Baked Potatoes: I was volunteering as an [Alpha Course](#) leader at my church and the meal served was a baked potato bar. Being on the Daniel Fast the beef sauce, cheese sauce, sour cream, crumbled bacon, grated cheddar cheese and butter were not options for me . . . but there was a side dish of steamed broccoli. Thinking of Louie's recipe, I spooned the broccoli over my baked potato, slipped into the kitchen and poured a little olive oil on top, and then seasoned the potato with salt and pepper. With that I added the mixed green salad that was offered along with [Newman's Own](#) Olive Oil & Vinegar Salad Dressing, which I brought along. Wow! What a great meal.

## Snacks for the Daniel Fast

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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\*

\* You can find a recipes made only from Daniel Fast Friendly ingredients in the Daniel Fast Cookbook – Version II