



Salads

Daniel Fast approved salad
recipes with a full list of
ingredients and instructions.

You may make
modifications as needed.



Blackberry, Avocado, and Mango Salad

Ingredients:

- 4 cups mixed salad greens
- 1 cup blackberries
- 1 avocado, peeled, pitted, and cut into 1-inch cubes
- 1 cup mango, peeled, pitted, and cut into 1-inch cubes
- 1/2 cup pecan halves

Procedure

- In a large bowl, combine salad greens, blackberries, avocado, mango, and pecan halves.
- Toss with Orange-Poppy Seed Salad Dressing

Dressing Recipe ➔



Orange-Poppy Seed Salad Dressing

Ingredients:

- 1/4 cup extra-virgin olive oil
- 1/4 cup orange juice
- 2 tablespoons lemon juice
- 1 tablespoon diced red onion
- 1/2 teaspoon poppy seeds
- 1/4 teaspoon orange zest
- 1/8 teaspoon ground mustard
- 1/8 teaspoon salt

Procedure

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



Cucumber Salad

Ingredients:

- 2 cups sliced cucumber, peeled peeled
- 2 cups halved cherry tomatoes
- 1/2 cup thinly-sliced red onion
- 2 tablespoons extra-virgin olive oil
- 1/2 teaspoon dried dill
- 1/2 teaspoon salt

Procedure ➔

Cucumber Salad

Procedure:

1. Place cucumbers, tomatoes, and onions in a 1-quart ceramic dish. Pour olive oil over all, and stir well to combine. Add dill and salt, and stir again.
2. Cover, and marinate 2 hours in refrigerator. Serve cold.

Notes:

- Makes 8 servings (1/2 cup)



Roasted Potato Salad

Ingredients:

- 1 pound red potatoes, unpeeled
- 1/2 pound Brussels sprouts, trimmed & halved
- 1 cup trimmed fresh green beans, cut into 1" pieces
- 1 1/2 tablespoon extra-virgin olive oil, divided
- 1/2 teaspoon tarragon
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 cup chopped red onions
- 1/4 cup finely chopped pecans or walnuts
- 2 cups chopped romaine lettuce

Procedure ➔

Roasted Potato Salad

Procedure:

1. Scrub potatoes well. Place in a large saucepan, and cover with water. Heat to boiling. Reduce heat slightly to a soft rolling boil, and cook 15 minutes. Drain, and allow to cool slightly.
2. Preheat oven to 425 degrees. Cut potatoes into quarters, and put in a large bowl, along with Brussels sprouts and green beans. Add 1 tablespoon olive oil, tarragon, salt, and pepper. Stir well to coat. Place vegetables on a baking sheet. Bake 10 minutes, and flip. Cook another 10 minutes, or until vegetables are slightly blackened. Place in a large bowl, and set aside.
3. Heat 1/2 tablespoon olive oil in skillet over medium heat. Add onions and pecans, and cook until onions are soft and translucent. Mix in with potatoes and vegetables. To serve, place ½ cup lettuce on each plate, and top with roasted potato-vegetable mixture. Drizzle a little olive oil over each serving, if desired.

Notes:

- Makes 4 servings (1 cup)



Sweet Asian Salad

Ingredients:

- 1 shredded sweet potato, peeled
- 2 shredded parsnips, peeled
- 2 cups chopped kale, stems removed, lightly packed
- $\frac{1}{4}$ cup diced red onion
- $\frac{1}{4}$ cup extra-virgin olive oil
- 1 tbsp soy sauce (see note)
- 1 tbsp unsweet pineapple juice
- 1 tablespoons sliced almonds
- 1 tablespoon chopped pecans
- 1 clove garlic minced
- 1 teaspoon minced fresh ginger or $\frac{1}{2}$ teaspoon dried ginger
- 1 teaspoon dried parsley
- $\frac{1}{4}$ teaspoon salt
- 1/8 teaspoon pepper

Procedure ➔

Sweet Asian Salad

Procedure:

1. Mix all ingredients in a large bowl. Toss well to coat.
Chill in refrigerator for about 1 hour.

Notes:

- Makes 8 servings (1/2 cup)
- Substitute fresh spinach leaves for kale.
- If you don't have both almonds and pecans, you can use one or the other. Pine nuts are another tasty option.
- Use the shredding disc of a food processor to shred the sweet potatoes and parsnips.
- Parsnips are root vegetables that are related to carrots. Although they are similar, parsnips are paler than carrots, with a somewhat bleached look. They also have a sweeter, stronger taste that is slightly tangy.
- Bragg's Liquid Aminos is an alternative to soy sauce that has no added salt or preservatives. It's a certified non-GMO (not genetically modified) liquid protein concentrate, derived from healthy soybeans, that contains 16 essential and non-essential amino acids. Another option is Coconut Aminos.



Taco Salad

Ingredients:

- 1 14.5-ounce can corn kernels, drained
- 1 15.5-ounce can pinto beans, undrained
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 1 tablespoon olive oil
- 1/2 cup diced onion
- 1 15-ounce can black beans, rinsed and drained
- 1/2 tablespoon taco seasoning
- 2 cups torn romaine or iceberg lettuce

Procedure ➔

Taco Salad

Procedure:

1. Preheat oven to 425 degrees. Spread corn kernels out in one layer on a lightly oiled 11 x 17-inch baking sheet. Bake for 20-25 minutes until corn is browned & slightly crunchy.
2. While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans. Lower heat, and continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.
3. Heat olive oil over medium heat, and add onions. Cook until onions are soft and translucent. Add black beans, corn, and taco seasoning. Stir well to coat. Reduce heat to low, and keep warm until pinto beans are done. To serve, place about 1/2 cup lettuce on each plate, and top with 1/4 cup pinto beans and a heaping 1/2 cup of black bean and corn mixture. Add desired toppings to salad.

Notes:

- Makes 4 servings (1 ½ cup)



Soups

Daniel Fast approved soup
recipes with a full list of
ingredients and instructions.

You may make
modifications as needed.



Chunky Potato Soup

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 1 cup chopped carrots
- 1 cup sliced celery
- 2 cloves garlic, minced
- 4 cup veggie broth or water
- 3 large russet potatoes, peeled & cubed (5-ish cups)
- 1 bay leaf
- 1 teaspoon salt
- 1/2 teaspoon thyme
- 1/8 teaspoon pepper
- 1/2 cup almond, rice, or soy milk
- 2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley

Procedure ➔

Chunky Potato Soup

Procedure:

1. Heat olive oil in saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.
2. Add broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer, covered, for 30 minutes or until potatoes are soft. Discard bay leaf.
3. Add half of potato mixture to a food processor or blender, and process until smooth. Return to saucepan. Stir in almond milk, and parsley. Cook until heated through, and serve.

Notes:

- Makes 6 servings



Corn Chowder

Ingredients:

- $\frac{1}{2}$ tablespoon extra-virgin olive oil
- $\frac{1}{2}$ cup diced onion
- 4 cup veggie broth or water
- 1 pound Yukon Gold or Russet potatoes, peeled & diced (about 3 cups)
- 1 clove garlic, minced
- 1 teaspoon dried parsley flakes
- $\frac{1}{2}$ teaspoon salt
- 1/8 teaspoon pepper
- 3 $\frac{1}{2}$ cups fresh corn kernels
- $\frac{1}{2}$ cup unsweetened almond, rice, or soy milk

Procedure ➔

Corn Chowder

Procedure:

- 1. Heat olive oil in a large saucepan, and add onions.**
Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender.
- 2. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well, and serve.**

Notes:

- Makes 8 servings
- Substitute 2 (14.5-ounce) cans of corn kernels (drained) for fresh corn.
- Add $\frac{1}{2}$ cup chopped carrots and celery (1/4 cup each).
- For a southwestern flair, stir in 1 cup of Salsa.



Taco Soup

Ingredients:

- 1 tablespoon extra-virgin olive oil
- 1/2 cup diced onion
- 4 cup veggie broth or water
- 1 14.5 ounce can diced tomatoes
- 1 15-ounce can black beans, rinsed and drained
- 1 15-ounce can pinto beans, rinsed, drained, & mashed
- 1 15-ounce can corn, drained
- ½ cup dry polenta
- 1 tablespoon taco seasoning
- 1 teaspoon salt
- 1/8 teaspoon pepper

Procedure ➔

Taco Soup

Procedure:

1. Heat olive oil in large saucepan over medium heat.
2. Cook onions until soft and translucent. Add broth, tomatoes, black beans, mashed pinto beans, corn, polenta, Taco Seasoning, salt, and pepper.
3. Heat to boiling. Reduce heat, and cook 30 minutes.

Notes:

- Makes 8 servings of approximately 1 cup



Tuscan Soup

Ingredients:

- 1 tablespoon olive oil
- 1 cup diced onion
- 1 cup diced carrots
- 2 cloves garlic, minced
- 6 cup veggie broth or water
- 1 cup dry lentils rinsed
- 1 15-ounce can cannellini beans, rinsed & drained
- 1 14.5-ounce can diced tomatoes, undrained
- ½ 10 oz package frozen chopped spinach, unthawed
- ½ tbsp dried crushed rosemary
- 1 bay leaf
- 1 teaspoon salt
- 1/8 teaspoon pepper

Procedure ➔

Tuscan Soup

Procedure:

1. Heat olive oil in large saucepan over medium heat. Add onions and carrots, and cook until onions are soft and translucent. Stir in garlic, and cook 1 minute, stirring constantly so garlic doesn't burn.
2. Add water or broth, lentils, cannellini beans, tomatoes, spinach, rosemary, bay leaf, salt, and pepper. Heat to boiling, and then reduce heat.
3. Simmer 20-25 minutes with lid tilted. Discard bay leaf before serving.

Notes:

- Makes 8 servings
- When preparing lentils, sort dried lentils by spreading them in a single layer on a tray to make it easier to sort out to discard the bad lentils. Look for discolored and misshapen beans and discard any unwanted debris. Place good lentils into a colander and rinse thoroughly using cold water.



Vegetable Broth

Ingredients:

- 8 cups water
- 1 onion, quartered
- 2 carrots, unpeeled & sliced
- 2 celery stalks, leafy tops included
- 1 potato, unpeeled & sliced
- 4 mushrooms, sliced
- 1/8 cup fresh parsley or 1/2 tablespoon dried parsley
- 2 cloves garlic, peeled
- 1 bay leaf
- 1 teaspoon thyme
- 1 teaspoon salt
- 6 peppercorns

Procedure ➔

Vegetable Broth

Procedure:

1. Place all ingredients in a large stock pot, and bring to a boil. Reduce heat, and simmer for about 45 minutes.
2. Strain, cool, and refrigerate. Use as a base for soup.

Notes:

- Makes 8 servings
- Experiment with other herbs and spices, such as basil, cumin, oregano, or red pepper flakes.
- Place strained vegetables in a food processor, and purée until smooth. Add to soups to thicken them.
- Other vegetables to use: leeks, parsnips, spinach, tomatoes, turnips, and/or zucchini.



Main Dishes

Daniel Fast approved main dish recipes with a full list of ingredients and instructions.

You may make modifications as needed.



Blackened Lentils and Onions

Ingredients:

- 3 cups water
- 1 cup dry green or brown lentils, sorted and rinsed
- 2 tsp creole seasoning
- 1 tbsp olive oil
- 1 cup slived onion
- 3 cups cooked brown rice, optional

Procedure:

1. Place water & lentils in a small sauce pan. Bring to a boil & lower heat. Stir in creole seasoning. Cover & simmer with lit tilted for 40 min or until nearly all liquid has been absorbed.
2. Heat olive oil in large skillet over medium-low heat. Add onions & cook 20-25 minutes until slightly blackened & crispy



Cajun Red Beans and Rice

Ingredients:

- $\frac{1}{2}$ tbsp olive oil
- $\frac{1}{2}$ cup chopped green pepper
- $\frac{1}{2}$ chopped red onion
- $\frac{1}{2}$ cup sliced celery
- $\frac{1}{4}$ cup water
- 2 tsp creole seasoning
- 15oz red kidney beans rinsed & drained
- 2 cup cooked brown rice

Procedure:

1. Heat olive oil in a large, deep skillet over medium heat. Add peppers, onions, and celery. Cook until vegetables are softened (3-5 min).
2. Add water and creole seasoning and stir
3. Lower heat and cook another 5 min or until heated through



Baked Falafel with Lemon Tahini Sauce

Ingredients:

- 15oz chickpeas rinsed
- ½ cup brown rice flour
- ¼ cup diced red onion
- ½ cup diced onion
- 2 tbsp olive oil, 2 tbsp water
- 1 clove garlic minced
- ½ tsp cumin, 1/4 tsp salt, ½ tsp cayenne pepper
- ¼ cup tahini
- Juice of one lemon

Procedure:

1. Preheat oven to 400 degrees & mix ingredients in a food processor. Use ½ measuring cup to form into balls. Flatten & bake for 15 minutes until crispy
2. Whisk tahini & lemon juice in a small bowl
3. Top with tomatoes, red onion, and cucumbers



Greek-Style Stuffed Peppers

Ingredients:

- 1 tbsp olive oil
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{2}$ cup diced zucchini
- 1 clove garlic minced
- 8oz tomato sauce
- 3 chopped artichokes
- $\frac{1}{2}$ cup black olives
- 1 tsp dried oregano or 1 tbsp fresh oregano
- 1 tsp dried parsley or 1 tbsp fresh chopped parsley
- $\frac{1}{2}$ tsp salt
- 6 medium bell peppers any color
- 2 cups cooked quinoa
- 1 $\frac{1}{2}$ tbsp pine nuts

Procedure ➔

Greek-Style Stuffed Peppers

Procedure:

- 1. Preheat oven to 350 degrees. Place artichokes in a food processor, and pulse until artichokes are chopped well. Set aside**
- 2. Heat olive oil over medium heat. Add onion and zucchini. Cook 3-5 minutes or until vegetables are softened. Lower heat, and add garlic. Cook 1 minute, stirring constantly so garlic doesn't burn.**
- 3. Add tomato sauce, artichokes, olives, oregano, parsley, and salt. Cook 15 minutes or until sauce is thickened**
- 4. While sauce is cooking, prepare peppers. Cut in half length wise and remove stems and seeds. Place peppers in boiling water for 5 minutes. Drain colander and place in a large baking dish**
- 5. When sauce is finished, mix in the quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of approximately $\frac{1}{2}$ inch. Bake uncovered for 20 minutes.**

Notes:

- Makes 6 servings**
- Increase protein by adding 15 oz great northern beans or pinto beans.**



Spicy Three Bean Chili

Ingredients:

- 1 tablespoon olive oil
- 1/2 cup chopped red onion
- 2 cloves garlic, minced
- 3 cup veggie broth or water
- 1 15-ounce can black or pinto beans, rinsed & drained
- 1 15-ounce can great northern beans, rinsed
- 1 15-ounce can kidney beans, rinsed
- 1 10-ounce can diced tomatoes and green chiles
- 1 1/2 teaspoons ground cumin
- 1 1/2 teaspoons dried oregano
- 1/2 teaspoon salt
- Pinch of ground cloves
- Pinch of cayenne pepper
- Chopped green onions

Procedure ➔

Spicy Three Bean Chili

Procedure:

1. Heat olive oil in a large saucepan over medium heat. Stir in onions, and cook until soft and translucent. Add garlic, and cook for 30 seconds, stirring constantly so garlic doesn't burn.
2. Add broth or water, beans, Ro-Tel, cumin, oregano, salt, cloves, and cayenne pepper. Heat to boiling. Reduce heat, and simmer uncovered for 30 minutes.
3. To serve, sprinkle chopped green onions over each serving (if desired).

Notes:

- Makes 6 servings
- Use garbanzo beans (chickpeas) or navy beans instead of great northern beans.
- Serve with a salad

Calories: 220

Carbohydrates: 40g

Protein: 11g

Fat: 3g

Fiber: 12g

Sugar: 6g



Snacks

Daniel Fast approved snack
recipes with a full list of
ingredients and instructions.

You may make
modifications as needed.



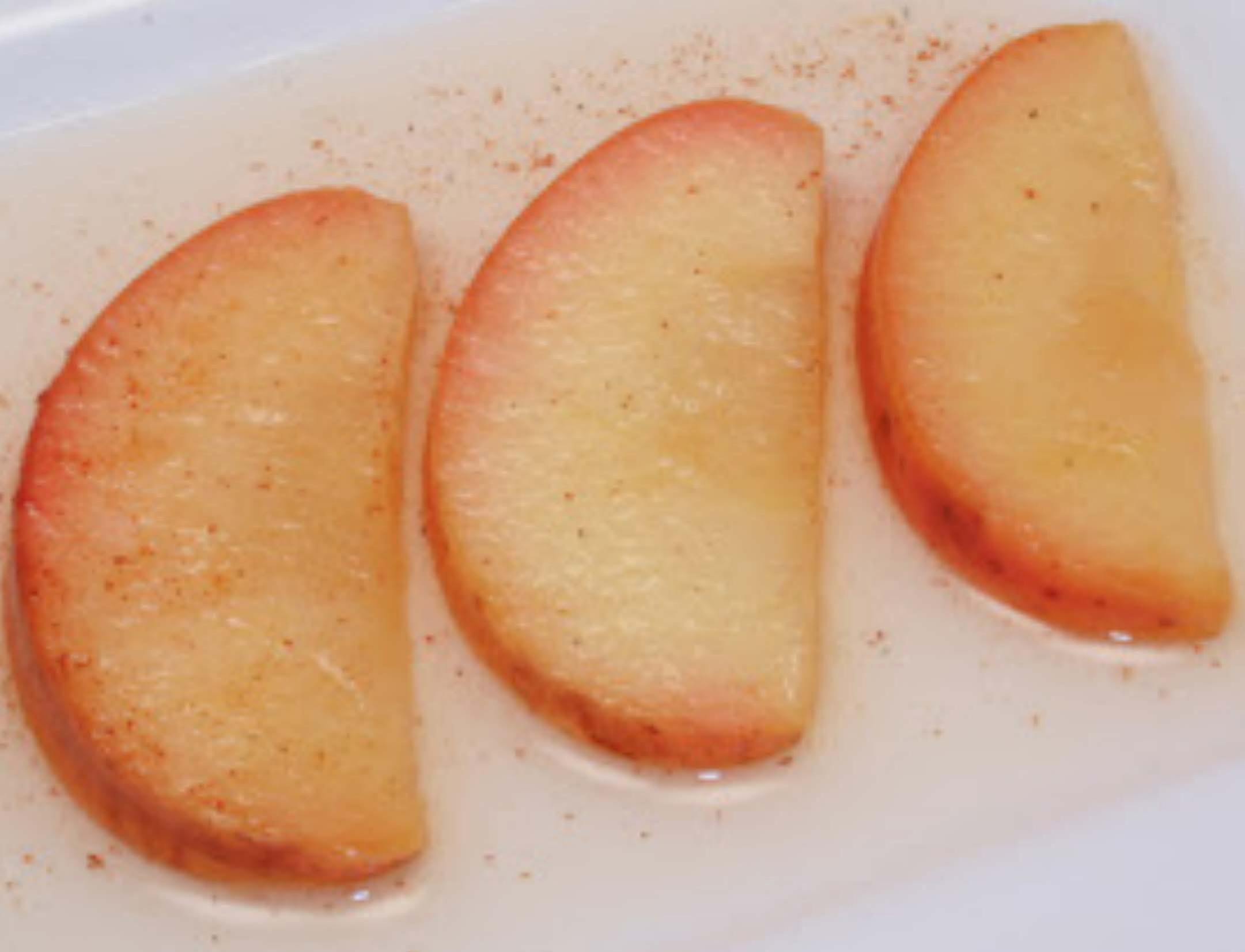
Almond Butter Bites

Ingredients:

- $\frac{1}{2}$ cup almond butter
- $\frac{1}{4}$ cup raw sunflower seeds
- $\frac{1}{4}$ cup raisins
- $\frac{1}{4}$ cup chopped almonds
- 2 tablespoons unsweetened shredded coconut
- $\frac{1}{4}$ teaspoon cinnamon

Procedure:

1. Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon to form mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze until firm.
2. Serve frozen or just slightly thawed.



Baked Cinnamon Apples

Ingredients:

- 2 cups thinly-sliced apples, unpeeled (about 2 apples)
- 1 cup unsweetened apple juice
- 1/8 teaspoon cinnamon

Procedure:

1. Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice & cinnamon and pour over apples.
2. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.



Blueberry Mango Sorbet

Ingredients:

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

Procedure:

1. Mix blueberries and mango in a blender until smooth, or feed through a juicer with the blank attachment in place.



Crunchy Kale Chips

Ingredients:

- 6 cups kale, ribs removed and torn into bite-size pieces
- 1 tablespoon extra-virgin olive oil or coconut oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon salt

Procedure:

1. Preheat oven to 400 degrees. Lightly oil an 11 x 17-inch baking sheet. Place kale in a large bowl, and add olive oil, garlic powder, and salt. Use your hands to incorporate into leaves so that they are well coated. Spread leaves on baking sheet. Bake 12-15 minutes or until crispy.



Great Northern Bean Dip

Ingredients:

- 1 15oz can great northern beans, rinsed and drained
- 2 tablespoons water
- $\frac{1}{4}$ cup roughly chopped green onions
- 1 clove garlic, minced
- 1 tsp dried oregano
- $\frac{1}{4}$ teaspoon salt

Procedure:

1. Place ingredients in a food processor or blender, and pureé until smooth.



Trail Mix

Ingredients:

- 1 cup whole raw almonds
- 1 cup cashew halves & pieces
- 1 cup walnut halves
- 1/2 cup golden raisins
- 1/2 cup raisins
- 1/4 cup raw sunflower seed kernels
- 1/4 cup raw pumpkin seeds (pepitas)

Procedure:

1. Mix ingredients together, and store in an airtight container for 2 weeks at room temperature or 1 month in refrigerator.



Whole Grain Tortillas

Ingredients:

- 2 cups whole wheat flour
- 1/2 cup brown rice flour
- 2 tablespoons flaxseed meal
- 1 teaspoon salt
- 1 cup warm water

Procedure:

1. Mix ingredients in a food processor. Turn dough onto a floured work surface, and knead for 5 minutes. Transfer to a bowl, cover tightly with plastic wrap, & sit at room temp for 30 minutes.
2. Divide into 8 equal pieces & roll each piece into circle to $\frac{1}{4}$ -inch thickness. Cook on each side until flatbread bubbles up.