

Roasted Chickpeas

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

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

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.