

The Daniel Fast Cookbook
Version II
2009 Edition



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Introduction

This is Version II of the Daniel Fast Cookbook. It's packed with more recipes and is a great companion for Version I. Both are designed to provide you with enough flavorful and enjoyable meals for your entire Daniel Fast experience.

I describe the Daniel Fast eating plan as a vegan diet with even more restrictions. It's a vegetable-based program with no sweeteners, chemicals, caffeine, alcohol or leavening products. The fasting guidelines are derived from two records of the Prophet Daniel's fasting experiences found in Daniel 1 and 10. I encourage you to read these chapters so you can understand more about Daniel and his purpose for fasting. Additionally, Jewish fasting and dietary principles are considered when developing this fast.

While these recipes are pleasing, it's important to keep in mind that you are fasting, not just changing your eating habits. The definition of fasting is to "restrict food for a spiritual purpose." So there are limitations. You might taste a food and find it "missing something." Well, it probably is missing the cheese or sugar flavors you are used to tasting.

Because so many prepared foods are laced with sugar and chemicals, you will find it necessary to prepare most of your meals "from scratch." For this very reason, I usually double the recipes and then use leftovers for lunches or other meals. These recipes will last several days in the refrigerator and several weeks in the freezer.

I do the same with salads. Just leave all dressings and seasonings off recipes that include lettuce or other fresh greens. Prepare everything in advance, and then toss with the dressing just before serving. That will keep everything fresh and crisp.

During the Daniel Fast, we have a choice about our attitude regarding meal preparation. We can either grumble about it and complain about the additional time. Or we can use this meal preparation time to memorize scripture, pray or share positive time with family members.

Finally, please keep an eye out for emails from me as I send new recipes to add to the collection. If you have favorite recipes, or modifications to any of these, please send them to me along with your name and your hometown and state. I will broadcast your recipe ideas to others who have this cookbook so we can all share in the bounty of what the Lord is showing us!

God bless you and thank you for your support as I take up this challenge to get the word out about the Daniel Fast and the supernatural value of prayer and fasting.

Susan Gregory

The Daniel Fast Blogger

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The Daniel Fast – A Whole Body Experience

The Daniel Fast brings health to every part of you! You are a spirit, you have a soul, and you live in a body. And the Daniel Fast is an excellent tool to bring increase and goodness to all of who you are!

There is a lot of confusion about the makeup of our beings. Yet once understood, one is amazed at the clarity in the Scriptures and the ease it brings to living!

Your **spirit** is the inner-most part of you. It is the God-centered essence where Christ abides. Jesus addressed the two parts of us in John 3:5-7, Jesus answered, *"I tell you the truth, no one can enter the kingdom of God unless he is born of water and the Spirit. Flesh gives birth to flesh, but the Spirit gives birth to spirit. You should not be surprised at my saying, 'You must be born again.'" Your mother didn't give birth to your spirit and your father didn't provide the sperm (seed) for your spirit. Only God can give birth to your spirit.*

The **soul** (also called the flesh) is the non-material part of you that was born from your mother and of the seed from your father. Your soul is the seat of our conscience, emotions, intellect and will. Your soul cannot perceive truths from the Spirit of God. Your soul can be transformed to the degree that you renew your mind, change your attitudes, and conform to the Word of God. This should happen, and it's in the process of happening, but it didn't happen automatically when you accepted the truth of Christ into your life.

The **body** is easy to understand. You can see it! It is the physical place where our spirit and soul live.

The Daniel Fast is experienced by all three parts of us and brings health to those parts. As a spiritual exercise, we turn our attention to spiritual truths. In doing so, our spirits become stronger. In Matthew 4:3-4 we read about Jesus being tempted by Satan, *"The tempter came to him and said, 'If you are the Son of God, tell these stones to become bread.'" Jesus answered, "It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"*

Our spirits are fed from the Word of God. So during the Daniel Fast, many will give extra food to their spirits by increasing the time and attention they give to God's Word.

Meanwhile, it is the soul that will bring up the fight during the Fast. You will experience this fight when you have to make a choice to push through the hunger pangs and the cravings. Or when you want to have "just one little bite of that bread," even though it's against the fasting guidelines . . . after-all, no one is looking!

The choice to push through and "quiet the soul" is your spirit taking precedence over your soul -- or another way of saying it is "living a spirit-led life." One of the primary benefits of the Fast

The Daniel Fast – A Whole Body Experience, continued

is that your soul gets "put in its place," which is under the control of your spirit. What controls your spirit? God and His Word!

Finally, the body. It will do some kicking and screaming, at first. The body will want the usual amount of food . . . and when it doesn't get it, it will send out hunger pangs to the brain (the soul receives those messages). When your body doesn't get the caffeine it has come so used to, it might send out an alert by way of a headache!

But soon, the body too will come into line and benefit from the goodness of the foods in the Daniel Fast. In fact, you might even get some rebellion from our body after the fast when you introduce foods that it's kind of liked doing without!

During the Fast your body will begin working more efficiently as it receives foods more easily digested, lots of refreshing water, and no artificial chemicals!

So the Daniel Fast is a whole-body-experience! It brings health and strength to the spirit, it brings health and control to the soul, and it brings health and good foods to the body!

The Daniel Fast is ALWAYS a Spiritual Fast

The copy below is from a blog I wrote on The Daniel Fast weblog at:

<http://DanielFast.wordpress.com>

I thought it made an important point so I am adding to the cookbook.

Okay, I might get some raised eyebrows on this post! But I'm just trying to bring some clarity about the Daniel Fast. And by the way, it's a Daniel FAST and not a Daniel DIET!

Why am I making such a distinction? The reality is that the Daniel Fast is much more than the types of food consumed. If you are looking for the Daniel Diet then click on the food list and call it a "twist" on a vegan diet.

Entering the Daniel Fast without a spiritual purpose is like going golfing without clubs. You may have had a great time walking around the course and even yelling, "Fore!" But the reality is that you really weren't golfing. You were doing something else . . . which is fine, but it wasn't golfing.

You see, the Daniel Fast originated with the prophet Daniel! And the reason Daniel fasted was because of his devotion to God. The devotion came before the dietary restrictions, not the other way around.

Daniel records three times when he fasted, but he most likely did so more often. The first fast was recorded in Daniel 1. The food and wine the king wanted Daniel to eat had been offered to idols. However, he had already consecrated (set apart) his life to God. If he ate or drank of these things, he would defile his body. So that's why Daniel requested that he eat only vegetables (which actually included fruit) and drink only water.

Chapter 9 has the second recorded time of Daniel fasting and when he was deeply distraught over the nation of Israel being in exile. Jeremiah had already prophesied that Israel would be set free after 70 years of captivity. The time had come and so Daniel prayed and fasted. This time, it was probably what is called a "normal fast," which is water only.

Chapter 10 has the third recorded time of Daniel fasting. He was concerned about a powerful dream he had received. The Scripture says he mourned for three weeks and ate no delicacies and no meat and drank no wine. This three week fast is the hub of the current day's form of fasting commonly known as the Daniel Fast.

You can see that in all three instances, Daniel fasted for spiritual reasons. Once to stay pure before the Lord and two times to seek the Lord's wisdom, direction and answers to prayer.

The Daniel Fast is ALWAYS a Spiritual Fast, cont.

Daniel didn't fast because he was overweight or needed a health tune-up. He fasted because of God in his life.

Now, please don't get me wrong. I am all for healthy eating and losing weight and even the wonderful health benefits of the Daniel Fast. But to call eating the way Daniel did a "fast" without a primary motivation to draw closer to God just isn't accurate. Biblical fasting was always about restricting food and always for the purpose of drawing closer to the Lord, observing spiritual laws, or seeking God in prayer.

So if you really want to use Daniel as the model, I hope you will do it all the way. Seeking and finding God is the most significant benefit of the Daniel Fast. Improving ones health is a great side benefit!

The Daniel Fast Food List

After answering hundreds of questions about the Daniel Fast, I am updating the food guidelines. My hope is that it will serve as a more complete list. The original list used by many people was issued in a book about fasting. I know the author tried to do the best he could, but that isn't the same as getting hundreds of questions seeking clarification. So here is the new list that I hope helps.

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

Foods to include in your diet during the Daniel Fast

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

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

All whole grains, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

All nuts and seeds, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

All legumes. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

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

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

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

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, lamb, pork, poultry, and fish.

All dairy products including but not limited to milk, cheese, cream, butter, and eggs.

All sweeteners including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

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

All refined and processed foods products including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

All deep fried foods including but not limited to potato chips, French fries, corn chips.

All solid fats including shortening, margarine, lard and foods high in fat.

Beverages including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

Helpful hints for meal preparation

Soyynnaise – a mayonnaise made from soy beans and no eggs. This is a good ingredient for salad dressing and vegetable dip.

Tamari Sauce - Tamari is a variety of Japanese soy sauce that has a dark brown color, is slightly thicker than common, store-bought soy sauce and has a stronger flavor. Tamari is typically used to season foods while they are cooked like soups, stews and tamari almonds. Another variety of Japanese soy sauce called *shoyu* is more commonly used on the table (the way Westerners use salt) for adding seasoning to foods.

Japanese soy sauces typically include wheat as a primary ingredient, which tend to give their sauces a slightly sweeter flavor than Chinese soy sauces, although the tamari variety is almost always produced wheat-free, which is why tamari is popular among people eating wheat-free diets. Japanese soy sauces also tend to have a more alcoholic taste than Chinese soy sauces.

How to cook dried beans – Soak beans for at least 6 hours or overnight before cooking. Use 6 cups of water or other liquid for each pound of dried beans (about 2 cups). Rinse and drain beans and then follow recipe directions.

How to roast peppers - Place bell peppers on the grill at medium-low heat in order to roast them. If the grill is inconvenient, you can place them under the broiler in the oven. Set it on low if your oven has multiple broiler settings. We're looking for a black charring around the entire pepper with some bubbling on the skin. Rotate the peppers about every five minutes to evenly char the surface, about 15 minutes in total roasting time.

Place the hot roasted peppers in a covered bowl or in a sealed pepper bag to allow the peppers to steam. This will help loosen the charred skin. This step helps to increase the flavor in the pepper. When the peppers have fully cooks, rub off the charred skin and then us as directed in the recipe.

Plan and Prepare in Advance

One fact you will discover soon after starting the Daniel Fast is that most of the prepared foods you find in typical grocery stores include sweeteners or chemicals in their ingredients, making them unusable for the Daniel Fast. Consequently, you will find yourself needing to prepare many meals “from scratch.” In today’s busy times, meal preparation for the Daniel Fast can seem daunting. But there are some ways to make the time fruitful and some techniques that will help you speed the process.

Another benefit of this period of time is developing some new timesaving and food preparation habits. Plus, you might even develop some spiritual habits that will prosper your heart for years to come!

Plan Ahead: Use the Meal Planning Worksheet on the next page to plan the meals and snacks you’ll have for the coming week. Just select the recipes you want to use from this Daniel Fast Cookbook and others you might have along with fresh fruit and vegetables. Check to make sure you have all the ingredients and add those you need to your grocery shopping list. Penciling in your selections and menus will help you see what you need, imagine your meal preparation time and help you plan ahead for a “cooking day.”

Shopping: You will find that you totally avoid some departments in the grocery store, like the meat, bakery and dairy departments. Instead, you will concentrate your time in the produce area, the natural food department and on the canned food aisle.

Familiarize yourself with the foods available in the natural food department. I purchase vegetable broth that comes in boxes and vegetable bouillon in this area. But you can also find some good selections in the main sections of the grocery store now that organic and healthy food products are gaining popularity and demand.

Also, check out the fruits and vegetables available in the frozen food section. They tend to be more nutritious as they are flash-frozen soon after picking. Plus they are sometimes much less expensive!

Salad Preparation: For some unknown reason, I have an aversion to making salads. Obviously it’s a “head thing” that I will one day figure out! But still, for now, I’m not keen on making salads. But not eating salads doesn’t work very well on the Daniel Fast (or any time for that matter). So I developed some good habits and they have served me well. As soon as I get home from the grocery, I wash and trim all my vegetables and store them in air-tight or other appropriate containers. I slice the green onions, carrots and radishes. I tear the lettuce or wash it, wrap it in a clean dishtowel and store it in a plastic bag. The result is that I can make a lovely green salad in just minutes!

Snack Foods: I also make sure there are plenty of Daniel-Fast-friendly snack foods available. I especially like raw almonds, rice cakes and sliced vegetables with a simple dip. Sometimes these snack foods serve as my lunch!

Cooking Day: Here is where you will save hours of time as you prepare nutritious homemade meals for you and your family! Saturday is my “food prep day” during the Daniel Fast. I usually cook three or four different recipes and then either store them in the fridge or the freezer. This is also a good time to make flat breads and crackers.

Freezing: I discovered a great little trick for freezing soups and stews. I make the food and allow it to cool. Then I place a gallon-sized zip-lock bag in a four-cup measuring cup. Then I ladle the food into the bag. I seal it almost completely, but then carefully lay the bag on the countertop and gently press the air out of the bag. Then I lay the bags in the freezer and use them later during the fast. I also use quart-sized bags for 1 or 2 person servings.

Multi-tasking: Several years ago I started using meal preparation time to listen to Christian teaching CDs, memorize Scripture or pray. I especially like listening to teachings since even though I might be peeling carrots, I can still concentrate on what the pastor is teaching. I also listen to the teachings over and over again to get the truth of God’s Word deep into my spirit. This has made meal preparation time a wonderful blessing!

Meal Planning Worksheet

Use this sheet to plan your meals. Keep in mind that this is a spiritual fast, not just changing your eating habits. Simplicity and moderation are in order.

Day	Breakfast	Lunch	Dinner	Snacks

Breakfast Recipes



Muesli

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

Ingredients:

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

Preparation:

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

Yield: Four servings.

Italian Breakfast Scramble

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

Ingredients:

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

Preparation:

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

Yield: Four servings

Indian Tofu Scramble

The flavors in this high-protein breakfast are rich and appetizing. This recipe is quick to prepare and a nutritious start to the day!

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2-3 cloves garlic, minced
- 2 cups button mushrooms, thinly sliced
- 1 pound extra firm tofu, drained and pressed and diced into 1 inch cubes
- 2 teaspoons cumin
- 1 teaspoon thyme, crushed with your fingers
- 1 teaspoon paprika
- ½ teaspoon turmeric
- 1 teaspoon salt
- 1 carrot, grated
- ½ lemon, juiced

Preparation:

1. Heat oil in large skillet over medium-high; add the onions and garlic sautéing for about 3 minutes, until softened.
2. Blend spices together in a small bowl before adding to skillet mixture. Add 1/4 cup water and deglaze the pan, scraping the bottom to get all the garlic and spices.
3. Add the tofu and mushrooms to the skillet and mix well. Don't crush the tofu, instead gently stir to coat with seasoned onions. Reduce heat to medium and cook for about 15 minutes, stirring occasionally and adding splashes of water if necessary to keep the tofu from sticking.
4. Sprinkle the grated carrot over the tofu mixture and gently blend with other ingredients. Cook for 1-2 minutes until carrot is just softened.
5. Add lime juice and serve on warm platter.

Yield: Four serving

Hot Breakfast Cereal

A bowl of hot cereal is a wonderful way to start the day! Since typical sweeteners are not allowed on the Daniel Fast, we are called to be creative to make the cereal a pleasant experience. Here are a few ways to serve hot oatmeal or whole wheat cereal.

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

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

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

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

Hot Oatmeal and Dates

Since sweeteners including sugar, honey and molasses are not allowed on the Daniel Fast, using dried fruit to sweeten hot cereal is a good alternative. This recipe calls for dates, but you can also use raisins, apricots or other dried fruits (be sure to read the labels as some dried fruits are sweetened with sugar).

Ingredients:

- 4 cups water
- $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon salt
- 2 cups rolled oats
- $\frac{1}{2}$ cup chopped dates

Preparation:

1. Bring water and salt to a boil.
2. Slowly stir in oats.
3. Reduce heat to medium and continue to cook uncovered for 8-10 minutes, stirring occasionally.
4. Remove from heat, cover and let stand 3-5 minutes. Serve in individual bowls and sprinkle dates evenly.

Yield: Four servings

Zoom Whole Wheat Cereal

Zoom is a whole wheat cereal packaged by the [Krusteaz](#) division of Continental Mills. It's a simple and quick to prepare cereal. Serve it with raisins and soy milk for an inviting breakfast.

Ingredients:

2 2/3 cups water
1 1/3 cups Zoom
1/2 teaspoon salt

Preparation:

1. Bring water to boil; add salt.
2. Stir in Zoom; reduce heat and continue to boil for 1 minute, stirring frequently.
3. Cover and remove from heat. Let stand 1 minute before serving.
4. Serve with unsweetened soy milk.

Yield: Four servings

Brown Rice, Sweet Apple and Coconut Oil

Renee Hastings, a member of the Daniel Fast Community, sent this recipe to me last year. I loved it the first time I tried it and now eat it even when I'm not on the Daniel Fast! I had never used coconut oil before and was surprised that it wasn't in liquid form. It does however melt quickly and add a pleasant flavor to this warm breakfast meal.

Ingredients:

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

Preparation:

1. Warm coconut oil in saucepan over medium heat.
2. Add the brown rice and apple, stirring to coat well with coconut oil.
3. Heat thoroughly and serve.

Yield: Four servings

Rice Cakes, Peanut Butter and Raisins

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

Ingredients:

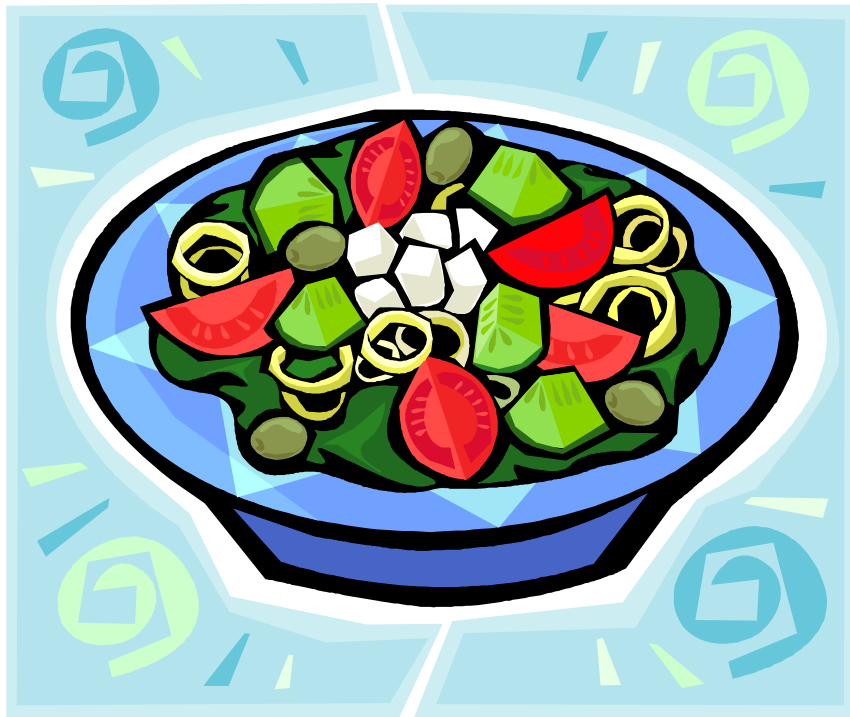
- 8 rice cakes
- 8 tablespoons creamy or chunky peanut butter
- 8 tablespoons raisins

Preparation:

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

Yield: Four servings

Salads



Basic Garden Salad

Our bodies love salads! Yet in today's fast-food diet, they are not often eaten. During the Daniel Fast you will find yourself eating a lot more salads. Here is a basic recipe. I also like to prepare all my salad "fixins" once a week, as soon as I get home from the grocery store. I keep the chopped and diced vegetables in separate containers, stacked in the refrigerator. When I'm ready to prepare the salad, it takes only a minute or two from start to finish!

Ingredients:

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

Preparation:

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

Yield: Four servings

Fresh Fruit Salad Plate

A fruit plate or platter is a welcome addition to any meal. It is also an enjoyed dessert! For best results, choose fruits that are in season. Cut them in attractive and easy to eat pieces and then serve along with nuts and dried fruit.

Ingredients:

Lettuce leaves
Apples
Oranges
Mango
Grapes
Dates
Raisins
Raw Almonds

Preparation:

1. Wash, core and trim apples, oranges and mango into bite-sized slices. Using kitchen scissors, cut grapes into small clumps of about 4 – 6 grapes each.
2. Arrange the fruit in a ring on serving platter lined with lettuce leaves.
3. Mound portions of dates, raisins and almonds in the center.
4. Serve as a salad, snack or dessert.

Italian Green Salad

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

Ingredients:

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

Preparation:

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

Yield: Four servings

Southwest Bean and Pasta Salad

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

Ingredients:

- 8 ounces whole wheat uncooked pasta (rotini, mostaccioli or other bite sized pasta)
- 1 cup frozen corn, thawed
- ½ cup red bell pepper, ¼ inch diced
- ½ cup minced fresh cilantro
- 1 16 ounce can dark red kidney beans, drained and rinsed
- 1 4 ½ ounce can chopped green chilies
- ¾ cup Soynnaise
- 2 tablespoons cider vinegar
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 large clove garlic, minced
- Salt and pepper to taste

Preparation:

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

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

Vegetable and Quinoa Salad Ring

The Daniel Fast is a perfect opportunity to introduce your family members to new foods. Quinoa is a nutritious grain with a sweet and nutty flavor. It's also a good ingredient as it is rich in protein.

Ingredients:

- 1 cup uncooked quinoa
- 1 tablespoon olive oil
- ½ cup chopped onion
- ½ cup ¼ inch diced green bell pepper
- 1 clove garlic, minced
- 1 cup thinly sliced zucchini
- 1 cup thinly sliced yellow squash (you may need to cut some of the slices in half)
- 1 cup chopped tomato, peel and seed before measuring
- ½ cup chopped celery
- ½ cup minced Italian parsley
- 1 tablespoon minced fresh marjoram
- ½ teaspoon ground black pepper
- ½ teaspoon salt
- 2 tablespoons lemon juice
- 2 tablespoons white wine vinegar
- Olive oil cooking spray

Preparation:

1. Prepare quinoa according to package directions, set aside.
2. Heat olive oil in large skillet over medium heat; add onion, green pepper and garlic. Sauté until just tender. Add zucchini, yellow squash and tomato; cook 3 minutes. Remove from heat.
3. Add cooked quinoa, celery and remaining ingredients, stirring gently to combine.
4. Spray six-cup ring mold with olive oil cooking spray. Spoon mixture into ring, packing lightly. Cover and chill for 8 or more hours.
5. Unmold salad on a serving platter and serve as a main course or side dish.

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

Quinoa is growing in popularity as more men and women reduce their meat consumption and turn to healthy eating. The ancient South American grain has a sweet and nutty flavor and is light and fluffy in texture. When cooked, the tiny grains quadruple in size and become translucent. Quinoa is high in protein and may also be eaten as a hot cereal or interchanged with rice in soups, casseroles and pilafs. You can find quinoa in larger supermarkets (sometimes in the natural food section) or at health-food stores.

Tuscan White Bean Salad

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

Ingredients:

- 2 cups dried Great Northern or white beans, rinsed and drained
- 1 small yellow onion
- 2 garlic cloves
- 4 sprigs of fresh sage or thyme (or ¼ teaspoon dried)
- 4 plum tomatoes cut in wedges
- Salt
- 1 teaspoon freshly ground black pepper
- 1 small red onion, chopped
- 1 small celery rib with leaves cut in ¼ inch dice
- ¼ cup thinly sliced scallion greens
- 2 tablespoons shredded fresh basil
- 1 tablespoon chopped parsley
- 1/3 cup extra-virgin olive oil
- 3 tablespoons fresh lemon juice

Preparation:

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

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

Rice and Lentil Salad

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

Ingredients

- 2/3 cup lentils, soaked
- 1 ¼ cup brown rice, rinsed
- 2 carrots, grated
- ½ cucumber, seeded and chopped
- 3 green onions, sliced
- 3 tablespoons, Italian parsley, chopped

Dressing

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

Preparation:

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

Yield: Six servings

Apple Pineapple Slaw

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

Ingredients:

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

Preparation:

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

Yield: Four servings

Colorful Coleslaw Salad

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

Ingredients:

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

Preparation:

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

Yield: Ten to twelve servings

Carrot, Apple and Orange Coleslaw

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

Ingredients:

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

Preparation:

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

Yield: Four servings.

Salad Dressings



Vinaigrette

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

Ingredients:

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

Preparation:

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

Yield: four to six servings

Garlic Mustard Dressing

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

Ingredients:

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

Preparation:

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

Yield: 1 ¼ cups

Basic Salad Dressing

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

Ingredients:

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

Preparation:

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

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

Soy and Lemon Dressing

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

Ingredients:

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

Preparation:

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

Yield: 2/3 cup

Thousand Island Dressing

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

Ingredients:

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

Preparation:

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

Yield: 1 ¼ cup

Lemon Caper Vinaigrette

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

Ingredients:

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

Preparation:

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

Yield: 1 ¼ cups

Balsamic, Garlic and Herb Dressing

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

Ingredients:

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

Preparation:

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

Yield: ½ cup

Soy Yogurt Dressing

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

Ingredients:

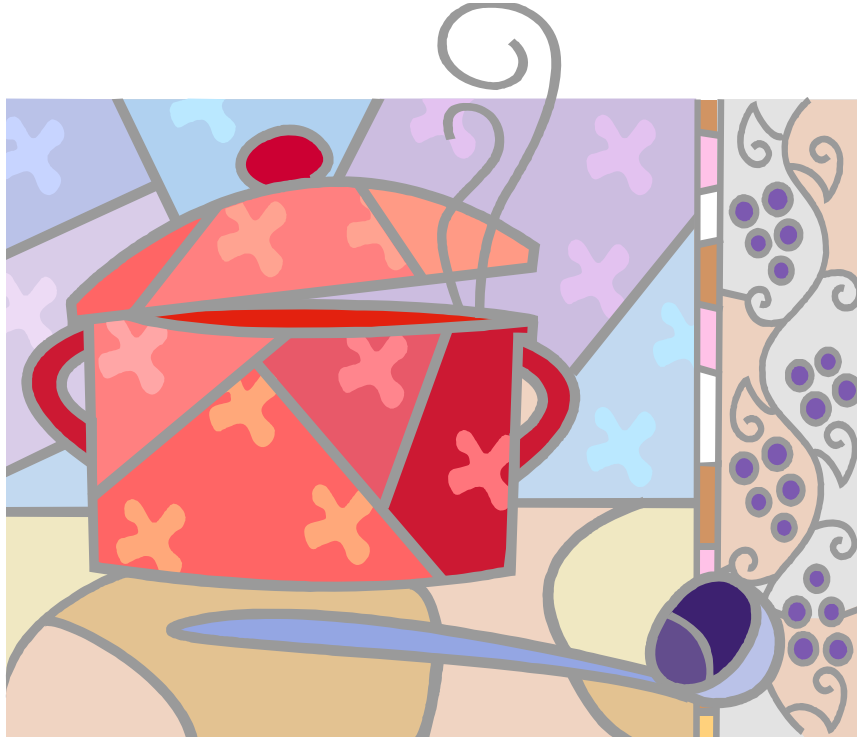
- ½ cup plain soy yogurt
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons grated onion
- 1 tablespoon celery seed
- Minced garlic to taste
- Minced red or green bell pepper to taste
- Salt and pepper to taste

Preparation:

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

Yield: four to six servings

Side Dishes



Sautéed Mustard Greens

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

Ingredients:

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

Preparation:

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

Yield: Six servings.

Stewed Kale

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

Ingredients:

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

Preparation:

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

Yield: Six servings.

Cider Braised Onions

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

Ingredients:

- 1 pound pearl fresh onions
- 1 tablespoon olive oil
- $\frac{3}{4}$ cup apple cider
- $\frac{1}{4}$ teaspoon soy sauce
- 1 tablespoon chopped parsley, if desired

Preparation:

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

Yield: Six servings

Baked Onions with Balsamic Vinegar

Simple and tasty is the description for this recipe! Use sweet onions for best results! Hopefully you can find Walla Walla Sweets in your area. They are some of the best and grown in my home state of Washington!

Ingredients:

- 6 medium Vidalia or Walla Walla onions, peeled
- $\frac{1}{4}$ cup plus 1 tablespoon olive oil
- 1 $\frac{1}{2}$ teaspoons Dijon mustard
- 2 tablespoons balsamic vinegar
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper

Preparation:

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

Yield: Six servings

Green Beans with Roasted Peppers

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

Ingredients:

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

Preparation:

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

Yield: Six servings.

Wild Rice and Vegetables

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

Ingredients:

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

Preparation:

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

Yield: Four servings

Sweet and Sour Chick Peas

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

Ingredients:

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

Preparation:

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

Yield: Four servings

Sautéed okra with Roasted Red Peppers

Okra is another one of those southern favorites. I've included many recipes for okra over the next many pages . . . all passed on to me by great cooks with a southern flair!

I've been told that okra is a delight to eat. The vegetable serves as a good thickening agent in stews such as gumbo (gumbo is another name for the okra plant). Plus, the pods are delicious sautéed in oil. The texture differences between the cooking styles are amazing, however. In gumbo, the okra is soft and gooey with the sticky substance serving as the thickening agent. When sautéed, okra is crisp and tender.

In this dish, okra is coupled with some spicy jalapeno chilies and the sweet taste of roasted red peppers.

Ingredients:

- 2 red peppers, roasted, peeled and cut into 1/2" thin strips
- 1 tablespoon olive oil
- 1 pound fresh okra, trimmed (cut off small portion from both ends)
- 1 small jalapeno pepper, sliced into circles
- 1 French shallot
- 2 cloves garlic, minced

Preparation:

1. Heat olive oil in large skilled over medium heat; add shallots and jalapeno pepper and sauté until shallots are nicely browned.
2. Add okra, spreading it to a single layer. Continue to sauté, tossing the okra as it cooks and is brightened in color, about 4 minutes.
3. Add the red bell pepper strips and minced garlic. Sauté for another 2-3 minutes.

Yield: Four to six servings

Curried Okra

This is a quick and easy method to make a lightly curried okra side dish. Packed with flavor and very nutritious.

Ingredients:

- 1 pound young okra pods, trimmed (cut off small portion from both ends) and sliced into 1/4" rounds
- 2 yellow onions, sliced
- 3 tablespoons olive oil
- 1/2 teaspoon dried hot red chilies
- 1/4 - 1/2 teaspoon mild curry powder, according to your preference
- 1/4 teaspoon ground turmeric
- salt and pepper for seasoning, to taste

Preparation:

1. Place the sliced okra into a glass or stainless steel bowl; sprinkle pods liberally with salt then cover the pods with the iced water, making sure that all the slices are under water.
2. Refrigerate the okra and water for 2 or more hours.
3. Remove the bowl from the refrigerator and drain off the salt water.
4. Heat the oil in a heavy skillet until it begins to shimmer; add the okra and fry until lightly brown, about 10 minutes. Be sure to turn okra to prevent sticking.
5. Add the remaining ingredients and sauté for 3 minutes more, until the onions are soft.
6. Serve hot as a vegetable side dish or the dish is great cold when wrapped with a chapatti.

Yield: Four to six servings

Sautéed Okra with Tomato and Corn

This is a nice dish served with rice. Easy to prepare and very flavorful!

Ingredients:

- 1 pound fresh okra
- 2 medium vine-ripened tomatoes
- 1 large onion
- 2 ears corn (or equivalent of frozen kernels, thawed)
- 3 tablespoons olive oil (divided, see preparations)
- 1 cup water
- 1 teaspoon Worcestershire sauce

Preparation:

1. Trim and then cut okra into 1/2-inch-thick slices.
2. Peel and chop tomato; slice onion into thin slices and cut corn from cob.
3. Heat 2 tablespoons olive oil in a heavy skillet over medium-high heat until hot but not smoking; sauté okra stirring occasionally, until browned, about 3 minutes. Season to taste.
4. Transfer okra to bowl with a slotted spoon.
5. With a slotted spoon transfer okra to a bowl.
6. Add remaining 1 tablespoon oil to skillet and sauté onion until it begins to soften. Stir in tomato, water, and Worcestershire sauce; reduce heat and simmer, stirring occasionally for about 3 minutes.
7. Add corn and simmer until corn is just tender and sauce is thickened, about 3 minutes.
8. Add okra, adjust seasoning with salt and pepper to taste, and cook until heated through.

Yield: Four Servings

Sautéed Okra and Garlic

Here is another easy okra recipe to serve along with your other Daniel Fast dishes. Adjust the red pepper flakes according to your own likes!

Ingredients:

- 1 pound fresh okra, trimmed
- 1 tablespoon olive oil
- 1 large clove garlic, minced
- red pepper flakes
- salt to taste
- lemon wedges

Preparation:

1. Heat the oil in a large skillet over medium heat; add okra tossing well to coat with oil; sauté for about 4 minutes.
2. Add the garlic and red pepper flakes and cook for another 1-2 minutes until the garlic is just lightly browned.
3. Season to taste and serve with lemon wedges on the side.

Yield: Four servings

Oven Roasted Potatoes

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

Ingredients:

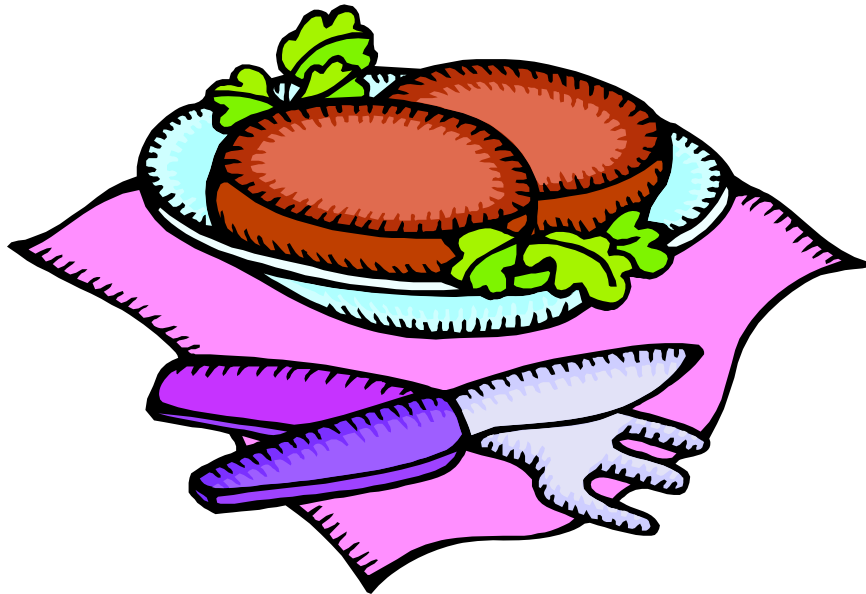
- 4 medium to large baking potatoes, scrubbed but not peeled
- 2/3 cup olive oil
- 1 teaspoon dried herbs (optional)
- salt

Preparation:

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

Yield: Four to six servings

Veggie Burgers



Veggie burgers are available in the grocery store coolers, but I have yet to find one that doesn't include sweeteners or other ingredients that are not acceptable on the Daniel Fast. That's why I've included several recipes for veggie burgers that you can make during the fast. I encourage you to make large batches of these recipes and then freeze them for use during your fast.

Basic Bean Burgers

This bean burger recipe is rich in protein, derived from the TVP (Textured Vegetable Protein), which is made from soy flour. You can find TVP and TEASPOON (Textured Soy Protein) in health food stores. It must be reconstituted, usually using water. Follow package directions.

Ingredients:

- 1 cup TVP granules (this is a textured vegetable protein. It is a soy protein product that is available in most health food stores)
- 1 scant cup boiling water
- 1 tablespoon tomato paste or ketchup
- 1 16-oz can pinto, kidney, or other beans, drained
- ¼ cup crushed whole wheat crackers (crumbs from Matzo would be good)
- 2 cloves garlic, finely minced
- ½ teaspoon oregano
- 1 tablespoon tamari or soy sauce
- salt and pepper to taste
- whole wheat flour for dusting

Preparation:

1. Place TVP and tomato paste in a large bowl. Pour boiling water over the contents and stir; let rest for 10 minutes while TVP is reconstituted.
2. Using a food processor, combine TVP mixture and remaining ingredients except for flour. Pulse until mixture is almost a puree.
3. Dust hands with flour and shape mixture into 6 burgers. Dust them lightly in flour. Layer the burgers with sheets of waxed paper and refrigerate for at least one hour.
4. Cook on a grill covered with foil for about 10 minutes on each side or in a well-oiled skillet.

Yield: Six servings.

Best Veggie Burger

This recipe has a lot of wonderful flavors and is an excellent addition to your Daniel Fast meal. These burgers have the tang of Granny Smith apples plus lots of vegetables!

Ingredients:

- 1/2 cup cracked wheat
- 1/4 pound green beans
- 1 small zucchini
- 1 small carrot, peeled
- 1/2 Granny Smith apple, peeled
- 1/2 cup canned chick peas, rinsed and drained
- 1 tablespoon onion, minced
- 1 tablespoon sesame tahini or peanut butter
- 3/2 tablespoon canola oil
- 1/2 teaspoon curry powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon salt
- ground black pepper, to taste
- 1/2 cup bread crumbs

Preparation:

1. Cook green beans in boiling water until tender-crisp. Drain and chop finely.
2. Meanwhile, cook cracked wheat in 1 cup boiling water for 1 minute. Remove from heat and cover.
3. Grate the zucchini, carrot, and apple. Place shreds in a dish towel and squeeze out excess moisture and then combine with chopped beans.
4. Using a food processor, blend chickpeas, onions, garlic, tahini, curry powder, chili powder, salt, pepper, and canola oil until smooth. Add to bowl of shredded vegetables and mix again.
5. Drain cracked wheat in a strainer, removing as much as the liquid as possible.
6. Add to bowl with vegetables; mix in cracker crumbs until all ingredients are well blended. Cover and refrigerate for one hour.
7. With wet hands, shape into 4 burgers. Cook 3 minutes on each side on grill or skillet lightly brushed with oil.

Yield: Four servings

Homemade Veggie Burgers

Potatoes make great veggie burgers! Like latkes (potato pancakes), potatoes absorb the flavors added to and also have a pleasant texture. You can also adjust this recipe's seasonings to your liking.

Ingredients:

- 1 cup drained canned black beans
- 1 carrot, grated
- ½ onion, diced
- 3 medium potatoes, grated
- 4 scallions, chopped
- 1 cup frozen corn, thawed
- salt and pepper to taste
- oil for frying

Preparation:

1. 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.
2. Wet hands and shape the mixture into 4 patties.
3. Heat about two tablespoons of olive oil and cook each patty until the veggie burgers are done, about 3 minutes on each side.

Yield: Four servings

Popeye Burger

I suppose there are now a couple generations that don't know Popeye the Sailor! Okay, I'm aging myself! But spinach is the ingredient that gives this recipe the Popeye name! Very nutritious, easy to make and a nice recipe for your Daniel Fast!

Ingredients:

- 10 ounces frozen chopped spinach, thawed
- 1 large potato, grated
- 1 medium onion, finely chopped
- 1 tablespoon garlic powder
- 1 tablespoon dried chopped onions
- ½ teaspoon paprika
- ½ cup BBQ sauce or ketchup
- ½ cup crushed whole wheat Matzo
- ½ cup rolled oats
- ½ cup corn meal
- 1 teaspoon Spike or another seasoning salt
- 1 teaspoon Dijon mustard

Preparation:

1. Mix all ingredients thoroughly in large mixing bowl, adding a little more corn meal if the mixture is too wet or add a little water if the mixture is too dry.
2. Form into thin patties (the thinner the better) and fry in a lightly oiled non-stick pan over medium heat.

Yield: 12 - 15 burgers

Spicy Mexican Bean Burger

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

Ingredients:

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

Preparation:

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

Yield: Eight – 10 burgers

Flat Breads, Chips and Crackers



Chapattis or Indian Flat Bread

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

Ingredients:

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

Preparation:

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

Yield: About 10 chapattis

Homemade Crackers Recipe

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

Ingredients

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

Preparation:

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

Yield: About 1 pound of crackers

Homemade Corn Chips

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

Ingredients:

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

Preparation:

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

Yield: About 1 pound of chips.

Main Dishes and One Pot Meals



Homemade Tomato Sauce

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

Ingredients:

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

Preparation:

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

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

Simple Vegetable Curry

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

Ingredients:

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

Preparation:

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

Yield: Four servings.

Simple Cauliflower Dahl

Dahl is a common dish in India and is full of flavor and nutrition! Make chapattis to serve this dish for an international experience!

Ingredients:

- 1 ¼ cups green lentils, soaked for 2 hours
- 1 large onion, sliced
- 1 ½ tablespoons chopped parsley
- 1 fresh hot green chili pepper (leave whole)
- 3 cloves garlic, minced
- 2 inch piece peeled fresh gingerroot
- 2 tablespoons olive oil
- 2 teaspoons turmeric
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 1 head cauliflower with florets cut off

Preparation:

1. Drain the lentils and place them in saucepan along with onion, parsley and chili pepper. Using the back of a heavy spoon, hit the gingerroot to help release the flavor before adding it to the pot. Cover mixture with water and bring to a boil over medium high heat. Reduce heat and simmer for 30 minutes.
2. While the lentils are cooking, steam or braise the cauliflower florets until just tender. Also, warm the olive oil in small skillet; stir in ground spices. Mix the cauliflower with the spiced oil until each floret is well coated.
3. When lentils are tender, remove from heat and drain. Also remove the ginger and chili pepper. Return the lentils to pan and add the cauliflower, gently stirring to mix together.

Yield: Four to six servings

Curried Chick Peas with Onions and Rice

Here is another tasty curry recipe. Add fruit to the menu for this meal and you will have an attractive and flavorful meal for your family!

Ingredients:

- 2 tablespoons olive oil
- 2 onions, thinly sliced
- 2 cloves garlic, minced
- 2 tablespoons sesame seeds
- 1 tablespoon curry powder, or to taste
- Salt to taste
- 2 16 ounce cans chick peas, drained and reserve liquid
- 3 tablespoons fresh lemon juice
- 1 teaspoon tamari or soy sauce
- 3 tablespoons chopped fresh parsley
- 4 servings cooked brown rice

Preparation:

1. Heat the oil in a large skillet over medium heat; add onion and garlic and gently cook covered until soft, about 25 minutes. Stir in sesame seeds, curry powder and salt. Continue to cook for 5 more minutes, stirring occasionally.
2. Add the drained chick peas to the pan along with $\frac{1}{2}$ cup of reserved liquid. Cook uncovered over medium heat until chick peas are well-heated and liquid is nearly all evaporated. Stir in the lemon juice, soy sauce and parsley.
3. Serve over hot rice.

Yield: Four servings

Fast Food – Bean Style

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

Ingredients:

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

Preparation:

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

Yield: Six to eight servings

Greek Stuffed Green Peppers

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

Ingredients:

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

Preparation:

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

Yield: Six servings

Baked Barley and Bean Casserole

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

Ingredients:

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

Preparation:

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

Yield: Four generous servings.

Barley Casserole

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

Ingredients:

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

Preparation:

1. Preheat oven to 350°.
2. Heat olive oil in large skillet over medium heat. Add onions and sauté about 2 minutes. Add mushrooms and sauté 5-7 more minutes. Add barley and cook until barley is well-browned, about 5 minutes.
3. Add just 2 cups of vegetable broth, salt and pepper and bring to boil. Reduce heat and simmer for 10 minutes.
4. Transfer to baking dish and stir in remaining broth.
5. Bake, uncovered for about 1 hour.

Yield: Four servings

Barley Bowl

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

Ingredients:

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

Preparation:

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

Yield: Six servings

Most Excellent Vegetable Paella

Paella is of Spanish origin and is a mixture of many different ingredients into one dish. This recipe is made from vegetables and is full of color and flavor. I like the story of how paella may have gotten its name. When poor family and friends gathered together for a wedding, each person would bring an offering for the wedding feast. Some would bring a little fish, others some shrimp, and others would bring vegetables or rice. When they delivered the offering for the bride, they would say, “For the lady,” which in Spanish is said, “Por ella.” Eventually the dish’s name became “paella” as a derivative of the expression.

Ingredients:

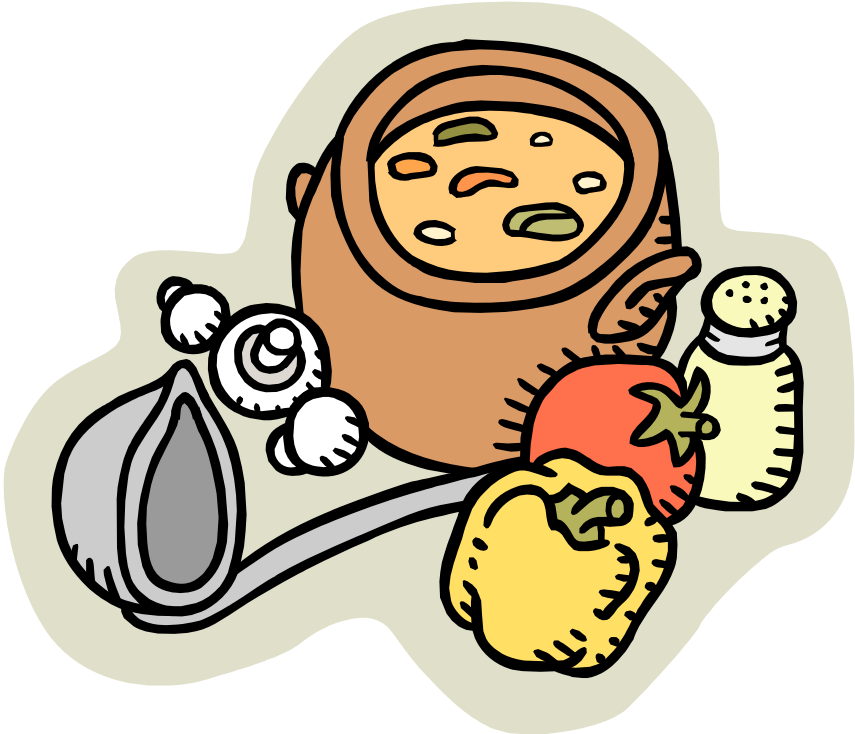
- 4 tablespoons olive oil
- 1 large onion, chopped
- 2 cups long-grain brown rice
- 3 ³/₄ cups vegetable broth
- 1/8 teaspoon saffron, soaked in a little broth
- 4 cloves garlic, chopped (roasted and skinned is optional)
- 1 cup frozen green peas (thawed)
- 1 large red bell pepper, chopped
- 6 ounces white mushrooms, coarsely chopped
- 4 large tomatoes, peeled, seeded and chopped (can use canned or fresh)
- ½ pound artichoke hearts, halved (frozen or canned, but not marinated)
- ½ cup canned water chestnuts, sliced
- Salt and pepper to taste

Preparation:

1. Heat oil in large skillet; add onions and cook until translucent, about 10 minutes.
2. Add the rice and cook for a few minutes, stirring constantly (you want rice to get coated with oil)
3. Add stock slowly and simmer until each addition is absorbed, about 10 minutes.
4. Add saffron and garlic and continue to cook for about 10 minutes or until rice is tender.
5. Stir in remaining ingredients and continue to mix until everything is well-heated. Serve.

Yield: Four to six servings.

Soups, Chilies and Stews



Corn and Red Chile Stew

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

Ingredients:

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

Preparation:

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

Yield: Four servings.

Lima Bean, Corn and Tomato Stew

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

Ingredients:

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

Preparation:

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

Yield: Four servings.

Corn Chili

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

Ingredients:

- 2 10 ounce packages frozen corn, thawed
- 4 tablespoons olive oil
- 1 medium red pepper, cut into ¼ inch dice
- 2 scallions, thinly slice separately green part and white part
- ½ teaspoon ground mild chilies
- ½ teaspoon salt
- ½ teaspoon freshly ground pepper
- 1 small jalapeno pepper, seeded and minced, about 1 teaspoon (Always be sure to protect hands when preparing jalapeno peppers.)
- ½ cup loosely packed fresh cilantro leaves, finely chopped
- Tabasco Sauce to taste

Preparation:

1. Combine corn and ½ cup water in medium saucepan; cover and bring to boil over moderately high heat; cook corn for 3 minutes then drain in colander and set aside.
2. Heat the oil in a saucepan over medium temperature. Add red bell pepper and the scallion whites; cook stirring occasionally until softened, about 3 minutes. Stir in the corn, ground chili, salt and black pepper. Cook, stirring occasionally for about 3 minutes.
3. Stir in jalapeno pepper and the scallion greens. Remove from heat and stir in cilantro. Season to taste with salt and pepper.
4. Serve with hot sauce.

Yield: Six servings.

Pike Place Market Stew

I grew up in Seattle and a favorite place to shop was the renowned [Pike Place Market](#). Located above Elliot Bay, the bustling market is as fun to visit as it is to shop! But you don't have to wait to purchase the ingredients for this recipe until you visit Seattle! You can pick them up at your local grocery store.

Ingredients:

- 1 cup dried pinto beans, picked over (see [How to Cook Dried Beans](#))
- 3 medium whole tomatoes, about 1 ½ pounds
- 5 large garlic cloves, unpeeled
- 1 tablespoons olive oil
- 1 small onion, finely chopped
- 1 medium zucchini or yellow summer squash, cut into 1/3 inch slices
- 1 green bell pepper, cut into ¼ inch dice
- 2-3 teaspoons ground red chili
- 1 16 ounce can organic hominy, rinsed and drained
- ½ teaspoon salt
- ½ cup chopped cilantro

Preparation:

1. Soak the beans in at least 3 cups of water for at least 6 hours or overnight. Drain, rinse and add the beans to a large saucepan. Cover beans with 8 cups warm water and bring to boil over high heat.
2. Heat a medium-sized non-reactive skillet over medium heat. Place the tomatoes in the skillet and roast, turning frequently, about 20 minutes. The skins will turn brown and the tomatoes will begin to soften. Peel the tomatoes and place them in a blender.
3. In the same pan, roast the garlic cloves, turning frequently until browned and the garlic is softened. Peel the garlic cloves and add them to the blender. Puree the garlic and tomatoes until smooth.
4. In a medium casserole warm the oil over medium high heat. Add the onion, zucchini and bell pepper; cook for about 3 minutes. Blend in ground chili and 1 cup reserved bean broth. Bring to a rapid simmer and cook until the liquid is reduced by half, about 5 minutes.
5. Add the beans, hominy, salt, tomato-garlic purée and 1 cup of bean broth. Bring to a boil over moderately high heat. Reduce the heat and gently simmer for 20 minutes.
6. Season to taste with salt and then stir in the cilantro; serve the stew in individual bowls.

Yield: Four servings.

Garden of Eden Vegetable Soup

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

Ingredients:

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

Preparation:

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

Yield: four to six servings

Creamy Corn Chowder

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

Ingredients:

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

Preparation:

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

Yield: Six servings

Russian Borscht

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

Ingredients:

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

Preparation:

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

Yield: Six servings

Italian Bean and Cabbage Soup

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

Ingredients:

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

Preparation:

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

Yield: Six servings.

Potato and Carrot Soup

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

Ingredients:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 large potatoes, peels and diced
- 8 large carrots, diced
- 7 ½ cups vegetable broth
- ½ cup unsweetened soy milk
- salt and pepper to taste

Preparation:

1. Heat oil in large skillet; add onion and sauté in covered pan until soft.
2. Stir in potatoes, and carrots.
3. Add stock and bring to a boil. Cook over low heat, partially covered by lid until the vegetables are tender, about 30 minutes.
4. Puree ¾ of the soup in a blender or food processor and return to soup pot, stirring thoroughly.
5. If necessary, thin soup with soy milk adding a little at a time until desired consistency.
6. Season to taste and serve.

Yield: Six servings

Lentil Soup

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

Ingredients:

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

Preparation:

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

Yield: Six to eight servings.

Black Bean Soup

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

Ingredients:

- 4 tablespoons olive oil
- 2 medium onions, chopped (about 2 ½ cups)
- 6 garlic cloves, pressed
- 1 14 1/2-ounce can vegetable broth
- 1 ½ cups canned diced tomatoes
- 2 tablespoons ketchup
- 2 teaspoons Worcestershire sauce
- 1 tablespoon chili powder
- 4 16-ounce cans black beans, drained but not rinsed
- salt and freshly ground black pepper
- 1 bunch cilantro
- juice of 1/2 lime
- thinly sliced scallions, for garnish

Preparation:

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

Yield: Eight to ten servings

Quick Bean Soup

I make this soup several times while I am on the Daniel Fast. The kale adds a nice flavor and even more nutrition to this hearty soup. You can substitute the kale with spinach if you prefer.

Ingredients:

- 6 cups tightly packed chopped fresh kale (about $\frac{3}{4}$ pound)
- 1 cup chopped onion
- 3 16 ounce cans red kidney beans, undrained
- 2 14 $\frac{1}{2}$ ounce cans salt-free diced tomatoes
- 1 15 ounce can garbanzo beans, undrained
- 1 cup water
- $\frac{2}{3}$ cup vegetable broth
- 1 teaspoon garlic powder
- 1 teaspoon onion powder

Preparation:

1. Combine all ingredients to large soup pan. Bring to boil. Cover, reduce heat and simmer for about one hour until flavors are full.
2. Serve

Yield: Six generous servings

Minestrone Soup

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

Ingredients:

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

Preparation:

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

Yield: Six servings

Sauces, Dips, Salsas and Condiments



White Bean Dip

This dip works well with either sliced vegetables, crackers or chips. It's easy to make and lasts several days if refrigerated.

Ingredients:

- 2 16-ounce cans white beans, rinsed and drained
- 2 tablespoons roasted garlic
- 3 tablespoons extra-virgin olive oil
- 3 tablespoons freshly squeezed lemon juice
- salt and pepper
- 1/4 cup parsley leaves, to garnish

Preparation:

1. In a food processor, combine the beans, roasted garlic, olive oil and lemon juice and process until smooth.
2. Season, to taste, with salt and pepper.
3. Garnish with fresh parsley leaves and serve with your favorite vegetables.

Yield: Six to eight servings

Black Bean Dip

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

Ingredients

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

Preparation:

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

Yield: About two cups of dip

Fresh Tomato Salsa

Serve this salsa with veggie burgers

Ingredients:

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

Preparation:

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

Yield: 1 ½ cups

Sugar-free Homemade Ketchup

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

Ingredients:

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

Preparation:

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

Yield: ½ cup ketchup

Spicy Chili Dip

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

Ingredients:

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

Preparation:

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

Yield: Four servings

Easy Fresh Pesto Sauce

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

Ingredients:

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

Preparation:

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

Yield: About ½ cup