



# *Daniel Fast*

COOK  
BOOK



## *Twenty One Days*

OF

- CONSECRATION
- COMMITMENT
- COVENANT

*Welcome to the Daniel Fast. Everything you do and eat is your decision between you and God. You can be as strict as you feel you need to be or if you are just starting out, try giving up a few things.*

# WHAT IS THE DANIEL FAST?

The Daniel Fast is based upon the prophet Daniel's fasting experiences as recorded in the Bible. Scripture gives us some insight (such as in Dan. 10:3) into what he ate and didn't eat; however, we don't know his complete menu. What we do know is this: In Daniel 1, Daniel chose not to eat the royal food that he was being served and ate only vegetables and drank water. Another time (in Daniel 10:2-3) he deprived himself of choice food, meat, and wine as he sought the Lord in prayer. Most commentaries believe "choice food" would have been bread and sweets.

This is why, I believe, you will find some variation in the specific guidelines for the modern-day Daniel Fast, as far as what foods are included and which ones are restricted. The food guidelines on my website are the ones most commonly described in a Daniel Fast. The intention of today's Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel's passion for the Lord caused him to hunger and thirst more for spiritual food than for physical food, which should be the desire of anyone choosing to participate in this type of fast.

## THE DANIEL FAST GUIDELINES

Try not to get too hung up on what you should and shouldn't eat. Remember, the most important part of the fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to Him. Your particular fast may look a little different than someone else's, but that's ok. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. These food guidelines are meant to be just that—a guide. They are given to help you create boundaries for your fast.

# THE DANIEL FAST FOOD LIST

- All fruit—fresh, frozen, dried, juiced, or canned.
- All vegetables—fresh, frozen, dried, juiced, or canned.
- All whole grains—amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- All nuts & seeds—almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- All legumes—canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- All quality oils—avocado, coconut, grapeseed, olive, peanut, sesame, and walnut.
- Beverages—distilled water, filtered water, and spring water.
- Other—unsweetened almond milk, coconut milk, rice milk, or soy milk; herbs, spices, salt, pepper, unsweetened coconut flakes, seasonings, Bragg’s Liquid Aminos, soy products, and tofu.

## FOODS TO AVOID ON THE DANIEL FAST

- All meat & animal products—beef, poultry, fish, lamb, poultry, and pork.
- All dairy products—butter, cheese, cream, eggs, and milk.
- All sweeteners—agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- All leavened bread & yeast—baked goods and Ezekiel bread (if it contains yeast and honey).
- All refined & processed food products—artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- All deep-fried foods—corn chips, French fries, and potato chips.
- All solid fats—lard, margarine, and shortening.
- Beverages—alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.

# BREAKFAST

## APRICOT-NUT BREAKFAST BARS

*1 ½ cups old-fashioned rolled oats*  
*2 tablespoons flaxseed meal*  
*½ cup unsweetened apple juice*  
*1 tablespoon extra-virgin olive oil*  
*¼ cup almond butter*  
*¼ cup Date Honey*  
*½ cup diced dried apricots (unsulfured)*  
*¼ cup chopped macadamia nuts*  
*2 tablespoons raw sunflower seeds*

Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.

Yield: 12 servings (serving size: 1 bar)

### *Recipe Notes*

- Store in an airtight container 3-4 days.
- Substitute your favorite dried fruit for the apricots: blueberries, cherries, dates, figs, or raisins. Make sure, though, that the fruit doesn't contain any added sugar or preservatives.

## BAKED OATMEAL

*1 ½ cups old-fashioned rolled oats*  
*1 ½ cups unsweetened almond milk*  
*½ cup unsweetened applesauce*  
*¼ cup chopped dried apricots*  
*¼ cup chopped dates or raisins*  
*¼ cup chopped pecans or walnuts*  
*½ teaspoon cinnamon*  
*¼ teaspoon salt*

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

### *Recipe Notes*

- Spread almond butter or Date Honey on each serving.
- This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

## DATE HONEY

*1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)*

*1 cup water*

*½ teaspoon cinnamon*

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

Yield: 12 servings (serving size: about 1 tablespoon)



## BREAKFAST SCRAMBLE

Sometimes it can be hard coming up with good breakfasts on the Daniel Fast, especially if you are used to eggs. I made what I thought was a delicious breakfast and it was quick.

*1 tablespoon olive oil*

*1 medium onion, sliced*

*1/2 green pepper, chopped*

*1 cup firm tofu, diced in bite-sized pieces*

*garlic salt to taste*

*Italian herbs to taste*

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

Yield: Makes two servings.

This was so tasty. The tofu is about the same consistency as egg whites and it soaks up the flavors of whatever it's being cooked with. Very easy, tastes great, and lot of protein.

# BANANA OATMEAL COOKIES

*2 ripe bananas*

*1 Cup quick or rolled oats*

*Optional: 1/4C walnuts, few tablespoons of peanut butter, dried figs, cinnamon*

You definitely want and need the first two ingredients, but go crazy with the third (or fourth or fifth) depending on your taste. Just adding walnuts allows the banana taste to take center stage, so that version really worked for me. You can also add a little cinnamon if you're looking for something a bit sweeter.

## *Instructions*

1. Preheat the oven to 350.
2. Mash the bananas in a bowl.
3. Fold in the oats.
4. Decide what other ingredients you want to add, or mix and match.
5. Bake for approximately 15 minutes.
6. Cookies will turn dark brown, and have some give to them. Allow to cool on a wire rack before eating.

Yield: Makes approximately 12. Eat immediately or refrigerate.

# SMOOTHIES

## BERRY BLAST SMOOTHIE

*1 cup water*

*1 cup frozen blackberries, blueberries, and raspberries*

*1 banana, peeled*

### *Recipe Notes*

- Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).
- Add 1 tablespoon flaxseed meal for a fiber boost.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

## BERRY BLAST SMOOTHIE #2

*1 cup unsweetened almond milk*

*1 frozen banana, peeled and sliced (about 1 cup)*

*1 cup whole frozen strawberries (about 6 strawberries)*

*1 Medjool date, pitted*

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

### *Recipe Notes*

To prepare banana ahead of time, remove peel and place in a plastic zip-top bag until frozen.

## SWEET SPINACH SMOOTHIE

*1 cup water*

*1 Bosc pear, unpeeled, cored*

*1 cup fresh spinach leaves, packed*

*1 frozen banana*

*1 tablespoon flaxseed meal, optional*

*1/2 tablespoon spirulina powder, optional*

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

### *Recipe Notes*

- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- Substitute spinach with kale leaves.
- Use an Anjou, Asian, or Bartlett pear instead of a Bosc pear.
- Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

## EASY SMOOTHIE

*1 super ripe banana (frozen make your smoothie nice and cold)*

*1 cup of raspberries (use the bagged frozen kind)*

*Handful of spinach*

*1 cup of Almond Milk*

You can add 1 tablespoon of peanut butter or 2 tablespoons of unsweetened cocoa powder

Yield: 1 serving

# SALADS

## MEGA GREEK SALAD

*4 cups torn Romaine lettuce*  
*1 cup sliced artichokes (about 4 canned hearts)*  
*1 cup sliced cherry tomatoes*  
*1 cup quartered cucumber slices*  
*1 cup sliced olives*  
*1/2 cup diced green bell peppers*  
*1/2 cup sliced red onions*  
*1/2 cup chopped fresh parsley, lightly packed*

*Dressing:*

*1/4 cup extra-virgin olive oil*  
*1/4 cup fresh lemon juice*  
*2 teaspoons dried oregano*  
*1/2 teaspoon salt*  
*1/8 teaspoon pepper*

Put lettuce in a large bowl. Add artichokes, cherry tomatoes, cucumbers, olives, peppers, parsley, onions, and parsley. In a separate smaller bowl, mix olive oil, lemon juice, oregano, salt, and pepper. Just before serving, stir with a whisk until well-combined, and pour over salad. Toss well to coat, and serve.

Yield: 6 servings (serving size: about 1 cup)

*Recipe Notes*

If you don't have fresh parsley on hand, add 1 teaspoon dried parsley to the salad dressing.

## TACO SALAD

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

*Garnishes: Avocado slices, chopped green onions, sliced olives, and/or diced tomatoes*

Preheat oven to 425 degrees. Spread corn kernels out in one layer on a lightly oiled 11 x 17-inch baking sheet. Bake for 20-25 minutes, or until corn is browned and slightly crunchy.

While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans. Lower heat, and continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.

Heat olive oil over medium heat, and add onions. Cook until onions are soft and translucent. Add black beans, corn, and taco seasoning. Stir well to coat. Reduce heat to low, and keep warm until pinto beans are done. To serve, place about 1/2 cup lettuce on each plate, and top with 1/4 cup pinto beans and a heaping 1/2 cup of black bean and corn mixture. Add desired toppings to salad.

Yield: 4 servings (serving size: about 1 1/2 cups)



## SPINACH SALAD

*2 cups chopped fresh spinach*  
*2/3 cup canned chickpeas, rinsed & drained*  
*1/2 cup chopped carrots*  
*1/2 cup chopped sugar snap peas*  
*1/2 cup chopped tomatoes*  
*1/2 cup chopped zucchini*  
*1 tablespoon sunflower seeds*  
*Lemon Salad Dressing (recipe below)*

Place spinach, chickpeas, carrots, sugar snap peas, tomatoes, and zucchini in a large bowl. Pour Lemon Salad Dressing over salad, and stir to coat. Sprinkle sunflower seeds, and toss gently.

Yield: 4 servings (serving size: about 1 cup)

## LEMON SALAD DRESSING

*1/4 cup extra-virgin olive oil*  
*2 tablespoon fresh lemon juice*  
*2 tablespoon water*  
*1 clove garlic, minced*  
*1 tablespoon chopped fresh basil or 1/2 teaspoon dried basil*  
*1 tablespoon chopped fresh parsley or 1/2 teaspoon dried parsley*

Combine all ingredients in a blender. Refrigerate until chilled.

Yield: 8 servings (serving size: about 1 tablespoon)

## CUCUMBER SALAD

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

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

Yield: 8 servings (serving size: 1/2 cup)

## CORN SALAD

*1 can black beans rinsed*  
*1 can corn drained*  
*1/2 chopped red pepper*  
*1/2 chopped red onion*  
*2 TBS fresh parsley*  
*1 TBS Olive Oil*  
*1 tsp vinegar*  
*1/4 tsp red pepper flakes*  
*salt and pepper to taste*  
*Touch of garlic and lemon juice*

Combine all ingredients and refrigerate.

## BLACK BEAN SALAD

*2 (15-ounce) cans black beans, rinsed and drained*  
*1 cup chopped green bell peppers*  
*1 cup chopped red bell peppers*  
*1 cup chopped tomatoes, unpeeled, unseeded*  
*1 cup chopped avocado, cut into ½-inch cubes (about 1 medium avocado)*  
*½ cup diced onions*  
*¼ cup chopped fresh parsley or cilantro*  
*Dressing*  
*2 tablespoons fresh lime juice*  
*1 tablespoon extra-virgin olive oil*  
*2 cloves garlic, minced*  
*½ teaspoon salt*

Put beans, peppers, tomatoes, avocado, onions, and parsley in a large bowl. In a small bowl, combine lime juice, olive oil, garlic, and salt. Whisk until combined and pour over salad. Toss well to coat. Refrigerate for 2-4 hours to allow flavors to blend, and serve.

Yield: 12 servings (serving size: about 1/2 cup)

## MANGO AND BLACK BEAN SALAD\*

*1 can (15 oz) black beans, drained and rinsed*  
*2 cups fresh mango, diced*  
*1 cup sweet red bell pepper, diced*  
*6 green onions, thinly sliced*  
*¼ cup cilantro leaves, chopped*  
*¼ cup fresh lime juice*  
*1 tablespoon olive oil*  
*1 seeded Jalapeno pepper, minced (or hot sauce to taste)*  
*Salt to taste*

Combine ingredients in a bowl. Toss and serve.

# SOUPS

## EASY BEANS IN A BOWL

In a saucepan sauté 1/2 a diced onion and 4 diced garlic cloves with olive oil until onions are translucent and be careful not to burn the garlic. Then add a 40 ounce can of precooked pinto beans with the juice in the can. (I use as El Mexicano brand because it does not contain sugar. I found this brand at Walmart.)

Then add 1/2 tablespoon of red chili flakes and a tablespoon full of crushed oregano. Bring beans to a boil while stirring occasionally. Make sure you don't walk away from your beans. You must stir occasionally to prevent the bottom from burning . Adjust seasonings to your liking and depending on the amount of beans your cooking.

Garnish chopped onion, tomato, cilantro, and sliced avocado.

## CHIPOTLE CHILI

*1 tablespoon extra-virgin olive oil*  
*1 cup chopped red onions*  
*2 cloves garlic, minced*  
*2 cups Vegetable Broth or water*  
*1 (15-ounce) can black beans, rinsed and drained*  
*1 (15-ounce) can cannellini beans, rinsed and drained*  
*1 (15-ounce) can dark red kidney beans, rinsed and drained*  
*1 (15-ounce) can pinto beans, rinsed and drained*  
*1 (14.5-ounce) can diced tomatoes*  
*1 tablespoon lime juice*  
*1 teaspoon chipotle chile pepper seasoning*  
*1 teaspoon salt*

Heat olive oil in a large, deep skillet or saucepan. Add onions, and cook until soft and translucent. Stir in garlic, and cook for one minute, stirring constantly so garlic doesn't burn. Add broth, black beans, cannellini beans, kidney beans, pinto beans, tomatoes, lime juice, chipotle chile pepper, and salt. Bring to a boil. Reduce heat, and simmer, covered, for 30 minutes.

Yield: 8 servings (serving size: about 1 cup)

## CHUNKY POTATO SOUP

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

Heat olive oil in saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer, covered, for 30 minutes or until potatoes are soft. Discard bay leaf. Add half of potato mixture to a food processor or blender, and process until smooth. Return to saucepan. Stir in almond milk, and parsley. Cook until heated through, and serve.

Yield: 6 servings (serving size: about 1 cup)

# BLACK BEAN MINISTRONE

*1 tablespoon extra-virgin olive oil*  
*½ cup chopped onion*  
*1 cup chopped carrots*  
*2 stalks celery, sliced*  
*2 cloves garlic, minced*  
*4 cups water or Vegetable Broth*  
*1 (15-oz) can black beans, rinsed and drained*  
*1 cup fresh or frozen green beans, cut into 1-inch pieces*  
*1 cup chopped tomatoes, unpeeled, unseeded*  
*1 cup chopped fresh spinach or ½ cup frozen spinach, thawed*  
*2 tablespoons chopped fresh basil or 1 ½ teaspoons dried basil*  
*2 tablespoons chopped fresh parsley or 1 ½ teaspoons dried parsley*  
*½ teaspoon salt*  
*1/8 teaspoon pepper*

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.

Yield: 6 servings (serving size: about 1 ¼ cups)

## *Recipe Notes*

- Add barley, brown rice, or whole grain pasta.
- Other vegetables to add: corn, peas, potatoes, squash, or zucchini.

## CORN CHOWDER

*½ tablespoon extra-virgin olive oil*  
*½ cup diced onion*  
*4 cups water*  
*1 pound Yukon Gold or Russet potatoes, peeled and diced (about 3 cups)*  
*1 clove garlic, minced*  
*1 teaspoon dried parsley flakes*  
*½ teaspoon salt*  
*1/8 teaspoon pepper*  
*3 ½ cups fresh corn kernels*  
*½ cup unsweetened almond or rice milk*

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

Yield: 8 servings (serving size: 1 cup)

### *Recipe Notes*

- Substitute 2 (14.5-ounce) cans of corn kernels (drained) for fresh corn.
- Add ½ cup chopped carrots and celery (1/4 cup each).
- For a southwestern flair, stir in 1 cup of Salsa.



## WHITE BEAN, KALE, AND VEGETABLE SOUP

*1 tablespoon extra-virgin olive oil*  
*½ cup chopped onion*  
*1 cup chopped carrots, peeled*  
*2 cloves garlic, minced*  
*4 cups water or Vegetable Broth*  
*1 (15-ounce) can cannellini beans, rinsed, drained*  
*1 (14.5-ounce) can diced tomatoes*  
*2 cups chopped B-size red potatoes, peeled, cut into 1-inch pieces*  
*2 cups fresh or frozen green beans, cut into 1-inch pieces*  
*2 cups kale, torn into bite-size pieces, lightly packed*  
*1 teaspoon dried basil*  
*1 teaspoon dried parsley*  
*½ teaspoon salt*  
*1/8 teaspoon pepper*

Heat olive oil in a large saucepan over medium heat. Cook onions and carrots until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, cannellini beans, tomatoes, potatoes, green beans, kale, basil, parsley, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 30 minutes to allow the flavors to blend.

Yield: 8 servings (serving size: about 1 cup)

## DANIEL FAST CHILI

This is a very easy to prepare and hearty meal. I make this even when I'm not on the Daniel Fast!

*2 medium-sized green peppers, chopped*  
*1 medium-sized yellow onion, chopped*  
*1 zucchini, sliced*  
*1 yellow squash, sliced*  
*2 tablespoons salad oil*  
*2 tablespoons chili powder*  
*¾ teaspoon salt*  
*¼ teaspoon ground red peppers*  
*2 cups corn kernels (fresh or frozen)*  
*2 16 oz. cans tomatoes (juice and all)*  
*2 16 oz. cans pinto beans (juice and all)*  
*2 16 oz. cans black beans (juice and all)*  
*1 4 oz. can mild green chilies*  
*1 4 oz. can of tomato paste*

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended.

Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: 6 generous servings

# MAIN DISHES

## GARLIC AND MUSHROOM QUINOA

*1 cup quinoa*

*1 tablespoon olive oil*

*1 pound cremini mushrooms, thinly sliced*

*5 cloves garlic, minced*

*1/2 teaspoon dried thyme*

*Kosher salt and freshly ground black pepper, to taste*

In a large saucepan of 2 cups water, cook quinoa according to package instructions; set aside.

Heat olive oil in a large skillet over medium high heat. Add mushrooms, garlic and thyme, and cook, stirring occasionally, until tender, about 3-4 minutes; season with salt and pepper, to taste. Stir in quinoa until well combined.

## GALAXY STIR FRY

Heat olive oil in skillet. Add asparagus, mushrooms, and extra firm tofu and sauté until everything is soft. Add lots of soy sauce.

## ROSEMARY POTATOES

Preheat oven to 400

Line a baking dish with foil. Peel and cube desired amount of potatoes. Toss with olive oil, sea salt and dried Rosemary. Roast for about 25 minutes (or until done) and turn over half way.

## BLACK BEAN STIR-FRY

*1 tablespoon extra-virgin olive oil  
1/2 cup sliced onion  
1 (15-ounce) can black beans, rinsed & drained  
1 (14 1/2-ounce) can diced tomatoes, undrained  
1 cup canned corn, drained  
1/4 cup diced green pepper  
1/4 cup diced red pepper  
1 clove garlic  
2 tablespoon lime juice  
1/2 teaspoon cumin  
1/4 teaspoon salt  
1/8 teaspoon freshly ground black pepper  
8 ounces cubed Marinated Tofu, optional*

*Garnishes: Diced avocado, diced green onions*

Heat olive oil in a large skillet over medium-low heat. Cook onions until slightly blackened and crispy. Add black beans, tomatoes, corn, peppers, garlic, lime juice, cumin, salt, and pepper. Simmer 15-20 minutes. Top with diced avocado and green onions. To add a little more protein to this dish, mix in cubed Marinated Tofu. Serve with Tortilla Chips.

Marinate tofu in 1 cup of unsweetened pineapple juice, 1 glove of garlic, and 1/2 cup soy sauce.

## GREEN BEAN CASSEROLE

*1 cup brown rice*

*4 cups water, divided*

*½ cup lentils, rinsed and sorted*

*3 cups fresh or frozen green beans, cut into 1-inch pieces*

*1 (14.5-ounce) can diced tomatoes*

*1/2 cup chopped red onion*

*2 cloves garlic, minced*

*2 teaspoons dried basil*

*1/2 teaspoon salt*

Place the rice and 2 cups water in a medium saucepan, and bring to a boil. Cover, reduce heat to low, and simmer 20 minutes. Place lentils in a pot with the remaining 2 cups water, and bring to a boil. Lower heat, and simmer 20 minutes, with the lid slightly tilted.

Preheat oven to 350 degrees. Add green beans, tomatoes, onions, garlic, basil, and salt to saucepan. Stir well. Transfer to a 9 x 13-inch casserole dish. Bake 30 minutes.

# LENTIL-SPINACH MEATBALLS

*1/2 cup dry lentils, sorted and rinsed*  
*1 1/2 cups Vegetable Broth or water*  
*1/2 cup diced onion, divided*  
*1 clove garlic, minced*  
*1 1/2 teaspoons extra-virgin olive oil*  
*1 cup finely chopped white button mushrooms*  
*1/2 (10-ounce) package frozen chopped spinach, thawed, squeezed dry*  
*1/2 cup brown rice flour or oat flour (see Recipe Notes)*  
*2 tablespoons finely chopped walnuts*  
*2 tablespoons flaxseed meal*  
*1 teaspoon dried basil*  
*1 teaspoon dried parsley*  
*1/2 teaspoon garlic powder*  
*1/2 teaspoon salt*

Place lentils and broth in a medium saucepan and bring to a boil. Lower heat, and add 1/4 cup onions and garlic. Cover, and simmer with lid tilted for 45 minutes.

Preheat oven to 350 degrees. While lentils cook, heat olive oil over medium-low heat in a large skillet. Add remaining 1/4 cup onions, mushrooms, and spinach. Cook 5 minutes, stirring frequently. Set aside.

When lentils are done cooking, drain and stir into onion-mushroom-spinach mixture. Add oat flour, walnuts, flaxseed meal, basil, parsley, garlic powder, and salt. Stir well. Transfer to a food processor or blender and process 10-15 seconds or until smooth. Form mixture into balls (about 2 tablespoons per ball) and place on an 11 by 17-inch baking dish that has been rubbed with olive oil. Bake 30 minutes.

Yield: 8 servings (serving size: 2 meatballs)

## *Recipe Notes*

- To sort lentils, spread them in a single layer on an

11 x 17-inch baking sheet. Look for discolored or misshapen beans, and discard any unwanted debris. Place good lentils into a colander and rinse thoroughly with warm water.

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about 3/4 cup ground oats).
- Serve alone as an appetizer or as part of a main dish.
- Make a Daniel Fast spaghetti and meatballs dish by topping with Classic Tomato Sauce and brown rice, spaghetti squash, or whole grain pasta.
- 

## SESAME VEGETABLES WITH RICE AND TOFU

*1 tablespoon extra-virgin olive oil*

*1 Marinated Tofu recipe, marinade reserved*

*1 TB extra-virgin olive oil*

*1 cup chopped onions*

*2 cups chopped broccoli florets, stems removed*

*1 cup chopped carrots*

*1 clove garlic, minced*

*1/2 tablespoon tahini*

*1 teaspoon ginger*

*1/4 cup unsweetened pineapple juice or water*

*1 1/2 cups cooked wild rice*

*1/4 cup toasted chopped walnuts*

*1 tsp sesame seeds*

Prepare Marinated Tofu, and set aside. Heat olive oil in a large skillet over medium heat, and add onions. Cook until onions are soft and translucent. Add reserved marinade from tofu, broccoli, carrots, garlic, tahini, and ginger. Cook, covered, for 8-10 minutes or until vegetables are tender crisp, stirring frequently. Add pineapple juice, rice and walnuts, and cook until heated through and juice is nearly absorbed. Sprinkle with sesame seeds. Stir, and serve.

# STUFFED BUTTERNUT SQUASH

*2 butternut squash, halved and seeded*

*½ cup soy milk*

*1 cup basmati rice*

*¼ cup and 2 tablespoons tamari*

*12 Brussels sprouts, quartered lengthwise*

*1 teaspoon ground turmeric*

*2 medium carrots, peeled, and julienned*

*4 cloves garlic, minced*

*1 ¾ cups garbanzo beans*

## Directions:

1. Preheat oven to 400 degrees. Place prepared butternut squash in a medium baking dish and add 1 inch of water to bottom of pan before covering it tightly with foil. Place squash on a center oven rack and allow it to cook for one hour or until the squash is tender enough that a fork passes through the flesh easily.
2. Meanwhile, place 2 cups of water in a medium pot and bring to a boil. Stir in rice, reduce heat to simmer, cover and cook for 20 minutes.
3. While the rice is cooking, place a skillet over medium-high heat and add to it the sprouts, carrots, and garbanzo beans. Mix together soy milk, tamari, turmeric, and garlic to make a sauce. Add enough sauce to veggie mixture, tossing to coat. Cover veggie mixture, reduce heat, and allow veggies to simmer until tender, about 20 minutes. If liquid level falls too low, add additional water to the pan to prevent it from drying until veggies are finished cooking.
4. In a large bowl, combine veggies and rice. Place scoopfuls of the veggie and rice mixture along the top of the butternut squash. Season according to taste and serve with any remaining tamari sauce



# SPAGHETTI SQUASH WITH BASIL-WALNUT CREAM SAUCE\*

*2 pounds spaghetti squash*

*Sauce:*

*1 cup unsweetened almond milk*

*1 cup walnuts*

*1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)*

*½ cup fresh parsley, lightly packed*

*2 cloves garlic, minced*

*¼ teaspoon salt*

*1/8 teaspoon pepper*

Preheat oven to 375 degrees. With a fork, prick squash all over and place in baking dish. Cook 1 hour.

During last 10 minutes of baking time, put sauce ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucepan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.

While sauce is cooking, remove squash from oven, and let cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl.

Pour sauce over spaghetti squash, and stir well to coat. Serve immediately.

Yield: 8 servings (serving size: about ½ cup)

## *Recipe Notes*

- Substitute whole grain pasta for the spaghetti squash.
- Add cooked broccoli and/or sliced olives

# SPICY PEANUT BUTTER NOODLES\*

*1 lb Chinese stir fry or lo mein noodles*  
*2 tbsp canola oil*  
*2 cloves garlic, minced*  
*3 tbsp grated fresh ginger*  
*1 red hot chili pepper, finely minced (or 2 tsp red pepper flakes)*  
*1 cup finely sliced red pepper*  
*1 cup finely julienned carrots*  
*1 cup shredded snow peas*  
*¼ cup natural peanut butter (chunky, if possible)*  
*2 tbsp soy sauce*  
*2 tbsp sesame oil*  
*1 tbsp rice wine vinegar*  
*½ cup hot water*  
*½ cup chopped green onions*

## Garnish:

*Chopped fresh cilantro*  
*Chopped roasted peanuts*

## Instructions

1. Cook noodles in a large pot of boiling salted water for 1 minute. Drain and set aside.
2. In a wok or large heavy-bottomed skillet, heat 1 tbsp oil over medium-high heat. Add garlic, ginger and hot pepper, and stir fry for 5-6 minutes or until fragrant.
3. Use a slotted spoon to transfer to a small bowl.
4. Add the remaining tbsp oil to the pan, then add red pepper, carrots and snow peas. Stir fry for 2-3 minutes, until vegetables are tender-crisp.
5. Add cooked noodles to the pan, and saute for 1-2 minutes just to warm through. Stir in peanut butter, soy sauce, sesame oil, fish sauce, rice wine vinegar and water, and cook for another minute or two until

the peanut butter melts into a smooth sauce (if the sauce looks too thick or sticky, add a tablespoon or two of water at a time until it loosens up to the desired consistency).

6. Remove from heat. Stir in the reserved vegetables along with chopped green onions, and toss until evenly coated with sauce. Serve hot with a sprinkling of cilantro, green onions and roasted peanuts.

Yield: Serves 4-6

## LASAGNA

*1 box rice lasagna noodles*

*2 cans refried beans (I used Casa Mamita - no sugar)*

*1 can corn with liquid*

*1 small chopped onion*

*1 small chopped green pepper*

*1 cup salsa (no sugar)*

*1/2 tsp garlic powder*

*1/2 tsp onion powder*

*1/4 tsp chili powder*

Directions:

Combine all ingredients (except for lasagna noodles) in a bowl and mix until well combined. Pour into an 8x8 pan and bake at 350 degrees for 45-50 minutes. This makes a really thick lasagna. If you want a thinner lasagna - use a regular lasagna pan instead.

You can layer the bean mixture with lasagna noodles or tortilla shells if desired - and then bake. I layered the refried bean mixture with lasagna noodles and thought it was REALLY good.

Makes a GREAT filling for a tortilla or taco.

## CAJUN RED BEANS AND RICE\*

- ½ tablespoon extra-virgin olive oil
- ½ cup chopped green pepper
- ½ cup chopped red onion
- ½ cup sliced celery
- ¼ cup water
- 2 teaspoons Creole Seasoning (see recipe below)
- 1 (15.5-ounce) can red kidney beans, rinsed and drained
- 2 cups cooked brown rice

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Yield: 8 servings (serving size: ½ cup)

### *Recipe Notes*

- Serve with sliced avocado and/or sliced green onions.
- Add 1 (14.5-ounce) can diced tomatoes.

Stovetop directions using dry rice: Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and simmer about 45 minutes, or until rice is light and fluffy.

## CREOLE SEASONING

*2 tablespoons paprika*  
*1 teaspoon onion powder*  
*1 teaspoon garlic powder*  
*1 teaspoon salt*  
*½ teaspoon pepper*  
*½ teaspoon thyme*  
*½ teaspoon dried basil*  
*½ teaspoon dried oregano*  
*½ teaspoon cayenne pepper*

Mix all ingredients in a small glass jar. Cover, and store until ready to use.

Yield: 12 servings (serving size: about 1 teaspoon)

## EGGPLANT BAKE

*1 large Eggplant, sliced into 8 to 10 – 1/4 inch slices*

*4 fresh tomatoes, sliced into 8-10 slices*

*4 cloves of garlic, minced, evenly divided*

*3/4 cup fresh mushrooms, sliced*

*2-3 tbsp. EVOO*

*1/8 tsp. Salt, divided*

*1/8 tsp. black pepper, divided*

*1/8 tsp. Garlic powder, divided*

*1/8 tsp. Basil, divided*

Preheat oven at 425 degrees. Arrange the eggplant in the bottom of a 9x13 baking dish and place the tomatoes over each eggplant slice.

Sprinkle with half of the minced garlic, then add garlic powder, salt, pepper, and basil. Remember to evenly divide up your seasonings.

Drizzle a tablespoon of EVOO over the eggplants.

Repeat the process until you have used up all the slices of eggplant. Season with the rest of your seasonings, and arrange the mushroom slices over the entire mixture.

Cover and bake for 30 minutes. Let it cool for a few minutes before serving

## SWEET POTATO SQUASH BEAN CHILI

- 1 onion, chopped*
- 2 sweet potatoes, peeled and sliced or cubed (about 2 cups)*
- 2 summer squash or zucchini, peeled and sliced or cubed (about 2 cups)*
- 3 stalks celery, chopped*
- 1 can black beans*
- 1 can kidney beans*
- 1 can of hominy*
- 1 cup pumpkin puree*
- 1/2 cup peanut butter*
- 1 Tbsp minced jar garlic*
- 1 and 1/2 Tbsp chili powder*
- 1 tsp cumin*
- 2 bell peppers, chopped*
- 4 cups water or vegetable broth (I used tomato juice)*

Put everything in a crockpot and cook on low for 10-12 hours

# EXTRAS

## PEANUT BUTTER COOKIES

*1 cup raw, whole cashews  
1 cup pitted sliced dates (I used Medjool)  
1/2 cup smooth peanut butter (with no added oils or sugar)  
1.5 teaspoons vanilla extract  
Pinch of salt (if none in peanut butter)  
Cocoa Powder*

Place the cashews, dates, peanut butter, vanilla, and salt in a food processor. Blend for a few minutes until smooth-ish.

Roll a spoonful of batter into a ball and place onto flat surface Press down with fork to flatten to achieve traditional hash marks. Sprinkle cocoa powder over cookies.

Refrigerate or freeze to firm. Store in fridge.

## NUTTY BARS

*1 cup quick oats  
1 cup unsweeted coconut  
1 cup chopped nuts  
1/4 cup unsweetened cocoa powder  
1/4 cup unsweetened peanut butter  
1 tsp vanilla extra  
1 tsp coconut extract  
3/4 cup date honey\*\**

Mix everything together in a bowl until thoroughly combined. Put in an 8x8 pan and pat down. Put in refrigerator. Let chill well.

\*\*to make date honey



