



## What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. There are two anchoring scriptures for the Daniel Fast. In Daniel 1 the Prophet ate only vegetables (that would have included fruits) and drank only water. So, from these scriptures, we get two of the guidelines for the fast:

1. Only fruits and vegetables
2. Only water for a beverage

In Daniel 10 we read that the Prophet ate no meat nor any breads or foods and he drank no wine for 21 days. So, from this scripture, we get a third guideline:

3. No sweeteners and no breads

## How to Prepare for the Daniel Fast

**Quiet Time:** If you don't already have an established daily quiet time with the Lord, then this is an excellent opportunity to do so. Starting your day with God is a habit that will support your faith and growing intimacy with the Lord. During your Daniel Fast, be sure to set a daily time to come before the Lord, to study His Word and His ways.

### How to Begin Spiritually:

Start with a clear personal goal in addition to our corporate goals. Be specific. Why are you fasting? Do you need direction, healing, restoration of marriage or family issues? Are you facing financial difficulties? Ask the Holy Spirit for guidance. Pray daily and read the Bible.

Prepare spiritually by confessing your sins to God. Ask the Holy Spirit to reveal areas of weakness. Forgive all who have offended you and ask forgiveness from those you may have offended (Mark 11:25; Luke 11:4; 17:3-4). Surrender your life fully to Jesus Christ and reject the worldly desires that try to hinder you (Romans 12:1-2).

### Scripture References for Fasting:

Matthew 6:16-18, Matthew 9:14-15, Luke 18:9-14

**Relation to Prayer and Reading of the Word:** 1 Samuel 1:6-8, 17-18, Nehemiah 1:4, Daniel 9:3, 20, Joel 2:12, Luke 2:37, Acts 10:30, Acts 13:2

### **Corporate Fasting:**

1 Samuel 7:5-6, Ezra 8:21-23, Nehemiah 9:1-3, Joel 2:15-16, Jonah 3:5-10, Acts 27:33-37

Remember that it is the attitude of a heart sincerely seeking Him to which God responds with a blessing. May God greatly bless you as you fast!

### **What to Expect during the Fast:**

When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

### **When you fast:**

- Expect to get to know God better
  - Fasting is waiting (Lamentations 3:25-27).
  - Fasting is drawing near (Jeremiah 29:11-13).
- As you demonstrate sincerity to God, you can expect:
  - Expect strength in your inner character.
  - Find power to leave sinful habits (2 Corinthians 7:1).
  - Find power to stay focused in prayer.
  - Find yourself desiring God's presence.
  - Expect the hand of God to move to answer unselfish prayers.
- Expect resistance from the devil.
- Expect your prayers to go to a higher level.

### **How to succeed in fasting:**

- Fast with friends (Matthew 18:19).
- Fast with a purpose (not casually).
  - Set a start date and end date.
  - Determine that you will follow through on the fast.
- Fast unselfishly (Isaiah 58:1-11).
- Spend time with God.
  - **Fasting does not work if you do not pray.**

### **Types of Fasts:**

- Full Fast
  - Drink only liquids (you establish the number of days).
- 3-Day Fast
  - This fast can be a Full Fast, Daniel Fast or give up at least one item of food.
- The Daniel Fast
  - Eat no meat, no sweets and no bread. Drink water. Eat fruits and vegetables.
- Partial Fast
  - A partial fast is from 6:00 am to 3:00 pm or from sun up to sundown.

You can select from three types of fasting —a Full Fast, Daniel Fast or give up at least one item of food.

## **Common FAQ's**

### **What about prepared foods?**

Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

### **What about pasta?**

Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

### **I know it says raw, unsalted nuts, but what about roasted nuts?**

The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

### **How do I get enough protein in my diet while on the fast?**

The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

### **What kind of peanut butter is allowed?**

A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

### **How can I identify whole grain foods?**

Typically, if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the "nutritional facts" information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

### **What about salad dressing?**

Olive oil and lemon or lime are an option.

### **Do I need to eat organic foods while on the fast?**

No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

### **What about bread?**

The bread should be prepared without yeast.

### **How much can I eat?**

As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

## Foods to include in your diet during the Daniel Fast...

### Fruits:

These can be fresh, frozen, dried, juiced or canned (watch for added sugar).

Apples	Coconuts	Mangoes	Prunes
Apricots	Cranberries	Melons	Raisins
Avocados	Dates	Mulberry	Raspberries
Bananas	Figs	Nectarines	Strawberries
Berries	Grapefruit	Olives	Tangelos
Blackberries	Grapes	Oranges	Tangerines
Blueberries	Grenadine Guava	Papayas	Watermelon
Boysenberries	Honeydew melons	Peaches	
Breadfruit	Kiwi	Pears	
Cantaloupe	Lemons	Pineapples	
Cherries	Limes	Plums	

### Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes	Corn	Onions	Tomatoes
Asparagus	Cucumbers	Parsley	Turnips
Beets	Eggplant	Peppers	Watercress
Broccoli	Garlic	Potatoes	Yams
Brussels sprouts	Ginger root	Radishes	Zucchini
Cabbage	Kale	Rutabagas	
Carrots	Leeks	Scallions	
Cauliflower	Lettuce	Spinach	
Celery	Mushrooms	Sprouts	
Chili peppers	Mustard greens	Squashes	
Collard greens	Okra	Sweet potatoes	

### Legumes:

These can be canned (watch salt content), cooked, dried, frozen, whole or split.

Black beans	Kidney beans	Snow peas
Black-eyed peas	Lentils	Soybeans
Cannellini	Lupines	Split peas
Chickpeas, garbanzo beans.	Lima beans	White Peas
Great Northern beans	Navy beans	
Green beans	Peanuts	
Green peas	Pinto beans	

**Seeds:**

All nuts (raw, unsalted)  
Almonds  
Cashews  
Ground flax

Natural Almond Butter  
Pistachios  
Sesame  
Sprouts

Sunflower  
Walnuts

**Whole Grains:**

Whole wheat!  
Barley  
Brown rice  
Grits (no butter)  
Millet

Oats  
Plain Oatmeal (not instant)  
Plain rice cakes  
Popcorn (homemade)  
Quinoa

Rolled Oats  
Steel Cut Oats  
Whole wheat pasta  
Whole wheat tortillas

**Liquids:**

Water (spring, distilled, filtered). You can add a splash of lemon, lime or 100% fruit juice to help you drink plenty of water!

Unsweetened Soy Milk

Herbal (caffeine free) Tea

100% Fruit/Vegetable Juice (no added sugar)

**Other:**

Tofu  
Soy products  
Herbs

Small amounts of Honey  
Small amounts of Sea Salt  
Small amounts of Ezekiel  
Bread

Small amounts of Olive Oil  
Spices (read the label to be sure there are no preservatives)

**Foods to avoid on the Daniel Fast...**

All animal products  
including all meat,  
poultry, fish...  
White rice  
White bread  
All deep-fried foods  
Caffeine  
Coffee (including decaf b/c  
contains small amount of  
caffeine)  
Carbonated beverages  
Energy drinks  
Foods containing  
preservatives, additives

Refined foods  
Processed foods  
Food additives  
Refined sugar  
Sugar substitutes  
Raw sugar  
Syrups  
Molasses  
Cane juice  
White flour  
Margarine  
Shortening

High fat products  
Butter  
All leavened breads  
Baked goods  
All dairy  
Milk  
Cheese  
Yogurt  
Cream  
Eggs  
Alcohol  
Mayonnaise

## A Note of Love and Support

If this is your first corporate fast, prepare yourself for a life changing experience, both spiritually and in your bodily temple. We are in this together and we want to support you in this journey. Get on our Prayer Line during our scheduled times and use the recipes we have accumulated below. Be intentional and focused. Remember, we are doing this unto the Lord! Prepare yourself spiritually as well as plan ahead of time for the food you will need to be successful in our corporate fast.

I have been cooking for my vegetarian father for many years now and have a bit of wisdom to share:

- Vegetarian cooking takes a bit more prep time than you may be used to. So, I find that it is best to plan on making 3 or so meals at the same time. That way you can refrigerate a variety of foods and will not have to prep every day. Many of the recipes I have included will stay in your refrigerator for about a week.
- There is a lot of chopping and slicing vegetables involved. Either get a chef's knife and paring knife of good quality, and a food processor with different slicing blades is a real time saver.
- Make a grocery list and shop early. You may be using herbs, spices and vegetables that are new to you and may be a bit of a challenge to find.
- Healthy food does not need to taste bad! Use and experiment with the following recipes. You may find, as I have, that you won't miss the stuff that is bad for your body as much as you think you will. Change your view of having to cook to getting to create tasty, healthy works of art. Just "hold the cheese" for Him.
- Some of the recipes have ingredients that are foods to avoid during our fast. I left these ingredients in the recipes (but put a note beside them) in the hope that you will include them in your normal diet.
- There is a reason why health and long life is recorded in the Bible (and the reason why my father does not suffer from diseases like heart or weight related diseases), eating a healthy, natural food diet is what God planned for us. Cutting out the processed foods is a game changer.

A big part of this is changing some bad habits: not using His Word as a guide for your life, not drawing closer to God daily, not relying on Him continually, and giving into the flesh when challenges come. As Pastor Brien would remind us: "You don't have to fast, you get to fast" and "You don't have to cook intentionally, you get to cook intentionally." Show Him your love Him by practicing obedience and sacrifice. He will help you, strengthen you and reward you! Learn to expect great things and learn how to enjoy the journey. To God be the glory!

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# Recipes

## Vegetarian Cooking Staples and Techniques to Add Flavor to Your Recipes

### All Olive Oils are Not the Same!

Tip: It is best to cook with regular old pure olive oil - save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away. So, use the less expensive pure olive oil for sautéing and frying.

### Caramelize Certain Ingredients Before Using Them in Recipes

When you're looking for foods to caramelize choose those that are high in sugar and not water. For example: onions, apples, bananas, leeks, and carrots are just a few suggestions that are prime candidates for caramelizing.

How do I caramelize foods? Here are a few tips and tricks to caramelizing foods:

- Start with a non-stick pan. Caramelizing can get a little sticky and you don't want to ruin a pan.
- Chop your food into smaller (uniform) pieces or slices so that they cook evenly.
- Start off with high heat to kick the caramelization process off and then turn heat to low. Once cooking you'll continue the process low and slow. Add oil/butter to pan and once hot add food.
- Sprinkle food with a pinch of salt to help speed up the process and release the sugars. (You could even throw in a pinch of sugar at this point as well, but not on the Fast.)
- Stir often. Cook until food has reached the color and taste you desire. Process can take up to 45 minutes depending on amount and personal preference of taste.
- Use a slow cooker or crock pot to make large batches of caramelized foods at a time. A jar of homemade caramelized onions and can be refrigerated until you are ready to use.
- Use a mandoline slicer to get uniform cuts of foods.

### Vegetable Stock

A good vegetable stock is useful in the Daniel Fast. Vegetable stock is an excellent substitute for chicken or beef stock. Makes 4 cups of vegetable stock. You can make ahead and refrigerate until you are ready to use.

2 large onions, cut into large chunks

2 medium carrots, scrubbed but not peeled, cut into large chunks

3 stalks of celery, remove and discard all leaves, cut into large chunks

1 whole bulb of garlic, peel each clove, but do not chop

1 bay leaf

Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to a boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock.

Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks.

**\*\*** Season the stock with other herbs such as parsley, thyme or rosemary. You can use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

### **Quick Tomato Sauce**

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

2 tablespoons olive oil  
1 medium yellow onion (chopped)  
2 cans diced tomatoes (14.5 oz) or diced fresh tomatoes  
Salt to taste  
1/4 cup cilantro, finely chopped

Sauté onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice) and salt. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

**Lentils:** 1 cup of cooked lentils = Carbs 39.9 grams (2.7 servings) & Protein 17.9 grams

Lentils are a favorite plant-based sources of protein. Cook around 30-45 minutes. Cook these ahead of time, because you can add tomato sauce and/or mix with rice and other cooked veggies for a quick, nutrient rich meal.

1) Bring a pot of water to a full boil. Fill it with plenty of water.

2) Meanwhile, sift through your lentils. Look for small rocks.

How to sift: Just pour them, very slowly, into a fine-mesh sieve, looking carefully for anything that looks funny. For good measure, sift through with your fingers afterward. Then, rinse your lentils in the sieve to remove any dust.

3) Once the water is boiling, add the lentils.

Reduce the heat as necessary to maintain a lively simmer. Don't cover the pot. Occasionally stir them.

4) Add some flavor boosters, if you'd like.

Add some salt, maybe a bay leaf, and maybe a whole clove of garlic (peeled).

5) Cook until you reach your desired consistency. Boil 20 – 30 minutes.

The amount of time your lentils need to cook will vary depending on their variety and their age. Test them for doneness before stopping the cooking process!

6) Strain off the excess water.

Season with another pinch of salt or two, as needed. Your lentils are ready to go!



### **Lentils...Take-Two:**

I like this method because the lentils will absorb all of the flavors of the onion and garlic. Yum!

1 tablespoon olive oil

1 red onion, chopped

¼ teaspoon salt

2 cloves garlic, pressed or minced

1 ¼ cups regular brown lentils, picked over for debris and rinsed

In a large saucepan over medium heat, warm the olive oil until shimmering. Add the onion and salt.

Cook, stirring occasionally, until the onion is turning translucent, about 4 to 5 minutes. Add the garlic and cook until fragrant, about 30 seconds. Add the lentils and water, and stir to combine.

Raise the heat to high and bring the mixture to a simmer, then reduce heat to medium-low and gently simmer until the lentils are tender and cooked through, about 30 to 40 minutes. Drain the mixture well in a fine-mesh sieve and return the lentils to their pot. Refrigerate so that you can use these with other ingredients to create nutritious no-meat meals. (Like the Lentil Baked Ziti in the Main Meals section.)

### **TVP! What is it?**

Textured vegetable protein, also known as TVP, is a meat substitute featured in many vegetarian products. You may also have noticed it on the shelves of supermarkets or health food stores.

Its unique texture and mild flavor make it a great addition to sauces, plant-based chili mixes, and veggie burgers. It's also used to bulk up and add extra protein to meat-based dishes.

It's produced during the process of making soybean oil. Once the oil is extracted from the soybeans, a high protein paste remains. This paste is pushed through a hot nozzle to form different shapes — such as nuggets, strips, or flakes — and then dehydrated. So a note of CAUTION: Before using TVP, you need to rehydrate it with hot water or broth. Then, it's easy to use as a plant-based alternative to ground meat in dishes like meatballs, burgers patties, or chili.

Even if you don't follow a plant-based diet, you can still add TVP to your meals to add texture and nutrients. A second note of CAUTION: Although TVP can be made from several different ingredients, it's typically made from soy. Soy is one of the most common allergens. If you have a soy allergy, consuming soy-based products can cause serious side effects, including anaphylaxis, which can be life threatening.

I love mixing a bit of TVP into homemade fried rice, stuffed peppers, and pasta sauces. Be sure to combine it with other plant-based sources of protein in your diet — like tofu, tempeh, lentils, and legumes — to maximize the potential health benefits.

Believe it or not, you can buy TVP from a variety of places: Walmart, Amazon.com, Nuts.com, Vistacost.com. Just Google it and you can find it. Also, it is a good item to keep in your pantry!

## Breakfast Recipes

### Easy High-protein Breakfast Stir-fry for the Daniel Fast (Makes two servings.)

1 tablespoon olive oil  
1 medium onion, sliced  
1/2 green pepper, chopped  
1 cup firm tofu, diced in bite-sized pieces  
Fresh 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.

### Granola

4 cups rolled oats  
1 cup crushed almonds  
½ cup whole grain flour  
1 tsp. cinnamon  
¼ cup shredded coconut  
1 cup sunflower seeds  
½ cup wheat germ or other whole grain bran  
1 cup honey  
1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 minutes in a 250-degree preheated oven. Stir and continue to bake another 20 minutes, stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags.

Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

### Apple Blueberry Oatmeal Cereal

2 sweet apples  
¾ cup rolled oats  
1 cup blueberries  
½ cup almonds  
1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

### Muesli

1/2 cup muesli (Bob's Red Mill Old Country Style)  
1/2 cup water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

## Soup

### Minestrone Soup

8 cups vegetable stock  
1 ½ cups of garbanzo beans  
2 cups red kidney beans  
½ cups carrots  
3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)  
½ cup fresh parsley  
Sea salt  
1 cup cabbage  
¼ tsp. oregano  
¼ tsp. basil  
¼ tsp. thyme  
½ cup celery  
1/2 cup onion  
1 clove garlic  
1 pkg. spinach noodles cooked (if desired)

Soak garbanzo and kidney beans overnight.

Drain kidney and garbanzo beans and cook as per directions on package. Peel and dice tomatoes. Mince garlic and parsley. Set aside.

Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat 5-7 min. Stir in cooked and drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed.

Serve over spinach noodles.

### Veggie Soup

1 28oz. can diced or crushed tomatoes  
1 6oz. can tomato paste  
1 can of tomato sauce  
1 can (drained ) each of corn, green beans, potatoes, English peas, carrots.  
Salt to taste  
2 medium onions diced  
1 tsp garlic  
4-5 bay leaves

Add water to cover items cook in slow cooker for 3-4 hrs or on stove top. Could also add mushrooms or other veggies you enjoy.

### **Black Bean Soup**

1 pound black beans, soaked overnight, rinsed & drained  
8 cups vegetable stock  
1 whole onion  
2 bay leaves  
1 ½ cup onion  
1 cup celery  
1 yellow or red pepper  
1 cup carrots (grated)  
1 potato (grated)  
2 garlic cloves  
1 tsp. honey  
Sea salt  
2 Tbsp. cilantro  
1 Tbsp. parsley  
2 Tbsp. marjoram

Place beans in pot with vegetable stock, whole onion and bay leaves. Bring to a boil and cook 1-1/2 to 2 hrs. Cook until the beans are tender. Remove the whole onion and bay leaves.

Meanwhile, chop the onion, pepper, and celery. Grate the carrots and potato on a cheese grater. Mince the garlic and sauté in Tbsp. olive oil until tender.

Once the beans are tender, combine the vegetables and seasonings with beans. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

### **Lentil Soup**

2 tablespoons olive oil, plus extra for drizzling  
1 medium onion, chopped  
2 carrots, peeled and chopped  
2 celery stalks, chopped  
2 garlic cloves, chopped  
Salt  
1 (14 1/2-ounce) can diced tomatoes  
1 pound lentils (approximately 1 1/4 cups)  
2/3 cup pearl barley  
11 cups vegetable broth (can substitute water)  
4 to 6 fresh thyme sprigs

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and sauté until all the vegetables are tender, about 5 to 8 minutes. Add the tomatoes with their juices.

Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes. Season with salt to taste.

Ladle the soup into bowls, drizzle with olive oil and serve.

### **Best Lentil Soup** 4 – 6 servings

¼ cup extra virgin olive oil  
1 medium yellow or white onion, chopped  
2 carrots, peeled and chopped  
2 teaspoons ground cumin  
1 teaspoon curry powder  
½ teaspoon dried thyme  
1 large can (28 ounces) diced tomatoes, lightly drained  
1 cup brown or green lentils, picked over and rinsed  
4 cups vegetable broth  
2 cups water  
1 teaspoon salt, more to taste  
Pinch of red pepper flakes  
Freshly ground black pepper, to taste  
1 cup chopped fresh collard greens or kale, tough ribs removed  
1 to 2 tablespoons lemon juice (½ to 1 medium lemon), to taste

Warm the olive oil in a large Dutch oven or pot over medium heat. One-fourth cup olive oil may seem like a lot, but it adds a lovely richness and heartiness to this nutritious soup.

Once the oil is shimmering, add the chopped onion and carrot and cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes.

Add the garlic, cumin, curry powder and thyme. Cook until fragrant while stirring constantly, about 30 seconds. Pour in the drained diced tomatoes and cook for a few more minutes, stirring often, in order to enhance their flavor.

Pour in the lentils, broth and the water. Add 1 teaspoon salt and a pinch of red pepper flakes. Season generously with freshly ground black pepper. Raise heat and bring the mixture to a boil, then partially cover the pot and reduce the heat to maintain a gentle simmer. Cook for 25 to 30 minutes, or until the lentils are tender but still hold their shape.

Transfer 2 cups of the soup to a blender. Securely fasten the lid, protect your hand from steam with a tea towel placed over the lid, and purée the soup until smooth. Pour the puréed soup back into the pot. (Or, use an immersion blender to blend a portion of the soup.)

Add the chopped greens and cook for 5 more minutes, or until the greens have softened to your liking. Remove the pot from the heat and stir in 1 tablespoon of lemon juice. Taste and season with more salt, pepper and/or lemon juice until the flavors really sing. For spicier soup, add another pinch or two of red pepper flakes.

Serve while hot. Leftovers will keep well for about 4 days in the refrigerator, or can be frozen for several months (just defrost before serving).

### **Leek and Potato Soup**

1 tsp crushed fennel seeds  
2 cloves garlic  
2 tbsp olive oil  
4 pints vegetable stock  
2 lbs leeks (trimmed, cleaned, sliced)  
2 lbs potatoes (cleaned, cut into cubes)

Heat olive oil on a medium heat in a large pan. Add garlic and heat for a few minutes until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes and mix well with other ingredients. Cover and cook for 5 mins. Stir quickly. Cover and cook for further 5 mins. Add stock. Bring to boil, and then cover, turn heat down and simmer for 40 mins.

### **Harira (Makes 4 servings.)**

Harira is a traditional North African soup prepared in Morocco and Algeria. Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.

- 2 Tbs oil
- 1 cup chopped onion
- 1/2 cup chopped celery
- 2 cups warm water
- Pinch of saffron threads
- 1/2 tsp salt, divided
- 1/4 tsp peeled fresh ginger, minced
- 1/4 tsp ground red pepper
- 1/4 tsp ground cinnamon
- 2 garlic cloves, minced
- 2 cups organic mushroom broth
- 1 1/2 cups chopped and seeded plum tomatoes
- 1/2 cup dried small red lentils
- 2 15 oz. cans no-salt-added chickpeas, drained
- 3 Tbs chopped fresh cilantro
- 3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender. Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt.

### **Quick Black Bean Soup**

- 1 can of black beans
- vegetable broth
- crushed garlic
- large chopped onion
- 1 jar of All-Natural salsa
- chopped jalapeno
- chopped Cilantro

Combine all ingredients and enjoy. Amount of broth you use will depend on how chunky you like your soup. The amount of spices you use will depend on how flavorful you like it.

### **One-Pot Lentil & Vegetable Soup with Parmesan**

This lentil-vegetable soup is packed with kale and tomatoes for a filling, flavorful main dish. If you have it, the Parmesan cheese rind adds nuttiness and gives the broth some body. If you avoid cheese made with rennet, look for vegetarian Parmesan cheese, which is made without it.

#### **Ingredients**

2 tablespoons extra-virgin olive oil  
3 cups fresh or frozen chopped onion, carrot and celery mix  
4 cloves garlic, chopped  
4 cups low-sodium vegetable or chicken broth  
1 ½ cups green or brown lentils  
1 (15-ounce) can unsalted diced tomatoes, undrained  
2 teaspoons finely chopped fresh thyme  
½ teaspoon salt  
½ teaspoon ground pepper  
½ teaspoon crushed red pepper  
½ cup grated Parmesan cheese  
Parmesan rind (optional)  
3 cups packed roughly chopped lacinato kale  
1 ½ tablespoons red-wine vinegar  
Chopped fresh flat-leaf parsley for garnish

#### **Directions**

Heat oil in a Dutch oven or large pot over medium heat. Add onion, carrot and celery mix; cook, stirring occasionally, until softened, 6 to 10 minutes. Add garlic; cook, stirring often, until fragrant, about 30 seconds.

Stir in broth, lentils, tomatoes, thyme, salt, pepper, crushed red pepper and Parmesan rind, if using. Bring to a boil over medium-high heat. Reduce heat to medium-low; cover and cook, stirring occasionally, until the lentils are almost tender, 15 to 25 minutes, adding water as needed to thin to desired consistency.

Stir in kale. Cook, covered, until the kale is tender, 5 to 10 minutes. Remove and discard the Parmesan rind, if using. Stir in vinegar. Divide the soup among 6 bowls; sprinkle with Parmesan. Garnish with parsley, if desired.

## Main Meals (for Lunch or Dinner)

**Quick Meal You Can Modify for Your Personal Tastes, your new “Fast Food”** (Serves 2-4 depending on size of serving!)

Okay, there are going to be times on the Daniel Fast when you need a quick meal. In fact, when you prepare for the Daniel Fast, you'll want to stock up on a few of these items so you have them on hand.

- 1 can organic tomato soup (check the label for ingredients)
- 1 can white beans
- 1 cup mixed vegetables (frozen)
- Seasonings to taste, whatever you like (thyme, mixed Italian, cilantro, parsley, etc.)

Add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve!

### **White Beans and Sauteed Vegetables** (Makes 4 servings.)

- 2 cans white beans, drained
- 2 tablespoons olive oil
- ½ cup yellow onion, chopped
- 2 cloves garlic, minced
- ½ cup celery, finely diced
- ½ cup carrot, finely diced
- ¼ cup virgin olive oil (to drizzle after beans are dished up)
- Salt and pepper to taste

Drain the white beans and set aside.

Heat olive oil and then add all the prepared vegetables to the pan. Sauté vegetables until just done. Add beans and heat thoroughly.

Dish up on serving plates, drizzle with extra virgin olive oil. Sea salt to taste.

### **Stir Fry Vegetables**

- 1 red onion, sliced
- 3 stalks celery, thinly sliced
- ½ cup broccoli, chopped
- 1 bell pepper, sliced
- 1 tsp. sea salt
- 3 carrots, peeled and sliced
- ½ cup cauliflower, chopped
- 1 cup zucchini, thinly sliced
- 1 cup yellow squash, thinly sliced
- 1 Tbsp. Oriental seasoning

Stir-fry all vegetables in 1-2 Tbsp. olive oil until tender. Add sea salt and seasoning. Serve alone or over brown rice.



### **Rice-stuffed Tomatoes**

6 large tomatoes  
½ cup raisins  
2 Tbsp. chopped green pepper  
2 Tbsp. green onions  
2 cups cooked brown rice  
2 Tbsp. parsley  
Dressing:  
¼ cup olive oil  
1 Tbsp. ketchup (with no added sugar)  
1 tsp. chili powder (optional)  
2 Tbsp. lemon juice  
½ tsp. dry mustard, optional  
1 tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato. Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain. In a bowl combine chopped tomato, rice, raisins, green pepper, onion, and parsley. Prepare dressing and stir into rice. Season to taste. Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350 for about 15-20 minutes until the tomatoes soften.

### **Stuffed Peppers**

2 Tbs. olive oil  
2 stalks celery, minced (1/2 cup)  
1 medium onion, minced  
1 tsp. salt  
1 clove garlic, minced (1 tsp.)  
2 cups cooked brown rice  
1/2 cup yellow raisins  
1/2 cup vegetable broth  
5 oz tofu, mashed  
3 red bell peppers, laved lengthwise  
2 Tbs. fresh flat leaf parsley

Preheat oven to 400 degrees.

Heat oil in pan over medium heat. Add celery, onion, ½ tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing.

Meanwhile, mash tofu, ½ tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers.

Bake for 30 minutes or until peppers are soft and the stuffing is hot.

## **Vegetarian Chili**

2 medium-sized green peppers, chopped  
1 medium-sized yellow onion, chopped  
1 zucchini, sliced  
1 yellow squash, sliced  
2 tablespoons olive oil  
2 tablespoons chili powder  
 $\frac{3}{4}$  teaspoon salt  
 $\frac{1}{4}$  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.

## **Black Bean Fajita Skillet**

You can often find presliced and ready-to-cook fresh vegetables in your grocer's produce section. Use these to your advantage to cut down on dinnertime prep. Here, presliced fajita vegetables are sautéed with canned black beans and Southwest seasoning for a quick and easy Tex Mex-inspired meal. Plus, this recipe requires just three ingredients, not including basics like salt, pepper and oil. You can easily take your bowl up a notch by adding some cheese, sour cream or another tasty topping.

### **Ingredients**

1 tablespoon olive oil  
1 (12-ounce) package sliced fajita vegetables (bell peppers and onions)  
1 (15-ounce) can no-salt-added black beans, rinsed  
 $\frac{1}{2}$  teaspoon salt-free Southwest-style seasoning blend  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  cup coarsely shredded Cheddar cheese (1 ounce; optional) < “Hold the cheese” during our Fast!

### **Directions**

Heat oil in a large skillet over medium heat. Add fajita vegetables and sauté until tender, about 10 minutes.

Stir in black beans, seasoning and salt; cook, stirring, until heated through, about 1 minute.

Divide the vegetables and beans between two bowls and top each with 2 tablespoons cheese, if using.

## **Roasted Cauliflower and Lentil Tacos with Creamy Chipotle Sauce** (from Cookie & Kate)

2 – 4 servings.

I cooked up some lentils that are seasoned with onions, garlic, tomato paste, cumin and chili powder. Top all that off with a drizzle of spicy, creamy chipotle sauce and some fresh cilantro, and you have one tasty taco.

### **INGREDIENTS:**

#### Cauliflower

1 large head of cauliflower, sliced into bite-sized florets  
2 to 3 tablespoons olive oil  
Salt and freshly ground black pepper

#### Seasoned lentils

1 tablespoon olive oil  
1 cup chopped yellow or white onion  
2 large garlic cloves, pressed or minced  
2 tablespoons tomato paste  
½ teaspoon ground cumin  
½ teaspoon chili powder  
¾ cup brown lentils, picked over for debris and rinsed  
2 cups vegetable broth or water

#### Chipotle sauce

½ cup mayonnaise  
2 tablespoons lime juice  
2 to 3 tablespoons adobo sauce (from a can of chipotle peppers) or chipotle hot sauce to taste  
Salt and freshly ground black pepper, to taste

#### Everything else

8 small, round corn tortillas  
½ cup packed fresh cilantro leaves

### **INSTRUCTIONS:**

To roast the cauliflower: Preheat oven to 425 degrees Fahrenheit. Toss cauliflower florets with enough olive oil to cover them in a light, even layer of oil. Season with salt and pepper and arrange the florets in a single layer on a large, rimmed baking sheet. Roast for 30 to 35 minutes, tossing halfway, until the florets are deeply golden on the edges.

Warm the olive oil in a medium-sized pot over medium heat. Sauté the onion and garlic with a dash of salt for about 5 minutes, until the onions are softened and turning translucent. Add the tomato paste, cumin and chili powder and sauté for another minute, stirring constantly. Add the lentils and the vegetable broth or water. Raise heat and bring the mixture to a gentle simmer. Cook, uncovered, for 20 minutes to 45 minutes, until the lentils are tender and cooked through. Reduce heat as necessary to maintain a gentle simmer, and add more broth or water if the liquid evaporates before the lentils are done. Once the lentils are done cooking, drain off any excess liquid, then cover and set aside.

To prepare the chipotle sauce, just whisk together the ingredients and set aside (if you have no choice but to use whole chipotle peppers from the can, use a blender to purée it all).

Warm tortillas individually in a pan over medium heat. Stack the warm tortillas and cover them with a tea towel if you won't be serving the tacos immediately.

Once all of your components are ready, you can assemble your tacos! Top each tortilla with the lentil mixture, cauliflower, a drizzle of chipotle sauce and a generous sprinkle of chopped cilantro.

## **Lemony Roasted Broccoli, Arugula & Lentil Salad** (from Cookie & Kate)

### **INGREDIENTS:**

#### Salad

1 large bunch of broccoli  
¾ pound Brussels sprouts (or more broccoli)  
2 tablespoons extra-virgin olive oil  
¼ teaspoon fine sea salt  
½ cup black beluga lentils (or green/Puy lentils), picked through for debris and rinsed  
1 ¼ cups water  
4 big handfuls of arugula  
½ cup freshly grated Parmesan cheese < “hold the cheese” during our Fast!

#### Lemon Dressing

2 tablespoons extra-virgin olive oil  
1 tablespoon lemon juice, to taste  
1 teaspoon honey  
1 teaspoon Dijon mustard  
1 clove garlic, pressed or minced  
Pinch of red pepper flakes  
¼ teaspoon fine sea salt  
Freshly ground black pepper, to taste

### **INSTRUCTIONS:**

Preheat oven to 425 degrees Fahrenheit and line your largest rimmed baking sheet with parchment paper for easy-clean-up. Cut the broccoli florets into bite-sized pieces. Trim the ends off the sprouts; cut the small sprouts in two through the stem, and the large sprouts into quarters.

Toss the florets and sprouts in the olive oil so they are lightly coated, and sprinkle with the salt. Spread the florets and sprouts in a single layer on the baking sheet (be sure not to overcrowd). Bake for 24 to 28 minutes, tossing halfway, until the vegetables are crisp-tender and well caramelized on the edges. In the meantime, bring the water to a boil in a medium saucepan. Stir in the lentils. Reduce the heat, cover and simmer for 20 to 25 minutes, until the lentils are tender but still retain their shape. Drain off any excess water.

Whisk together the vinaigrette ingredients while the roasted vegetables and lentils cool a bit. In a large serving bowl, combine the roasted vegetables, cooked lentils and arugula. Drizzle with vinaigrette, sprinkle in the Parmesan and toss well. Taste and add more lemon juice (for more zing), salt (for more overall flavor), and/or pepper, if needed. This salad is best served immediately.

## VEGAN CARNE ASADA TACOS (TVP Websites)

### INGREDIENTS:

large crumble TVP: This is slightly larger than the crumbles you'd use to make my vegan spaghetti for instance.

### MARINADE INGREDIENTS

water

white onion, roughly chopped: any kind of white or yellow onion will be fine.

cilantro

garlic cloves

jalapeno: For a little heat. If you like things extra spicy, leave the seeds in.

soy sauce: For color and earthiness.

lime juice: Fresh or pre-squeezed--both are fine.

lemon juice: Same as above.

orange juice

apple cider vinegar

olive oil (Optional)

liquid smoke: for that smokey flavor. Use mesquite if you can find it.

cumin

black pepper

### FOR THE TACOS

corn tortillas

chopped white onion

chopped cilantro

restaurant-style salsa < For our Fast, make salsa from scratch.

Any other toppings you like!

### INSTRUCTIONS:

Peel and roughly chop the onion. Wash the cilantro (you don't need to remove the stems, but if the ends are woody, you can cut them off.)

Place all of the marinade ingredients--except the water!--in the blender and blend to combine.

Add the TVP to a shallow dish or container. Pour the marinade over the top.

Add a ½ cup of water into the blender and swish it around to grab any remaining marinade. Pour over the TVP and mix to combine.

Cover and marinate in the refrigerator for 4 hours or overnight.

When the TVP is done marinating, transfer it to a skillet. Add another ¼ cup of water to the marinade dish and swish it around, then pour into the skillet (this will help grab any leftover marinade that remained in the dish).

Cook the TVP over medium to medium-high heat, stirring occasionally, for 15 to 20 minutes, or until all of the liquid has evaporated and the vegan carne asada is nicely browned and crispy.

Serve right away with corn tortillas, chopped white onion, and cilantro or store for later.

Store leftovers in the refrigerator in an airtight container for up to 5 days or in the freezer for up to 3 months.

## **HIGH PROTEIN VEGAN BURGERS** (TVP Websites)

### **INGREDIENTS:**

cooked brown rice  
TVP crumbles  
vegetable stock  
tapioca starch could sub for cornstarch  
olive oil  
onion powder  
garlic powder  
garlic  
smoked paprika  
vegan Worcestershire sauce  
nutritional yeast  
soy sauce  
beets grated  
sea salt (optional)  
black pepper  
vital wheat gluten (or oat flour or bread crumbs) < Use oat flour during our Fast.

### **HOW DO I MAKE HIGH PROTEIN VEGAN BURGERS?**

The first thing you are going to do is soak your TVP crumbles in vegetable stock and if you don't have pre-cooked rice, you will want to make that as well.

Once you have those two things, you are going to add everything into a food processor. Pulse and then blend, scraping down the sides as needed.

*Tip: We use a 7 cup processor and have found it easier to add half the rice and TVP, then the rest of the ingredients, then the remaining rice and TVP. This helps ensure the ingredients are well combined since it fills it pretty full.*

Once blended well, remove the center of the food processor and form 6 equal size patties.

To a skillet over medium heat, add a small amount of oil and then cook the burgers 3-4 minutes on each side until a nice sear has developed and the internal temperature reaches 165 degrees

Repeat until all burgers have been cooked, then serve on buns or lettuce wraps with your favorite burger toppings and sauces.

## **Cheesy Sweet Potato & Black Bean Casserole**

A cozy, cheesy casserole is classic comfort food. We amped up the nutrition by including plenty of nourishing veggies. Black beans provide powerful plant-based protein while the sweet potatoes offer up a healthy dose of vitamin A, an antioxidant important for vision and immunity.

### **Ingredients**

- 1 tablespoon extra-virgin olive oil
- 1 ¼ pounds sweet potatoes, peeled and cut into 1/2-inch cubes
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- ¼ teaspoon kosher salt
- ¼ teaspoon ground pepper
- 1 (14.5 ounce) can fire-roasted diced tomatoes, drained
- 1 (4 ounce) can mild diced green chiles, drained
- 1 (15 ounce) can no-salt-added black beans, rinsed
- ¾ cup canned no-salt-added sweet corn, drained
- 1 ¼ cups shredded sharp Cheddar cheese, divided < “Hold the cheese” during our Fast!
- 2 scallions, thinly sliced
- ¼ cup roughly chopped fresh cilantro
- 1 lime, cut into 6 wedges

### **Directions**

Preheat oven to 400°F. Coat a 9-by-13-inch baking dish with cooking spray.

Heat oil in a large nonstick skillet over medium heat. Add sweet potatoes; cook, stirring occasionally, until just tender on the outside, 10 to 12 minutes. Add chili powder, cumin, salt and pepper; cook, stirring constantly, until fragrant, about 30 seconds. Stir in tomatoes and green chiles; cook, stirring occasionally, for 1 minute. Remove from heat; stir in black beans, corn and 3/4 cup cheese.

Transfer the mixture to the prepared baking dish. Scatter the remaining 1/2 cup cheese on top. Cover the baking dish with foil; bake for 15 minutes. Remove the foil; bake until the sweet potatoes are tender and the cheese is melted and bubbly, 8 to 10 minutes. Top with scallions and cilantro. Serve with lime wedges.

## **Roasted Root Veggies & Greens over Spiced Lentils**

This earthy bowl of lentils is topped with leftover roasted root veggies from a large batch for an easy weeknight dinner. Keep it vegan or add a drizzle of plain yogurt for extra richness. Remember, no dairy during our Fast.

### **Ingredients**

#### **Lentils**

1 ½ cups water  
½ cup black beluga lentils or French green lentils  
1 teaspoon garlic powder  
½ teaspoon ground coriander  
½ teaspoon ground cumin  
¼ teaspoon ground allspice  
¼ teaspoon kosher salt  
⅛ teaspoon sumac (optional)  
2 tablespoons lemon juice  
1 teaspoon extra-virgin olive oil

#### **Vegetables**

1 tablespoon extra-virgin olive oil  
1 clove garlic, smashed  
1 1/2 cups roasted root vegetables (see associated recipe following this one)  
2 cups chopped kale or beet greens  
1 teaspoon ground coriander  
⅛ teaspoon ground pepper  
Pinch of kosher salt  
2 tablespoons tahini or low-fat plain yogurt  
Fresh parsley for garnish

#### **Directions**

To prepare lentils: Combine water, lentils, garlic powder, 1/2 teaspoon coriander, cumin, allspice, 1/4 teaspoon salt and sumac (if using) in a medium pot. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until tender, 25 to 30 minutes.

Uncover and continue simmering until the liquid reduces slightly, about 5 minutes more. Drain. Stir in lemon juice and 1 teaspoon oil.

Meanwhile, to prepare vegetables: Heat oil in a large skillet over medium heat. Add garlic and cook until fragrant, 1 to 2 minutes. Add roasted root vegetables and cook, stirring often, until heated through, 2 to 4 minutes. Stir in kale (or beet greens) and cook until just wilted, 2 to 3 minutes. Stir in coriander, pepper and salt.

Serve the vegetables over the lentils, topped with tahini (or yogurt). Garnish with parsley, if desired.



## **Sheet-Pan Roasted Root Vegetables**

One pan is all you need for a heaping pile of nutritious, tender and colorful roasted root vegetables. Whip up this recipe at the beginning of the week to use in easy, healthy dinners all week long.

Our recipe for sheet pan roasted root vegetables includes carrots, parsnips, beets, red onion and sweet potato. This variety of vegetables helps you get the vitamins, minerals, fiber and antioxidants your body needs for a healthy diet.

The best technique for roasting vegetables is to roast them at higher temperatures so that the natural sugars caramelize. The resulting veggies are browned and crisp on the outside and tender on the inside. For extra-crispy roasted vegetables, add some cornstarch.

### **Ingredients**

- 2 large carrots
- 2 medium parsnips, peeled
- 2 medium beets, peeled
- 1 medium red onion
- 1 medium sweet potato
- 3 tablespoons extra-virgin olive oil
- 1 ½ tablespoons apple cider vinegar or balsamic vinegar
- 1 tablespoon fresh herbs, such as thyme, rosemary or sage
- ½ teaspoon kosher salt
- ½ teaspoon ground pepper

### **Directions**

Position racks in upper and lower thirds of oven; preheat to 425 degrees F. Line 2 large rimmed baking sheets with parchment paper.

Cut carrots and parsnips into 1/2-inch-thick slices on a diagonal, then cut into half moons. Cut beets and onion into 1/2-inch-thick wedges. Cut sweet potato into 3/4-inch cubes. You should have about 12 cups raw vegetables.

Toss the vegetables with oil, vinegar, herbs, salt and pepper in a large bowl until well coated. Divide between the prepared baking sheets, spreading into a single layer.

Roast the vegetables, rotating the baking sheets top to bottom halfway through, until fork-tender, 30 to 40 minutes.

### **Greek Vegetable Stew**

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

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

### **Okra, Corn and Tomatoes (Makes 8 servings)**

Prep time: 25 Min

From Betty Crocker's Soul Food Collection... Almost too pretty to eat, this recipe is seasoned with "Fake" bacon, hot pepper sauce, onions and garlic—creating a beautiful dish for family gatherings large or small.

4 slices MorningStar Farms Veggie Bacon Strips (You can get this at Walmart.)  
1 tablespoon olive oil (for cooking)  
1 cup coarsely chopped onion (1 large)  
2 cups diced tomatoes (from 28-oz can), undrained  
2 cans (15.25 oz each) whole kernel corn, drained  
2 ½ cups frozen cut okra (from 1-lb bag)  
1 teaspoon seasoned salt  
1/4 teaspoon garlic powder  
1/2 teaspoon hot pepper sauce

Cook the bacon according to the instructions on the box. You will need to cook it long enough to be able to crumble it. Crumble bacon; set aside. If you can't find the Veggie Bacon, you could substitute Imitation Bacon Bits (which are made from soy).

Cook onion in olive oil over medium heat 2 to 3 minutes, stirring occasionally, until tender. Stir in remaining ingredients (except the crumbled bacon). Heat to boiling. Reduce heat to low; cover and simmer 6 to 8 minutes, stirring occasionally, until okra is tender. Sprinkle with bacon before serving.

### **Brown Rice Dinner**

1 cup of Brown Rice  
2.5 cups water  
1/2 cup of fresh salsa  
1 cup of frozen corn  
1/2 of a chopped red bell pepper  
3/4 cup of cooked black beans

Combine rice and water, bring to rolling boil, reduce heat and simmer for 45 minutes. Half way through the cooking time, add the rest of the ingredients. Stir and replace cover for remainder of cooking time. Serve with fresh sliced avocado.

### **Rice, Black Beans and Corn**

1 can Organic Black beans, drained  
1 can of Organic corn, drained  
organic long grain rice, cooked  
organic corn tortilla  
homemade salsa (see below)  
avocado, sliced

#### **Homemade Salsa**

2 tomatoes diced  
1 onion diced  
Cilantro (to taste)  
Squirt of lime  
1 clove of garlic minced  
tad bit of salt  
1 Jalapeno minced  
1/2 of an avocado diced

Make the Homemade Salsa ahead of time to let the flavors comingle.

Combine 1 can Organic Black beans drained and 1 can of Organic corn drained. Heat and place on top of organic long grain rice (cooked). Top with homemade salsa.

Serve with organic corn tortillas. You can heat them and make them crunchy. Or just cut them into triangles and make them like chips. (Note: The Organic ones are made with just corn and lime.) Serve these with sliced avocados.

### **Black Bean & Brown Rice Stuffed Peppers**

1 qt 100% Vegetable or Tomato Juice  
2 cups cooked black beans  
1 cup cooked brown rice  
2 med green onions (chopped)  
¼ cup fresh cilantro (chopped)  
2 tbsp extra virgin olive oil  
2 tbsp lime juice  
1 clove garlic (finely chopped)  
2-3 large bell peppers (cut in half lengthwise and deseeded)

Combine all ingredients except juice and bell peppers in bowl and mix well. Place peppers in glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in oven on 350 degrees for 45-60 minutes.

**Lentil Baked Ziti** modified from Cookie & Kate Website. (Makes 6 – 8 servings.)

Delicious with marinara, lentils as a substitute for ground beef—Uses Newman’s Own organic marinara. You will have to omit the dairy products during the Fast, but I left it in here so that you can make a very nutritious vegetarian meal without “holding the cheese” after the Fast is over. This freezes well, just like Lasagna does.

**INGREDIENTS:**

For the Lentils:

1 tablespoon olive oil  
1 red onion, chopped  
¼ teaspoon salt  
2 cloves garlic, pressed or minced  
1 ¼ cups regular brown lentils, picked over for debris and rinsed  
3 cups water

For the Pasta and Everything Else:

12 ounces whole grain ziti, rigatoni or penne pasta  
8 ounces (2 packed cups) grated part-skim mozzarella cheese, divided (Omit during the Fast.)  
Salt, to taste  
Freshly ground black pepper, to taste  
Pinch of red pepper flakes (omit if sensitive to spice)  
23.5 ounces Newman’s Own Organics Marinara (plus at least 1 cup of extra sauce, if you like extra-saucy ziti)  
1 cup cottage cheese or ricotta cheese. BTW: the cottage cheese turns magically more creamy and delicious than the ricotta does. (Omit during the Fast.)  
Handful of torn fresh basil leaves, for garnishing

**INSTRUCTIONS:**

To cook the lentils: In a large saucepan over medium heat, warm the olive oil until shimmering. Add the onion and salt. Cook, stirring occasionally, until the onion is turning translucent, about 4 to 5 minutes. Add the garlic and cook until fragrant, about 30 seconds. Add the lentils and water, and stir to combine.

Raise the heat to high and bring the mixture to a simmer, then reduce heat to medium-low and gently simmer until the lentils are tender and cooked through, about 30 to 40 minutes. Drain the mixture well in a fine-mesh sieve and return the lentils to their pot. Set aside.

Meanwhile, preheat the oven to 350 degrees Fahrenheit and bring a large pot of salted water to boil. Cook the pasta just until al dente, according to package directions. Drain and return the pasta to the pot.

Add the lentils to the pasta. Add ½ cup of the cheese, reserving the rest for later. Season to taste with salt (I usually add ¼ to ½ teaspoon), freshly ground black pepper and red pepper flakes (if using).

Pour 1 cup of the marinara sauce into a 13×9-inch baking dish. Spread the sauce around with a spatula so the base of the baker is evenly coated. Pour the lentil and pasta mixture into the baker and spread it so it’s evenly distributed. Using a spoon, dollop cottage cheese in big spoonfuls over the pasta, then just lightly swirl the mixture a bit so the cottage cheese is still concentrated in those areas.

Drizzle the rest of the sauce evenly over the dish (adding extra sauce if you’d like) and gently spread it over the pasta. Sprinkle the remaining mozzarella evenly over the dish. Cover the baker tightly with aluminum foil—don’t let it touch the cheese—or stick a few wooden toothpicks down the center and place a generously sized piece of parchment paper, folded in the middle to make a “tent” over the baker.

Bake for 30 minutes, then remove the covering, increase the heat to 450, and continue baking until the cheese on top is golden and spotty, 3 to 9 more minutes. Remove the baker from the oven and let it cool for 10 minutes before serving. Sprinkle freshly torn basil on top, slice and serve

CHANGE IT UP: You can add cooked bite-sized veggies or sautéed greens to the lentil and pasta mixture, if you’d like!

## Sides

### Spanish Rice

- 1 cup brown rice
- 1 cup tomato juice
- 1/3 cup green pepper
- 1/3 cup celery
- 1 med. Tomato
- 2 tsp. chives
- 1 tsp. basil
- 1 cup vegetable stock
- 1 tsp. oregano
- 1/3 cup carrot
- 1/3 cup onion
- 2 small garlic cloves
- 1 tsp. sea salt

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 min. Remove from heat and add the following: diced tomato, celery, and onion; minced garlic, chopped chives, grated carrots, seasoning and sea salt. Replace cover and simmer for 15-20 min.

### Curry Brown Rice

- Cooked brown rice
- 1-2 tsp curry powder
- 1/2 c frozen sweet peas
- 1/2 c corn
- 1/4 c onions
- 1/4 c tomato
- 1/2 tspn dried thyme leaves
- 1 tbsp virgin olive oil

Make the desired amount of brown rice.

Dice the onion and tomato. Heat pan with olive oil. Mix in tomato, onions, thyme, corn, sweet peas and curry. Stir until onion and tomato is cooked. Add water sparingly to keep it from sticking to the pan. Add already cooked brown rice. If desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out.

### **Spicy Green Beans**

2 tablespoons vegetable oil  
1 pound green beans, trimmed  
1/4 teaspoon salt  
3 cloves garlic, minced  
1/4 - 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

### **Herb-Roasted Idaho Potato Fries** (Makes 4 servings.)

1 pound small baking potatoes  
2 tsp extra-virgin olive oil  
1/2 tsp dried thyme  
1/2 tsp dried rosemary  
1/4 tsp salt

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet.

In a cup, mix the oil, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet.

Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

### **Whole Wheat Tortillas** (Makes 12 tortillas.)

You can buy 100% whole wheat tortillas, but these are easy to make. Use these tortillas for a veggie wrap or for chips with salsa.

2 cups whole wheat flour  
½ teaspoon salt  
2 tablespoons olive oil  
½ cup warm water

Mix flour and salt in bowl. Add olive oil and stir until well combined. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl. Knead dough on floured board for about 3 minutes (20 folds). Allow dough to rest for 15 minutes. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little ball. With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward).

Heat a skillet over medium heat. Fry the tortillas in a dry stick-free pan for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.

### **Hot Water Cornbread**

White or yellow corn meal

Hot water

Stir it up very well. Pat out individually like hamburger patties. Brown the patties on both sides in skillet with olive oil.

### **Polenta “Biscuits”**

This recipe for polenta “biscuits” is a nice addition to soups, stews or casseroles. Plus the tofu is rich in protein.

1/2 cup dry polenta

1 teaspoon Italian seasoning

Salt

2 12-ounce packages extra-firm tofu, drained

1 tablespoon olive oil

Preheat oven to 400 degrees. Combine polenta, Italian seasoning, & salt on a plate. Slice the tofu into 2” x 2” squares (approximate). Brush tofu pieces with olive oil and dredge in polenta mixture. Transfer to baking pan lined with parchment paper or sprayed with 100 percent olive oil spray. Bake 30 minutes or until browned. Serve by laying polenta biscuits on top of stew or with soup or casserole.



## Crock Pot Recipes

### **Rice, Green Beans and Lentils**

- 1 cup cooked rice
- 1/2 cup lentils rinsed
- 1 tsp. cinnamon
- 1 tsp. salt
- 1 TBSP tomato paste
- 1 can green beans not drained
- 1 cup of water

Cook the rice in a rice cooker. The rest of the ingredients go in crock pot for five hours on medium to high.

### **Rice and Lentils**

- 1 cup cooked rice
- 1/2 cup of lentils
- 1 tsp salt
- 2 cups water

Cook the rice in a rice cooker. The rest of the ingredients go in crock pot for five hours on high.

### **Vegetable Soup and Navy Beans**

- 1 cup pureed spinach
- 1 cup pureed green beans
- 1 can navy beans rinsed and drained
- 1 tsp salt
- 1 cup water

Put all ingredients in crock pot for four hours on medium.

### **Mashed Pinto Beans on Whole Grain Taco Shells**

- 1 can pinto beans rinsed and drained
- 1 TBSP of raisins
- 1 tsp salt
- whole grain soft taco shells.

Cook pinto beans and raisins in crock pot for four hours. Blend in blender. Serve with whole grain soft taco shells.

## **Rice and Chick Peas**

1 cup rice  
1 can chick peas drained and rinsed  
1 cup water  
1 tsp salt  
1 TBSP raisins

Cook rice in a rice cooker. Put rest of ingredients in a Crock Pot and cook four hours at medium.

## **Slow-Cooker Mediterranean Diet Stew**

With a focus on vegetables, fiber-rich legumes and healthy fats, this slow-cooker stew fits the bill for those following the Mediterranean diet. Swap out the chickpeas for white beans for a different twist, or try collards or spinach in place of the kale. A drizzle of olive oil to finish pulls together the flavors of this easy vegan crock pot stew.

### **Ingredients**

2 (14 ounce) cans no-salt-added fire-roasted diced tomatoes  
3 cups low-sodium vegetable broth  
1 cup coarsely chopped onion  
¾ cup chopped carrot  
4 cloves garlic, minced  
1 teaspoon dried oregano  
¾ teaspoon salt  
½ teaspoon crushed red pepper  
¼ teaspoon ground pepper  
1 (15 ounce) can no-salt-added chickpeas, rinsed, divided  
1 bunch lacinato kale, stemmed and chopped (about 8 cups)  
1 tablespoon lemon juice  
3 tablespoons extra-virgin olive oil  
Fresh basil leaves, torn if large  
6 lemon wedges (Optional)

### **Directions**

Combine tomatoes, broth, onion, carrot, garlic, oregano, salt, crushed red pepper and pepper in a 4-quart slow cooker. Cover and cook on Low for 6 hours.

Measure 1/4 cup of the cooking liquid from the slow cooker into a small bowl. Add 2 tablespoons chickpeas; mash with a fork until smooth.

Add the mashed chickpeas, kale, lemon juice and remaining whole chickpeas to the mixture in the slow cooker. Stir to combine. Cover and cook on Low until the kale is tender, about 30 minutes.

Ladle the stew evenly into 6 bowls; drizzle with oil. Garnish with basil. Serve with lemon wedges, if desired.

## Salads

### Diced Fruit Salad

- 1 kiwi
- 1 pint strawberries
- 1 mango
- 2 bananas
- ½ pint blueberries

Just slice and mix.

### Southwestern Corn and Black Bean Salad (Makes 4 servings.)

The beans, corn and nuts in this salad combine to create 19 grams of protein per serving.

- 1 1/2 cups corn kernels (fresh or frozen)
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 2 (14.5 ounce) cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion
- Salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

### Barley and Black Bean Salad (Makes 4 servings.)

This is a very easy and quick recipe. Beans and barley make a complete protein, so this is an excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

- 1 cup barley, cooked according to package directions
- 1 (15 ounce) can black beans, rinsed
- 1/2 cup corn (thawed if frozen)
- 1/3 cup chopped fresh cilantro
- 2 tablespoons lime juice
- 1 tablespoon extra-virgin olive oil
- Salt to taste
- Chopped or torn lettuce

Combine cooked barley, beans, corn, cilantro, lime juice, oil, and salt in a medium bowl. Serve on bed of chopped or torn lettuce.

**Tabouleh**, which is a Levantine salad. (Makes 8 servings.)

- 1 cup bulghur wheat
- 1 1/2 cups boiling water
- 1/4 cup freshly squeezed lemon juice (2 lemons)
- 1/4 cup good olive oil
- 3 1/2 teaspoons kosher salt
- 1 cup minced scallions, white and green parts (1 bunch)
- 1 cup chopped fresh mint leaves (1 bunch)
- 1 cup chopped flat-leaf parsley (1 bunch)
- 1 hothouse cucumber, unpeeled, seeded, and medium-diced
- 2 cups cherry tomatoes, cut in half
- 1 teaspoon freshly ground black pepper

Place the bulghur in a large bowl, pour in the boiling water, and add the lemon juice, olive oil, and 1 1/2 teaspoons salt. Stir, then allow to stand at room temperature for about 1 hour.

Add the scallions, mint, parsley, cucumber, tomatoes, 2 teaspoons salt, and the pepper; mix well.

Season, to taste, and serve or cover and refrigerate. The flavor will improve if the tabbouleh sits for a few hours.

### **Tossed Salad with Strawberry-Melon Spinach Salad Dressing**

- 3 cups bite-size pieces fresh spinach
- 1/2 cup sliced strawberries
- 1/2 cup cubed cantaloupe
- Optional: 1/2 cup sliced oranges
- 2 medium green onions, sliced
- For Dressing:
  - 1 tablespoon orange juice
  - 1 tablespoon honey (if you are allowing honey)
  - 1 1/2 teaspoon olive oil

In a tightly covered container, shake all dressing ingredients. In large bowl, toss all salad ingredients with the dressing.

**Lemony Roasted Broccoli, Arugula & Lentil Salad** adapted from Cookie & Kate website.

You will have to omit the dairy products during the Fast, but I left it in here so that you can make a very nutritious vegetarian salad/meal without “holding the cheese” after the Fast is over.

**INGREDIENTS:**

**Salad:**

- 1 large bunch of broccoli
- ¾ pound Brussels sprouts (or more broccoli)
- 2 tablespoons extra-virgin olive oil
- ¼ teaspoon fine sea salt
- ½ cup black beluga lentils (or green/Puy lentils), picked through for debris and rinsed
- 1 ¼ cups water
- 4 big handfuls of arugula
- ½ cup freshly grated Parmesan cheese (Omit during the Fast.)

**Lemon Dressing:**

- 2 tablespoons extra-virgin olive oil
- 1 tablespoon lemon juice, to taste
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- 1 clove garlic, pressed or minced
- Pinch of red pepper flakes
- ¼ teaspoon fine sea salt
- Freshly ground black pepper, to taste

**INSTRUCTIONS:**

Preheat oven to 425 degrees Fahrenheit and line your largest rimmed baking sheet with parchment paper for easy-clean-up. Cut the broccoli florets into bite-sized pieces. Trim the ends off the sprouts; cut the small sprouts in two through the stem, and the large sprouts into quarters.

Toss the florets and sprouts in the olive oil so they are lightly coated, and sprinkle with the salt. Spread the florets and sprouts in a single layer on the baking sheet (be sure not to overcrowd). Bake for 24 to 28 minutes, tossing halfway, until the vegetables are crisp-tender and well caramelized on the edges. In the meantime, bring the water to a boil in a medium saucepan. Stir in the lentils. Reduce the heat, cover and simmer for at least 25 minutes, until the lentils are tender but still retain their shape. Drain off any excess water.

Whisk together the vinaigrette ingredients while the roasted vegetables and lentils cool a bit. In a large serving bowl, combine the roasted vegetables, cooked lentils and arugula. Drizzle with vinaigrette, sprinkle in the Parmesan and toss well. Taste and add more lemon juice (for more zing), salt (for more overall flavor), and/or pepper, if needed. This salad is best served immediately.

## Salad Dressings

### Avocado Tomato Dressing

2 ripe avocados, peeled and pitted  
1 med. ripe tomato  
1 tsp. herb seasoning  
¼ cup fresh lemon juice  
Sea salt to taste

Place all ingredients in blender and blend until smooth.

### Creamy Green Dressing

½ med. ripe avocado, peeled and pitted  
¾ cup distilled water  
3 tablespoons fresh lemon juice  
¼ cup almonds, soaked overnight and drained  
¼ tsp. garlic powder  
1 ¼ tsp. onion powder or flakes  
Sea salt

Blend all ingredients until smooth.

### Pesto Dressing

4 small garlic cloves, peeled  
2 ⅔ cup tightly packed fresh basil leaves  
1/3 cup pine nuts  
1/3 cup cold-pressed extra virgin olive oil  
Sea salt

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add oil through the feed tube. Continue to process until smooth. This can also be used over whole wheat pasta!

### Herb Vinaigrette

1/3 cup fresh lemon juice  
½ tsp. dried basil (if using fresh, use twice as much)  
1 tsp. dried oregano  
¼ tsp sea salt  
½ tsp dry mustard (optional)  
½ cup fresh Italian parsley, minced  
1 cup olive oil  
1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

### **Italian Dressing**

½ cup olive oil

¼ cup fresh lemon juice

1-2 garlic cloves, peeled

1 tsp. whole grain mustard seed (optional)

½ cup distilled water

1 green onion, chopped

1 tsp. honey (if you are allowing honey)

Dash Cayenne

Additional/Optional seasonings: Italian seasoning, oregano and/or basil.

Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1 tsp. oregano and 1 tsp. basil. Mix well.

### **French Dressing**

1 cup olive oil

1/3 cup fresh lemon juice

1/3 cup honey (if you are allowing honey)

1 tablespoon paprika

¾ cup salt free tomato puree

1 tablespoon onion powder

½ tsp. garlic powder

Sea salt

Blend on high for 30 seconds.

## Snacks and Treats

### Popcorn

1/4 cup unpopped popping corn

1 brown lunch bag

Place corn kernels in lunch bag. Fold at end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.

### Celery and Peanut Butter Snacks

Stuff celery with peanut butter and add nuts or raisins.

### Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind.

1/2 cup orange juice (juiced from fresh oranges)

Juice of 2 limes (taste before you add all the juice at once)

1 medium-size, banana, peeled and cut into chunks

Fresh mint leaves for garnish (optional)

2 cups of ice cubes - makes it like a frozen ice drink (optional)

Mix all in a blender, and serve. Serves 2

You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for smoothies!