

Daniel Fast Overview

The Daniel Fast is a biblically based partial fast. It is a method of fasting that men, women and young people all over the world are using as they enter into the spiritual discipline of prayer and fasting.

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

Then in Daniel 10 we read that the Prophet ate no meat nor any precious 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

Another important guideline is drawn from Jewish fasting principles, where no leaven is used during the fast. So that's why yeast, baking powder and the like are not allowed on the Daniel Fast.

Finally, with all the above puzzle pieces, we conclude that no artificial or processed foods nor any chemicals are allowed on the Daniel Fast.

Be sure to read the ingredients on labels of prepared foods to make sure they only include Daniel Fast friendly ingredients.

What if you have health issues?

Fasting should never bring harm to the body. And if you have concerns, be sure to consult your health professional before going on the Daniel Fast or making any major dietary change.

The Daniel Fast is a very healthy way to eat! So health professionals will support this eating plan, but might suggest a few modifications if you have health issues that need special attention. For example, pregnant and nursing mothers might get instructions to add fish, chicken and cheese into the Daniel Fast, but otherwise stay the course. Diabetics may need to add more carbohydrates or include chicken and fish. Also, those who are especially active either through sports, bodybuilding or vocation may need to slightly alter the eating plan.

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

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

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

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

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

Legumes:

Dried beans	Black eyed peas	Beans
Black beans	Green beans	Lentils
Cannellini	Green peas	Lupines
Pinto beans	Kidney beans	White
Split peas	Peanuts (includes natural	Peas
Lentils	peanut butter)	

Seeds:

All nuts (raw, unsalted)	Cashews	Sesame
Sprouts	Walnuts	Almonds
Ground flax	Sunflower	Natural Almond Butter

Whole Grains:

Whole wheat	Rolled Oats	Whole wheat tortillas
Brown rice	Plain Oatmeal- not instant	Plain Rice cakes
Millet	Barley	Popcorn
Quinoa	Grits (no butter)	
Oats	Whole wheat pasta	

Liquids:

Water (spring, distilled, filtered)
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

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.

What about popcorn?

Corn is listed in the vegetables to eat list. You can use a pot on the stove... here is a recipe.

- 1) Put two tbsp. of olive oil in the bottom of a large pot.
- 2) Add enough popcorn to cover the bottom of the pan.
- 3) Turn heat to medium high. Look for the first popcorn kernel to pop.
- 4) Put the lid on the pot. Using potholders shake the pot over the burner.
- 5) Continue shaking until you no longer hear kernels popping. Remove from heat.

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?

We are recommending the Ezekiel bread found in the freezer section of your grocery/health food store.

How much can I eat?

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

Breakfast Recipes

Easy High-protein Breakfast Stir-fry for the Daniel Fast

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.

Makes two servings.

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.

Granola

4 cups rolled oats
1 cup crushed almonds
1/2 cup whole grain flour
1 tsp. cinnamon
1/4 cup shredded coconut
1 cup sunflower seeds
1/2 cup wheat germ or other whole grain bran
3/4 - 1 cup honey
1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250 degree preheated oven. Stir and continue to bake another 20 min., 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.

Meals and Sides

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 fresh)

Salt to taste
¼ cup cilantro, finely chopped

Saute 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.

Spicy Green Beans

2 tablespoons vegetable oil
1 pound green beans, trimmed
¼ teaspoon salt

3 cloves garlic, minced
¼ - ½ 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
½ tsp dried thyme

½ tsp dried rosemary
¼ 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.

Minestrone Soup

8 cups vegetable stock	1 cup cabbage
1 ½ cups of garbanzo beans	¼ tsp. oregano
2 cups red kidney beans	¾ tsp. basil
½ cups carrots	¼ tsp. thyme
3 medium tomatoes (or 1-14 oz can of unsweetened, unsalted Italian tomatoes)	½ cup celery
½ cup fresh parsley	½ cup onion
Sea salt	1 clove garlic
	1 pkg. spinach noodles cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and saute 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 noodles.

Black Bean Soup

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

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

Chop onion, pepper, and celery. Grate carrots and potato on cheese grater. Mince garlic and saute in Tbsp. olive oil until tender.

During last hour of cooking, combine vegetables and seasonings with beans. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

White Beans and Sauteed Vegetables

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

Drain the white beans and set aside

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

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

Yield: 4 servings

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 sauteing and frying.

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 salt and seasoning. Serve alone or over brown rice.

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.

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

Preheat oven to 400 degrees

Heat oil in pan over medium heat. Add celery, onion, . tsp. salt, and garlic. Saute 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, . 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.

Yield: 6 servings

Lentil Soup

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

Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and saute 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.

Six Servings

Vegetarian Chili

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

Chop and saute 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

Barley and Black Bean Salad

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	1/3 cup chopped fresh cilantro
1 (15 ounce) can black beans, rinsed	2 tablespoons lime juice
1/2 cup corn (thawed if frozen)	1 tablespoon extra-virgin olive oil
	Salt to taste

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

Yield: 4 servings

Whole Wheat 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	2 tablespoons olive oil
½ teaspoon salt	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. Yield: Makes 12 tortillas

Polenta “Biscuits” for the Daniel Fast

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	2 - 12 ounce packages extra-firm tofu,
1 teaspoon Italian seasoning	drained
Salt	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.

Celery and Peanut Butter Snacks

Stuff celery with peanut butter and add nuts or raisins.

Harira

Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.

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

Heat oil in a large saucepan on medium heat. Add onion and celery and saute 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.

Yield: 4 servings

Fast Food for the Daniel Fast

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 the on hand.

- 1 can organic tomato soup (check the label for ingredients)
- 1 can white beans
- 1 cup mixed vegetables (frozen)

Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like)

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!

Serves 2-4 depending on size of serving!

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

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 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 also 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.

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.

Eight servings

Rice, Black beans and corn

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

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 (which is 2 tomatoes diced, 1 onions diced, cilantro, squirt of lime, clove of garlic minced, tad bit of salt, 1 Jalapeno minced, 1/2 of an avocado diced.) Serve with organic corn tortilla (you can heat them and make them crunchy. I just cut them into triangles and make them like chips. (Organic ones are made with just corn and lime) Serve with sliced avocados.

Tabouleh

1 bunch parsley	3 tbs Bulgur (cracked wheat)
1 small onion	juice of 1 lemon
1 small tomato	olive oil

Soak bulgur for 1 hour in warm water. Chop parsley very fine. Chop onion and tomato combine all ingredients. Drizzle olive oil and squeeze lemon into mixture. Salt to taste.

Black Bean & Brown Rice Stuffed Peppers

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

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.

Curry brown rice

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

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

Veggie soup

1 28oz. can diced or crushed tomatoes	salt to taste
1 6oz. can tomato paste	2 medium onions diced
1 can of tomato sauce	1 tsp garlic
1 can (drained) each of corn, green beans, potatoes, english peas, carrots.	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.

Leek and Potato soup

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

Heat olive oil on a medium heat in a large pan. Add garlic - heat for a few mins 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, then cover, turn heat down and simmer for 40 mins.

Hot water cornbread

White or yellow corn meal, hot water
Stir it up very well. Pat out individually like hamburger patties. Brown both sides in skillet with olive oil.

Rice, Green Beans and Lentils

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

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

Rice and Lentils

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

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

Vegetable soup and navy beans

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

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

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

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

Brown Rice Dinner

1 cup of Brown Rice	1/2 cup of fresh salsa
2.5 cups water	1 cup of frozen corn
Bring to rolling boil, reduce heat and simmer/steam for 45 minutes.	1/2 of a chopped red bell pepper
Half way through the cooking time, add:	3/4 cup of cooked black beans

Stir and replace cover for remainder of cooking time. Serve with fresh sliced avocado.

Snacks

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.

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 this.

Salads/Dressings

Salad

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

Strawberry-Melon Spinach Salad Dressing:

1 tablespoon orange juice
1 tablespoon honey (if you are allowing honey)
1 1/2 teaspoon olive oil

Avocado Tomato Dressing

2 ripe avocados, peeled and pitted
1 med. ripe tomato
1 tsp. herb seasoning
1/4 cup fresh lemon juice
Sea salt to taste
Place all ingredients in blender and blend until smooth.

Creamy Green Dressing

1/2 med. ripe avocado, peeled and pitted
3/4 cup distilled water
3 tablespoons fresh lemon juice
1/4 cup almonds, soaked overnight and drained
1/4 tsp. garlic powder
1 1/4 tsp. onion powder or flakes
Sea salt

Blend all ingredients until smooth.

Pesto Dressing

4 small garlic cloves, peeled
2 2/3 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.

Herb Vinaigrette

1/3 cup fresh lemon juice
1/2 tsp. dried basil (if using fresh, use twice as much)
1 tsp. dried oregano
1/4 tsp sea salt

1/2 tsp dry mustard (optional)
1/2 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

1/2 cup olive oil
1/4 cup fresh lemon juice
1-2 garlic cloves, peeled
1 tsp. whole grain mustard seed (optional)

1/2 cup distilled water
1 green onion, chopped
1 tsp. honey
Dash Cayenne

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

French Dressing

1 cup olive oil
1/3 cup fresh lemon juice
1/3 cup honey
1 tablespoon paprika

3/4 cup salt free tomato puree
1 tablespoon onion powder
1/2 tsp. garlic powder
Sea salt

Blend on high for 30 seconds.

Diced Fruit Salad

1 kiwi
1 pint strawberries
1 mango

2 bananas
1/2 pint blueberries

Slice and mix.

Southwestern Corn and Black Bean Salad

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)	2 (14.5 ounce) cans black beans, rinsed
1/3 cup pine nuts	2 cups shredded red cabbage
1/4 cup lime juice	1 large tomato, diced
2 tablespoons extra-virgin olive oil	1/2 cup minced red onion
1/4 cup chopped fresh cilantro	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.

Yield: 4 serving

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