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# CTAC Daniel Fast Cookbook & Planner



*CTAC Family Enrichment Department  
2014 Corporate Consecration*



## *Introduction*

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This consecration is a 21-day partial fast based upon Daniel's own experiences as recorded in the Bible. The purpose is to *restrict commonly enjoyed foods* as an act of worship and consecration to God. Someone who chooses to undergo a Daniel Fast demonstrates a physical commitment that reflects a deep spiritual desire for a more intimate relationship with the Lord. While the Daniel Fast is cleansing your body by omitting certain foods for a limited time, the deeper and true basis of intent is for spiritual connection.

On one occasion, Daniel was greatly concerned for his people and sought the Lord's wisdom during a 3-week time of prayer and fasting. **Daniel 10:2-3** says, "**At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips.**" The meaning of "choice food" is not clear; however, most commentaries conclude that he ate no bread or sweets. The Message translation sums up Daniel's eating habits during that time: "**I ate only plain and simple food.**"

The intention of today's Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel's passion for the Lord caused him *to hunger and thirst for spiritual food rather than physical food*, which should be the desire for anyone doing the Daniel Fast.



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## Trail Mix

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Coming up with snack ideas on the Daniel Fast can present quite a challenge for some people, especially when everything you'd normally munch on falls in the "Foods to Avoid" category! One of the tried-and-true recipes for healthy snacking is the classic Trail Mix - a tasty, satisfying snack that will give you energy between meals, help curb your appetite, and give you that mid-morning or mid-afternoon boost. Trail Mix travels well, too. Just scoop some out into a plastic bag. Take it with you to work, school, or whenever you're on the road. That way you won't be tempted to head to the nearest fast food drive-thru when your stomach is growling for a snack!

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### Ingredients:

1 cup whole raw almonds or  
Cinnamon-Roasted Almonds

1 cup cashew halves & pieces

1 cup walnut halves

1/2 cup golden raisins

1/2 cup raisins

1/4 cup sunflower seeds

1/4 cup pumpkin seeds

### Directions:

Mix ingredients together, and store in an airtight container.

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## Gimme More Granola

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### **Ingredients:**

**1/4 cup chopped dried plums or Medjool dates**

**1/4 cup water**

**1 cup old-fashioned rolled oats**

**2 TB unsweetened apple juice**

**1 TB extra-virgin olive oil**

**1/4 cup raisins**

**2 TB chopped almonds**

**2 TB chopped walnuts**

**2 TB sunflower seeds**

**2 TB unsweetened shredded coconut**

### **Directions:**

Preheat oven to 350 Degrees F. In a small saucepan, add plums and water. Cook over medium heat 5 minutes, or until plums are softened. Transfer to a food processor or blender, and process until mixture is a thick paste.

In a large bowl, combine plum mixture, apple juice, olive oil, oats, raisins, almonds, walnuts, sunflower seeds, and coconut. Stir well, making sure everything is well coated. Spread out on a baking sheet, and bake 5 minutes. Stir granola, and bake another 5 minutes, or until lightly browned. Let cool (will become more crispy as it cools), and store in an airtight container. Makes about 2 cups.

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## Homemade Salsa

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### **Ingredients:**

**3-4 large tomatoes, quartered or 1 (14.5-oz) can diced tomatoes**

**1 (10-oz) can diced tomatoes & green chiles**

**1/2 cup chopped green bell peppers**

**1/2 cup chopped red bell peppers**

**1/2 cup chopped red onions**

**1 serrano pepper, seeded & chopped**

**1/4 cup packed fresh parsley**

**2-3 cloves garlic, minced**

**1 TB lime juice**

**1/2 tsp salt**

**1/4 tsp cumin**

### **Directions:**

Add ingredients to a food processor or blender until desired consistency is reached. Chill at least 1 hour to let flavors blend. Makes 3 cups.

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## Date Honey

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### **Ingredients:**

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

**1 cup water**

**1/2 teaspoon cinnamon**

### **Directions:**

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

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## Broiled Pineapple Slices

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**This recipe can be enjoyed for breakfast, as a tasty snack, or served as a satisfying side dish. It only takes minutes to prepare!**

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### **Ingredients:**

**6 fresh or canned pineapple slices**

**1 tablespoon Date Honey**

**1 tablespoon fresh lime juice**

**1 tablespoon unsweetened coconut flakes**

### **Directions:**

Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix Date Honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with 1/2 teaspoon coconut flakes. Broil for 2 minutes and serve.

### **My Notes:**

Other Options: Cut slices into chunks and mix in with oatmeal. Or, omit the coconut flakes and just spread Date Honey and lime juice on top.

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# Apple Craze

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**Ingredients:**

**4 tablespoons unsweetened applesauce**

**1 teaspoon lemon juice**

**1 teaspoon lime juice**

**1 teaspoon lemon water (Lemon peels and boiling water)**

**1 teaspoon minced green apple**

**Directions:**

Put lemon peels in boiling water. While you are waiting mince the green apple. Pour the lemon water and minced apple into the blender. Pour the applesauce into the blender. Pour in the lime and lemon juice. Blend until smooth.

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## Fruit Fantasy

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Feel free to try different fruits seasonally for different tastes. Very fast, easy, delicious and simple. If your fruits are fresh, it's even better.

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### **Ingredients:**

**1 banana (not frozen)**

**1 apple**

**1 orange**

**2 handfuls grapes**

**3 strawberries (frozen)**

**8 ice cubes**

### **Directions:**

Wash, cut fruit and place in blender. Add ice and blend on high for 2-3 minutes. Makes a wonderfully refreshing whole fruit drink.

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## Green Goliath Smoothie

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**Ingredients:**

**2 cups fresh or organic spinach**

**1-1/4 C soy or almond milk**

**1 T. flax**

**1 banana**

**ice, to taste**

**Directions:**

Put all ingredients in blender. Blend for 30-40 seconds, or until desired consistency.

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## Pineapple Smoothie

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**This is a great drink for a quick pick-me-up, or as a breakfast drink. You could also freeze it to make an ice treat for the children.**

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### **Ingredients:**

**1/2 ripe cantaloupe**

**2 ripe kiwis**

**20 fresh strawberries**

**3 slices unsweetened pineapples**

**1/3 cup unsweetened pineapple juice**

**4 cubes ice**

### **Directions:**

Peel and cut all fruits into chunks and place into blender. Add juice and blend until smooth. Add ice and blend again.

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## Purplicious Smoothie

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**This is a great smoothie for breakfast - and sometimes dinner! You can substitute the orange juice with any mix of juices or even soy milk! The soy milk adds more of a milk shake quality. Enjoy!**

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### **Ingredients:**

**2 frozen bananas, skins removed and cut in chunks**

**1/2 cup frozen blueberries**

**1 cup orange juice**

**1 teaspoon vanilla extract (optional)**

### **Directions:**

Place bananas, blueberries and juice in a blender, puree. Use vanilla to taste. Use more or less liquid depending on the thickness you want for your smoothie.

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## Veggie Energizer

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**Ingredients:**

**1 cup cold bottled water**

**1 carrot, scrubbed clean and cut into large pieces**

**1 stalk celery, cut into large pieces**

**1 apple (wash and leave skin on)**

**1 inch piece of fresh ginger, peeled**

**Directions:**

In a high-powered blender blend all ingredients until smooth.

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## Pinkalicious Power Drink

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**Ingredients:**

**1 cup seedless watermelon, chopped into chunks**

**1 cup raspberries, frozen**

**A splash of water**

**1 teaspoon lime juice**

**3 ice cubes**

**Directions:**

Combine and blend in a blender until smooth.

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## Andee's Awesome Pineapple Blast

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Each serving is about 8 oz.

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### **Ingredients:**

**3 slices fresh pineapple**

**6 fresh strawberries (washed)**

**1/3 C fresh blueberries (washed)**

**1-1/2 C ice (crushed works best)**

### **Directions:**

Cut slices of pineapple in big chunks. Cut tops off strawberries & cut in half. Place all ingredients in blender and puree until smooth.

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## Vegan Chunky Chili

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If you are entertaining mixed palettes, this meal will satisfy all tastes. A from-scratch chili that uses many different vegetables as well as beans, lentils and tofu to provide that 'full' feeling that chili with meat offers. Add fresh parsley and basil to taste, if desired. I prefer to let the chili sit overnight in the refrigerator before serving.

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### **Ingredients:**

**1/2 cup dry kidney beans, soaked overnight**

**1/2 cup dry white beans, soaked overnight**

**1/2 cup dry brown lentils, soaked overnight**

**6 cups chopped fresh tomatoes**

**6 cups water**

**1 cup chopped fresh mushrooms**

**1/2 cup chopped green bell pepper**

**1/2 cup chopped red bell pepper**

**1 cup fresh green beans**

**1/4 cup chopped celery**

**1/4 onion, chopped**

**1/4 red onion, chopped**

**3/4 cup extra firm tofu, drained, crumbled**

**Black pepper to taste**

**Onion powder to taste**

**Garlic powder to taste**

**Chili powder to taste**

### **Directions:**

Drain and rinse kidney beans, white beans and lentils. Combine in a large pot and cover with water; boil over medium-high to high heat for 1 hour, or until tender. Meanwhile, in a large saucepan over high heat, combine tomatoes and water; bring to a boil. Reduce heat to low and simmer, uncovered, for 1 hour, or until tomatoes are broken down. Stir the tomatoes into the beans and add mushrooms, green bell pepper, red bell pepper, green beans, celery, onions and tofu. Season with salt, pepper, onion powder, garlic powder and chili powder to taste and simmer for 2 to 3 hours, or until desired consistency is reached.

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# Baked Oatmeal

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**Ingredients:**

**4 cups old fashioned oats (do not use instant or quick cooking)**

**4 cups water**

**1 cup chopped apples**

**1/2 cup chopped walnuts**

**1/2 cup chopped dates**

**1 teaspoon vanilla**

**Directions:**

Preheat oven to 350 degrees.

Combine oats, walnuts and a pinch of salt in a bowl, mix well.

In a separate container, combine the water and vanilla.

Combine all ingredients (except the dates) and stir gently. Pour the mixture into a lightly oiled 8" X 8" dish. Bake at 350 degrees for 30 to 60min. Keep an eye on this after 30 minutes; depending on variable conditions, they may cook between the 30th to 40th minute. When done, take the baked oatmeal out of oven, stir in the dates, and serve warm.

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# Incredible Cabbage Soup

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## **Ingredients:**

**6 large green onions**

**2 green peppers**

**1 or 2 cans of tomatoes (diced or whole)**

**3 Carrots**

**1 Container (10 oz. or so) Mushrooms**

**1 bunch of celery**

**half a head of cabbage**

**Season to taste with salt, pepper, parsley, curry, garlic powder, etc.**

## **Directions:**

Slice green onions, put in a pot and start to saute with cooking spray.

Cut green pepper stem end off and cut in half, take the seeds and membrane out. Cut the green-pepper into bite size pieces and add to pot.

Take the outer leaf layers off the cabbage, cut into bite size pieces, add to pot.

Clean carrots, cut into bite size pieces, and add to pot.

Slice mushrooms into thick slices, add to pot.

If you would like a spicy soup, add a small amount of curry or cayenne pepper now.

Use about 12 cups of water (or 8 cups and the V8 juice), cover and put heat on low. Let soup cook for a long time - two hours works well. Season to taste with salt and pepper.

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## Easy Vegetable Soup

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### **Ingredients:**

**1 can tomatoes**

**1 can pinto or black beans**

**1 potato, cut-up**

**Cauliflower**

**Broccoli**

**Okra**

**Cooked cabbage, with onions & green peppers**

**Carrots**

**1 large can Vegetable Broth**

### **Directions:**

You can use any vegetable of your choice. Just mix and simmer.

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## Pesto Pasta with Vegetables

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### **Ingredients:**

**1 TB extra-virgin olive oil**

**1/4 cup diced red onions**

**1 1/2 cups chopped asparagus, cut into 1" pieces**

**1 cup chopped roasted red bell peppers**

**1/2 cup chopped black olives**

**1/2 cup sweet peas**

**1 Pesto recipe**

**1/2 lb whole grain pasta**

### **Directions:**

Heat olive oil over medium heat, and add red onions. Cook 3-5 minutes, or until onions are soft and translucent. Stir in asparagus, peppers, olives, and peas. Lower heat and cook 10 minutes. Cook pasta according to directions. When pasta is finished cooking, drain. Add Pesto and vegetable mixture. Stir well, and serve. If using brown rice, keep rice warm until vegetables are done.

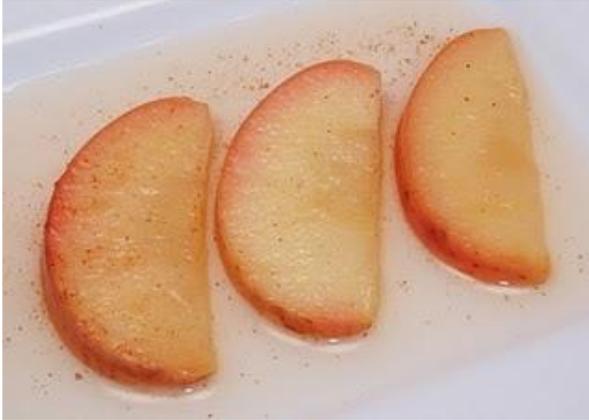
### **My Notes:**

Feel free to substitute 2 cups cooked brown rice for the pasta. Other vegetable ideas are artichokes, broccoli, green beans, mushrooms, or tomatoes.

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## Cinnamon Baked Apples

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### **Ingredients:**

**2 cups thinly-sliced apples, unpeeled (about 2 apples)**

**1 cup unsweetened apple juice**

**1/8 teaspoon cinnamon**

### **Directions:**

Preheat oven to 350 degrees. Place sliced apples in an 8 x 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

### **My Notes:**

Good poured over Baked Oatmeal. Or, add sliced bananas, raisins, and chopped nuts.

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## Black Bean Chili Bake

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### **Ingredients:**

**2 (15-ounce) cans black beans, rinsed & drained**

**2 cups cooked brown rice**

**2 (8-ounce) cans tomato sauce**

**1 (14.5-ounce) can corn kernels, drained**

**1 cup chopped jarred roasted red bell peppers**

**1/2 cup diced onion**

**1 tablespoon chili powder**

### **Directions:**

Preheat oven to 350 degrees. Put beans in a large bowl, and mash. Add tomato sauce, rice, peppers, corn, onions, and chili powder. Stir to combine. Rub a 9 by 13-inch casserole dish with olive oil, and place mixture in it. Bake 20 minutes, or until heated through.

### **My Notes:**

Additional topping ideas include avocado slices, cherry tomatoes, green onions, or black olives.

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## Classic Homemade Tomato Sauce

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**Making your own sauce is not as difficult and intimidating as it may seem. Yes, buying a jar or can of spaghetti sauce is more convenient, but the taste doesn't even compare to homemade. Plus, store-bought is often overloaded with sodium and preservatives. Classic Tomato Sauce doesn't take much time at all to put together, and once you taste it, you'll feel like a true gourmet Italian chef.**

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### Ingredients:

1 TB extra-virgin olive oil  
1/2 cup chopped onions  
2 cloves garlic, minced  
1 (29-oz) can tomato puree  
1 (6-oz) can tomato paste  
1/2 cup water  
1 bay leaf  
1 tsp basil  
1 tsp parsley  
1/2 tsp salt  
1/8 tsp pepper

### Directions:

Heat olive oil in a large skillet, and add onion. Cook until soft and translucent. Stir in garlic, and cook one minute, stirring frequently so garlic doesn't burn. Add remaining ingredients, and cook over low heat for 30 minutes. Makes 4 cups.

### My Notes:

- Substitute a can of crushed tomatoes for the puree.
- Add diced green peppers, sliced mushrooms, and/or sliced olives.
- Serve with lentils, spaghetti squash, or whole grain pasta.
- When tomatoes are in season, substitute tomato puree with fresh, ripe tomatoes, and mix in food processor until smooth.

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## Mexican Rice & Beans

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- This recipe is fairly spicy, so to cut down on the "heat," reduce cayenne pepper to 1/8 tsp or eliminate it completely.
- Add avocado slices as a garnish.

### **Ingredients:**

- 1 TB extra-virgin olive oil**
- 1 cup diced red onions**
- 2 cloves garlic, minced**
- 2 1/2 cups water**
- 1 1/2 cups brown rice, uncooked**
- 1 (10-oz) can diced tomatoes & green chilies (Ro-tel)**
- 1 tsp cumin**
- 1/4 tsp cayenne pepper**
- 1 (15.5-oz) can black beans, rinsed & drained**
- 1 TB chopped fresh parsley or 1 tsp dried parsley**

### **Directions:**

Rinse rice in a strainer under cold running water for 30 seconds, swirling the rice around with your hand. Drain, and set aside. Heat olive oil in a large saucepan over medium heat. Add onions, and cook until soft and translucent. Add garlic, and cook one minute, stirring frequently so garlic doesn't burn.

Pour in water, rice, tomatoes and chilies, cumin, and cayenne pepper. Heat to boiling. Reduce heat and cover. Simmer 45-55 minutes or until rice is tender and nearly all of the liquid is absorbed. Add beans, and stir well. Cook another 8-10 minutes. Add parsley, and serve. Makes 5 1/2 cups.

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## Rice & Cabbage Casserole

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### **Ingredients:**

**1/2 TB extra-virgin olive oil**

**1/2 cup chopped onions**

**2 cloves garlic, minced**

**1 cup chopped mushrooms**

**2 (14.5-oz) cans diced tomatoes**

**1/4 cup water**

**2 TB chopped fresh parsley**

**1 tsp dried oregano**

**1 tsp salt**

**1/8 tsp pepper**

**4 cups chopped green cabbage**

**2 cups cooked brown rice**

**1 (15-oz) can black beans, rinsed & drained**

### **Directions:**

Put diced tomatoes in a food processor or blender, and process until smooth. Set aside. Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft and translucent. Stir in garlic, mushrooms, tomatoes, water, parsley, oregano, salt, and pepper. Reduce heat to low, and cook 20 minutes, stirring occasionally.

Preheat oven to 350 Degrees F. Steam cabbage 8-10 minutes or until tender crisp (or add cabbage to boiling water, and cook 5-7 minutes). Lightly spray or rub an 9"x13" baking dish with olive oil, and cover bottom of dish with cooked cabbage. Place rice and beans on top of cabbage. Pour tomato sauce over all. Bake 20 minutes.

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## Breakfast Fruit Salad

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### **Ingredients:**

**2 cups sliced strawberries**

**3 kiwifruit, peeled and quartered**

**1 1/2 cups orange segments, cut into 1-inch pieces**

**1 cup red seedless grapes, halved**

**1 cup fresh pineapple chunks, cut into tidbits**

### **Directions:**

Mix fruit in a large bowl, and chill until ready to serve.

### **My Notes:**

- Use mandarin oranges instead of regular oranges.
- Top with chopped almonds, macadamia nuts, pecans, and/or walnuts.

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## Kristen's Ozarks Sunset Fruit Salad

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**There's nothing like an Ozarks sunset! The inspiration for this colorful fruit salad came one summer when I was sitting on my back deck, watching the sun dip below the horizon. The sky was an amazing array of color - so beautiful and vibrant. As I saw that majestic scene unfold, I was overwhelmed with the thought that the God who created that incredible Ozarks sunset was also deeply in love with me. My mind still can't comprehend such a thing, but I'm so thankful it's true!**

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### **Ingredients:**

**4 cups fresh spinach, torn into bite-size pieces**

**4 cups romaine lettuce, torn into bite-size pieces**

**4 kiwifruit, peeled & cut into half moons**

**2 cups oranges, peeled and cut into 1-inch pieces**

**1 cup blueberries**

**1 cup sliced strawberries**

**1/2 cup sliced or slivered almonds, toasted**

### **Directions:**

Combine ingredients in a large bowl, and toss well.

### **My Notes:**

Serve with Orange-Poppy Seed Salad Dressing or Apple-Cinnamon Salad Dressing.

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## Pasta Primavera

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### **Ingredients:**

**1 package of whole wheat or brown rice penne pasta**

**1/2 cup organic vegetable broth**

**1 sweet onion chopped**

**1/2 tsp minced garlic**

**1/4 cup chopped fresh basil leaves**

**1 1/2 cups chopped fresh mushrooms**

**1 cup chopped red bell pepper**

**1 cup chopped green bell pepper**

**1 cup snow pea pods, sliced in half**

**3 cups tomatoes chopped**

### **Directions:**

Boil pasta. Cook the onion, garlic, and basil in the broth, stirring occasionally for 3-4 minutes. Add the bell peppers and mushrooms and cook for another 3-4 minutes. Add all remaining vegetables and cook for about 10 minutes, stirring occasionally. Season with pepper and sea salt to taste. Serve over the pasta.

It was great just as the recipe called for, but next time I want to add more mushrooms and replace the peppers with asparagus and/or broccoli.

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## Brown Rice & Apple Breakfast

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### **Ingredients:**

**1 cup cooked brown rice**

**fresh apple (cut up into bite size pieces - to taste)**

**raisins (to taste)**

**1/4 tsp salt**

**1/2 tsp cinnamon**

**1 teaspoon 100% pure edible coconut oil**

### **Directions:**

Mix all the ingredients together in a microwave-safe bowl (except the oil). Heat for 2 minutes. Add oil, stir and serve.

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## K. Williams' Slammin' Potato Wrap

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**Recipe provided by Sis. Karen Williams,  
Marriage Ministry Coordinator**

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### **Ingredients:**

**1 5 lb. bag potatoes (peeled and washed)**

**1 pkg. 100% whole wheat flour tortillas**

**1/2 C extra virgin olive oil**

**1 yellow onion, chopped**

**1 green bell pepper, chopped**

**Tony Chachere's Seasoning**

**Garlic Powder**

### **Directions:**

In a big skillet add 1 onion, bell pepper, and olive oil. Fry on low to medium temperature for about 10 minutes. Stir continuously.

Add cubed potatoes, seasoning, and garlic powder to taste.

Turn stove to medium temperature, stirring occasionally for about 10 minutes. Add 1/4 - 1/2 cup of water and cover pot with lid. Let cook until potatoes are soft.

Warm 100% wheat flour tortillas in another skillet (optional: in oil) on low, warm on both sides.

Lay flour tortillas out, add potatoes and wrap to your style.

### **My Notes:**

Suggested toppings: guacamole, green onion, cilantro, or salsa

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## Darryl's Delectable Beans

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### **Ingredients:**

**1 16 oz. bag of beans (any type)**

**1 small red onion**

**4 cloves of garlic**

**2 green bell peppers**

**2 tomatoes**

**1 t. basil**

**1/2 t. rosemary**

**3/4 t. cumin**

**1 t. salt (or to taste)**

**1/2 t. black pepper**

**1 48 oz. box vegetable stock**

### **Directions:**

Place the pinto beans into a large container and cover with several inches of cool water (about 6 cups); let stand 8 hours to overnight. Or, bring the beans and water to a boil in a large pot over high heat. Once boiling, turn off the heat, cover, and let stand 1 hour. Drain and rinse before using.

Drain all water off of the beans. Place beans in a crock pot on high (for 1st hour only). Add 5 cups of vegetable stock to beans. **Finely** chop all vegetables (except tomatoes) and place in crock pot with beans and stock. Add seasonings. Slice or

chop tomatoes and place in crock pot last.

After the first hour, reduce crock pot's heat to low for 5 - 7 additional hours.

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## Spiced Brown Rice with Corn

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**An easy-to-prepare rice dish with frozen corn kernels seasoned with cumin and cilantro.**

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### **Ingredients:**

**2 cups water**

**1 cup brown rice**

**1 tablespoon olive oil**

**1 cup frozen corn kernels**

**1/2 teaspoon dried cilantro**

**1/2 teaspoon cumin seed**

### **Directions:**

In a saucepan, mix the water, rice, olive oil and bring to a boil. Mix in the corn, cilantro, and cumin. Reduce heat, cover, and simmer 45 to 60 minutes, until the liquid has been absorbed.

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## Oven Fries

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### **Ingredients:**

**2-1/2 pounds baking potatoes**

**1 teaspoon olive oil**

**1 pinch ground cayenne pepper**

### **Directions:**

Preheat oven to 450 Degrees F. Line a baking sheet with foil, and coat well with vegetable cooking spray. Scrub potatoes well and cut into 1/2 inch thick strips. In a large mixing bowl toss potatoes with oil and red pepper. Spread on baking sheet in one layer. Bake for 30 minutes. Serve immediately.

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## Amazing Brown Rice Salad

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### **Ingredients:**

**2 cups water**

**1 cup brown rice**

**1/4 cup diced red onion**

**1/2 cup diced celery**

**1/4 cup dried cranberries**

**1/2 cup balsamic vinaigrette salad dressing\***

### **Directions:**

In a saucepan, bring water to a boil. Stir in rice, cover, and reduce heat to low. Simmer for 45 to 60 minutes, or until done. Transfer rice to a serving bowl, and stir in onion, celery, cranberries, and salad dressing. Cover, refrigerate, and serve cold.

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## Black Bean & Corn Salad

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### **Ingredients:**

**1/2 cup balsamic vinaigrette salad dressing\***

**1/4 teaspoon seasoned pepper**

**1/4 teaspoon dried cilantro**

**1/8 teaspoon ground cayenne pepper**

**1/4 teaspoon ground cumin**

**2 (15 ounce) cans black beans, rinsed and drained**

**2 (15 ounce) cans unsalted whole kernel corn, drained**

**1/2 cup chopped onion**

**1/2 cup chopped green onions**

**1/2 cup red bell pepper, chopped**

### **Directions:**

In a small bowl, mix together vinaigrette, seasoned pepper, cilantro, cayenne pepper, and cumin. Set dressing aside. In a large bowl, stir together beans, corn, onion, scallions, and red bell pepper. Toss with dressing. Cover, and refrigerate overnight. Toss again before serving.

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# Black Bean & Rice Salad

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## **Ingredients:**

**2 tomatoes, chopped**

**1 large red bell pepper, chopped**

**2 jalapeno peppers, minced**

**3/4 cup lemon juice**

**1-1/4 teaspoons dried cilantro**

**1/4 teaspoon dried basil**

**1/8 teaspoon red pepper flakes**

**1 (15 ounce) can unsalted whole kernel corn;  
drain and reserve liquid**

**1 (15 ounce) can black beans; drain and  
reserve liquid**

**1 tablespoon olive oil**

**1/2 cup chopped onion**

**1/2 teaspoon minced garlic**

**1-1/2 cups instant brown rice**

**Salt and pepper to taste**

## **Directions:**

In a large bowl, combine tomatoes, red bell pepper, jalapeno pepper, lemon juice, cilantro, basil, red pepper flakes, corn, and beans. Stir to combine the vegetables, then set aside. In a medium saucepan, heat olive oil at a medium-low heat. Add onions and saute until they are translucent. Add garlic and saute for another minute. Pour in rice and toss to coat. Add reserved liquid from the corn and beans, along with any additional liquid as directed on the rice box. Cook the rice to package specifications. Let the rice cool slightly. Combine the rice and vegetable mixture. Salt and pepper to taste and serve.

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## Broccoli & Green Beans

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### **Ingredients:**

**8 cups broccoli florets (about 1-1/2 pounds)**

**1/2 pound green beans**

**2 tablespoons cup extra-virgin olive oil**

**2 cloves garlic, sliced thin**

**1/2 teaspoon crushed red pepper flakes, plus more if desired**

**Sea salt and freshly ground black pepper**

### **Directions:**

In a large pot, bring 6 quarts of salted water to a boil. Have ready a large bowl of ice water. Place broccoli into pot and cook for 2 minutes. You just want to parboil the broccoli at this point since you will sauté it later on. Using a spider strainer, remove broccoli from pot and shock it in a bowl of ice water. When broccoli is completely cool, place it in a colander and allow to drain. Refresh the bowl of ice water. Bring the water back to a boil. Add green beans and cook for 4 minutes. Like the broccoli, you just want to parboil the green beans. Remove green beans from pot with spider strainer and add to ice water. When green beans are completely cool, add them to the colander and allow to drain.

In a large saute pan, heat olive oil. When almost smoking, add the garlic and saute for about 45 seconds. When the garlic starts to brown, remove immediately and discard. Overcooking the garlic will impart a very bitter taste to the dish. Add the red pepper flakes, broccoli and green beans to the pan and cook for 5 minutes. Season with salt and pepper. Serve immediately.

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# Bulgar Chickpea Salad

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## **Ingredients:**

**1 cup bulgur**

**2 cups boiling water**

**1/2 cup olive oil**

**1/2 cup fresh lemon juice**

**Salt and pepper to taste**

**1 cup chopped green onions**

**1 (15 ounce) can garbanzo beans, drained**

**1 cup chopped fresh parsley**

**1 cup grated carrots**

## **Directions:**

In a large saucepan combine rice and water. Cook over high heat until mixture boils. Reduce heat to low, cover and cook for 45 to 60 minutes or until rice has absorbed all liquid. Meanwhile, in a small bowl whisk the orange juice, oil, balsamic vinegar, orange zest. Pour dressing over hot cooked rice and mix well. Cover and chill until cold. Just before serving stir the spinach leaves, oranges and onion into the rice mixture.

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## Pan Green Beans

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### **Ingredients:**

**1-1/2 pounds fresh green beans, trimmed and snapped**

**Garlic powder to taste**

**Onion powder to taste**

**3 tablespoons olive oil**

### **Directions:**

In a pot over medium-high heat, combine green beans, garlic powder, and onion powder. Cook, covered, until the beans begin to sweat. Remove lid and stir occasionally until beans are tender. When the beans and spices have begun to 'burn' on the bottom of the pan, which will lend a grilled flavor, stir in the olive oil and turn off heat. Cover, and let stand a few minutes. Scrape the bottom of the pan to incorporate the 'burnt' spices. Beans should have a dark, caramel color, but not black.

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# Squash Stew

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**Peeling squash can be tricky. Try using a potato peeler!**

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## **Ingredients:**

**3 tablespoons olive oil**

**1 large white onion, diced**

**1 tablespoon ground cinnamon**

**2 tablespoons chili powder**

**4 cloves crushed garlic**

**1 tablespoon cumin seeds, toasted**

**2 tablespoons fresh lemon juice**

**4 large tomatoes - peeled, seeded, and coarsely chopped**

**1 medium acorn squash, peeled and diced**

**1 cup pinto beans, cooked or canned**

**1 cup water**

## **Directions:**

In a large heavy-bottomed pot, heat olive oil and saute the onion for a few minutes. Add the cinnamon and chili powder and continue to saute 2 min. more. Mix in the garlic and cumin seeds, saute 2 minutes more before adding lemon juice and the tomatoes. Mix thoroughly so the stew doesn't get too chunky. Stir the squash, pinto beans and water into the stew. Season with salt and pepper to taste. Let the stew simmer for 1 hour, or until squash is tender. Stirring occasionally throughout the cooking hour, and add more water if necessary. The finished stew should have a nice, thick texture.

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## Breakfast Homefries

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**These delicious homefried potatoes are great for breakfast, or any time of day. Serve them with unsweetened applesauce or try them with black bean chili and salsa!**

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### **Ingredients:**

**3 russet potatoes, scrubbed**

**1 onion, thinly sliced**

**4 tsp soy sauce**

**1/2 tsp black pepper**

**1/2 tsp paprika or chili powder**

**5-6 cherry tomatoes, cut into quarters (optional)**

**2 green onions, thinly sliced (optional)**

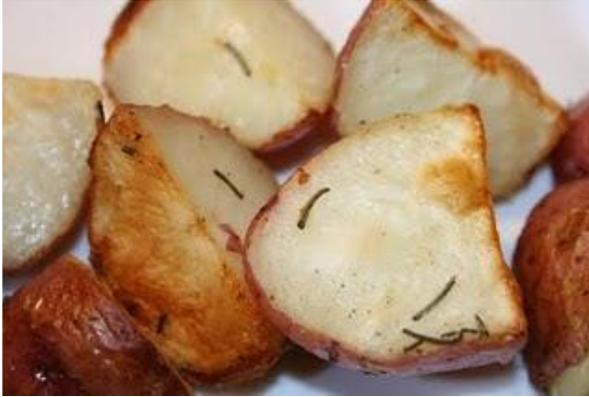
### **Directions:**

Cut the unpeeled potatoes into 1/2 - inch cubes and steam them until just tender when pierced with a sharp knife, about 10 minutes. Remove from heat and set aside. Heat 1/2 cup of water in a large non-stick skillet and add the onions. Cook, stirring frequently, until the water has evaporated and the onions begin to stick to the pan. Scrape the pan as you add another 1/2 cup of water, then cook until the onions once again begin to stick. Repeat this process until the onions are very brown and sweet. This will take about 15 minutes. Add the diced potatoes and sprinkle with the soy sauce, black pepper, and paprika or chili powder. Cook, turning gently with a spatula, until the potatoes are golden brown. Garnish with cherry tomatoes and green onions if desired.

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## Rosemary Red Potatoes

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### **Ingredients:**

**2 lbs B size red potatoes (about 10-12 total)**

**1 TB extra-virgin olive oil**

**1/2 tsp crushed rosemary**

**1/2 tsp salt**

**1/8 tsp pepper**

### **Directions:**

Scrub potatoes well. Place in large saucepan, and cover with water. Heat to boiling. Reduce heat, and simmer 15 minutes. Drain, and allow to cool slightly.

Preheat oven to 425 Degrees F. Cut potatoes into quarters, and return to saucepan. Add olive oil, rosemary, salt, and pepper. Stir to coat. Place potatoes on a baking sheet. Bake 30 minutes, turning potatoes about halfway through baking time.

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## Orange-Poppy Seed Salad Dressing

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### **Ingredients:**

**1/4 cup extra-virgin olive oil**

**1/4 cup orange juice**

**2 tablespoons fresh lemon juice**

**1 tablespoon diced red onion**

**1/2 teaspoon poppy seeds**

**1/4 teaspoon orange zest**

**1/8 teaspoon dry mustard**

**1/8 teaspoon salt**

### **Directions:**

Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

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## Apple-Cinnamon Salad Dressing

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### **Ingredients:**

**1/4 cup extra-virgin olive oil**

**1/4 cup unsweetened apple juice**

**1 tablespoon fresh lemon juice**

**1 tablespoon diced red onion**

**1/4 teaspoon cinnamon**

### **Directions:**

Combine all ingredients in a covered glass jar, and shake well. Refrigerate until ready to use.

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## Chapattis or Indian Flat Bread

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Chapattis are similar to tortillas, but made with no baking powder. They are easy to make & keep well if stored in an air-tight container. Chapatti sizes (diameter & thickness) vary from region to region & kitchen to kitchen. Chapattis made in domestic kitchens are usually not larger than 6-7 inches in diameter. Chapattis are common in Southeast Asia & throughout Africa.



### **Ingredients:**

2-1/2 cups whole wheat flour

2 cups water

1 pinch salt

### **Directions:**

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



## *Foods to Eat*

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



## *Foods to Avoid*

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



## *Suggested Eateries*

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*Dimassi's*  
*Chipotle*  
*Fadi's Cuisine*  
*Loving Hut*  
*Pepper Tree*  
*Mangoe's Café*  
*Cheeburger Cheeburger*  
*Pei Wei*  
*PF Chang's*  
*California Pizza Kitchen*  
*Sizzler*  
*Olive Garden*  
*Mission Burrito*  
*Niko Niko's*  
*My Fit Foods*  
*Shri Balaji Bhavan*  
*The Vegan Café*  
*Pappadeaux Café (Greek Salad)*  
*Sweet Tomatoes*  
*Tikurs*  
*Van Loc*  
*Whole Foods Market*

# Meal Planner - Week 1

	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



# Meal Planner - Week 2

	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				



# Meal Planner - Week 3

	Breakfast	Lunch	Dinner	Snack
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				





This cookbook is created for your personal use  
during the CTAC Daniel Fast.

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