

The Daniel Fast Cookbook

Version I



By Susan Gregory

*If you have any known medical conditions or suspect such conditions,
consult your doctor before beginning this or any fast.*

How to use this eBook: You may choose to print all the pages in this eBook and then keep them in a file or bind them at a local print shop. Many users plan their weekly menus during the fast, and then print only the pages they will use during that specific week. Still others simply use the eBook from their laptop computer or reading device (Kindle, Nook, etc.) and use the recipes from this view point. Consider the way that would work best for you.

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Introduction

I hope this collection of recipes will serve you well as you experience this powerful and enlightening time of fasting. I have included a variety of recipes that I think you will enjoy and a range to keep your meals interesting for you and your family.

Please keep in mind that some of these recipes call for sweeteners or cheese in their original forms, but have been altered for the Daniel Fast. So you may miss some of the sweetness you are accustomed to, or say to yourself, “This sure would be a lot better with some cheddar cheese!” That’s all part of fasting – restricting food for a spiritual purpose. You can add those flavors back in after the fast, but for now it’s okay to do without.

Also, I usually double the recipes and then either use leftovers for lunches or other meals. These recipes will last several days in the refrigerator and several weeks in the freezer.

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

One other tip: you might find yourself taking more time in the kitchen as you prepare these meals. Use this time to “increase.” Either in relationships with your family members as you have fun creating meals together; increase with the Lord by listening to the audio Bible or Christian teachings; or you might want to use the time to memorize or confess Scriptures. Make your meal preparation unto the Lord and watch as He rewards you as you diligently seek Him.

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

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

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The Daniel Fast – A Whole Body Experience

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

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

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

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

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

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

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

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

The Daniel Fast – A Whole Body Experience, continued

The choice to push through and "quiet the soul" is your spirit taking precedence over your soul -- or another way of saying it is "living a spirit-led life." One of the primary benefits of the Fast is that your soul gets "put in its place," which is under the control of your spirit. What controls your spirit? God and His Word!

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

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

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

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

The Daniel Fast is ALWAYS a Spiritual Fast

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

<http://DanielFast.wordpress.com>

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

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

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

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

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

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

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

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

The Daniel Fast is ALWAYS a Spiritual Fast, cont.

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

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

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

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

The Daniel Fast Food List

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

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

Foods to include in your diet during the Daniel Fast

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

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

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

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

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

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

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

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

Foods to avoid on the Daniel Fast

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

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

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

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

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

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

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

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

Remember, READ THE LABELS!

Daniel Fast Meal Preparation Tips

Plan a meal preparation day – With our busy schedules these days, making meals from scratch can be a challenge. Yet on the Daniel Fast, you will avoid most packaged meals because of all the additives they include. What I found to be a really easy way to solve this problem was to use one day a week as my primary meal preparation day. For me Saturday works best as I am pretty busy during the week and Sunday is church and visiting with friends and family. Here are the easy steps I follow:

1. I plan my meals for the week in the kitchen where I can see what ingredients I have and can make use of items on hand.
2. As I plan my meals, I write my shopping list
3. I hit the grocery stores (stocking up on any foods that are on sale that I use frequently, including the ready-to-eat boxed organic soups, canned beans, and frozen vegetables).
4. Back home I wash, trim and store all my fresh vegetables so they are ready to make salads during the week. This is a huge timesaver.
5. In the kitchen I put on some great music or I listen to my audio Bible while I cook soups, sauces, casseroles and other dishes for the next week's meals. I also double recipes that freeze well.

This has become one of my favorite days as I get to be creative, invest time that pays major dividends later in the week, and it's a very spiritual time as I listen to the Word and talk to God while I'm preparing meals.

Cook Once – Eat Twice – Most of the recipes in the *2008 Daniel Fast Cookbook* are easy to double and they store well, either in the refrigerator for a few days or in the freezer! So why not cook once, double the recipe, and then have a meal already prepared for later! Having food available will help you be successful on the fast.

Make-ahead Lunches – If you work outside the home, you will find it challenging to eat in restaurants during the Daniel Fast. A very positive solution is to bring your lunch to work and then use this time to pray, visit with other workers, study the Word, or even write a friendly note to a family member or friend. To make packing lunches easy, plan ahead. Make extra salad the night before and store a lunch-size portion in a plastic container (don't add dressing until you are ready to eat). Prepare sandwich bags with sliced vegetables or fruit. Divide portions of soup, casseroles or other dishes in plastic containers. By doing this ahead of time, you will have everything ready when it's time to walk out the door on your work day! I also keep salt and pepper, plastic utensils, and napkins in a gallon-size zip bag so it's always ready to go.

Breakfast



Apple and Oat Porridge

Oat bran is so nutritious, plus it will “stick to your ribs” and keep you through the morning. Bran is also great for your digestive system. The apples here add nice flavor and if you chose to serve it with soy milk (which is how I like to eat hot cereals), it’s a great complete breakfast with lots of protein.

Ingredients:

- 4 cups water
- 1 ½ cups oat bran (not oatmeal)
- 1 large apple - peeled/cored and chopped into very small pieces
- 1/3 cup raisins
- ½ teaspoon ground caraway seeds
- ½ teaspoon cinnamon
- ½ teaspoon salt
- Soy milk for serving (optional)

Preparation:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

Yield: 4 servings

Apple Oats Cereal

This recipe can be made ahead in a batch and then served as a cold breakfast cereal with soy milk. Serve with apple slices and you have a wonderful breakfast.

- 4 cups unsweetened applesauce
- 1 1/3 cups oat bran hot cereal - uncooked
- 1 cup quick or old-fashioned oats - uncooked
- 1 cup unsweetened apple juice
- 2/3 cup raisins
- 1/4 cup almonds slivers
- 1 teaspoon cinnamon

Preparation:

1. In a large bowl, combine all ingredients. Mix well.
2. Transfer to smaller storage containers with tight covers if desired.
3. Refrigerate overnight.
4. Serve cold with soy milk.
5. Stores well in refrigerator for up to a week.

Yield: 6 servings

Easy Breakfast Fruit Smoothie

Breakfast smoothies are perfect for the Daniel Diet because of the protein in the soy milk. If you are not accustomed to soy milk, fruit smoothies are great for your introduction. Although, the soy milk of today is so near cow's milk that it's hard to tell the difference. I am a big fan of Pacific Natural Soy Milk. The difference in the flavor is so minimal that I find it very useable, and this is coming from a gal who used to milk her how cow!

- ½ cup soy milk
- 1 banana
- ½ cup frozen berries

Preparation:

1. Place all ingredients in blender and blend until smooth.

Yield: 1 serving

Tip: You can also add silken tofu to boost the protein.

Potato and Green Onion Frittata

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish.

Preheat the oven to 350°F.

Ingredients:

¼	cup olive oil	2	teaspoon salt, divided
1	onion, finely chopped	½	teaspoon pepper, divided
4-5	green onions, chopped with the green and white parts separated	2	pounds firm tofu
4	cloves garlic, minced	2-3	Tbsp. soy sauce, to taste
2	medium potatoes, shredded (or 2 cups frozen shredded potatoes)		

Preparation:

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

Special Hot Oatmeal

Hot oatmeal is a great way to start the morning on the Daniel Fast. In fact, you might like this so much that it becomes part of your diet even after the fast. Actually, there are so many variations to hot oatmeal that you can use this recipe for a base, and then move out from there!

Ingredients:

- 1 cup dry old fashioned oats
- water, as directed on package oat bran
- 1 banana, mashed or sliced
- 1 tablespoon nut butter
- 1 tablespoon flax meal
- Soy milk as desired

Preparation:

1. Prepare old fashioned oats according to package directions
2. Mash or slice banana
3. Mix in all ingredients
4. Serve alone or with soy milk

Yield: 1 serving

Stick-to-Your-Ribs Oatmeal Breakfast

This recipe takes me back to my childhood. My father used to get up early in the morning and make a big pot of oatmeal in a funky old double-boiler pan! I received a lot more than breakfast from him . . . it was one scoop of oatmeal and five scoops of love! Both stick to the ribs!

Ingredients:

- 1 cup regular rolled oats
- 1/3 cup unflavored soy protein powder
- 1 cup water
- Pinch salt
- 1/2 teaspoon pure vanilla extract or 1/4 teaspoon pure almond extract
- Soy milk, if desired

Preparation:

1. Combine first four ingredients and bring to a gentle boil over medium heat. Simmer for 3-5 minutes.
2. Resulting product is thick, so a little more water may be added if desired. Remove from stove and add extract and sweetener.
3. Other ingredients may be added as desired. Serve warm. Thickens upon standing.

Yield: 2 servings

Tip: Add cinnamon and or other spices, flavored soy milk, rice or almond milk. Also great with fresh or frozen fruit.

Fast and Easy Breakfast Ideas for the Daniel Fast

The meal folks have the hardest time with is breakfast. So here are some ideas for you while on the Daniel Fast.

Muesli Hot or Cold - Muesli was originally developed by a Swiss nutritionist at the end of the 19th century, and remains one of the world's most popular cereals. Muesli is a tasty blend of rolled oats, wheat, rye, triticale, barley, almonds, date crumbles, raisins, sunflower seeds, and walnuts. This satisfying cereal can be served hot or cold, or eaten as a nutritious snack.

Muesli cooks very quickly - mix $\frac{1}{2}$ cup muesli with $\frac{1}{2}$ cup water; bring to a boil; simmer for 3-5 minutes and serve with fresh fruit, soy milk or applesauce.

Zoom - This is an easy and very inexpensive 100% whole wheat hot cereal. It's been around for years and is so simple. When you READ THE LABEL on this box, the only ingredient is whole wheat.

A great way to doctor Zoom is to add a little cinnamon and a chopped sweet apple. A little soy milk and you have a very nutritious breakfast.

You can also add crushed pineapple and shredded coconut for a tropical breakfast.



Fruit Smoothies - This was shared by Jessica, a Daniel Fast Blog Friend. Use your blender to mix 1 cut up banana, a handful of strawberries, several chunks of frozen pineapple, and a little orange juice. Easy, tasty, quick and Daniel Fast friendly!

Brown Rice with Apples - This recipe is from Renee Hastings, a Daniel Fast Blog Friend

- 1 cup cooked brown rice
- fresh apple (cut up into bite size pieces - to taste)
- raisins (to taste)
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon cinnamon
- 1 teaspoon 100% pure edible coconut oil

Mix all the ingredients together in a microwave-safe bowl (except the oil), heat for 2 minutes. Add oil, stir and eat! It is delicious! You could also cook this on the stove top for 4-5 minutes.

Whole Grain Granola for the Daniel Fast

Ingredients

2	cups regular rolled oats	1/4	cup sesame seeds
1 1/2	cup cashews or walnut halves and pieces or sliced almonds	1/4	cup peanut butter
1	cup wheat cereal flakes	1/4	cup honey *eliminate during Daniel Fast
1/2	cup shredded coconut	1/4	cup cooking oil
1/2	cup shelled sunflower seeds	1 1/2	teaspoon vanilla
1/4	cup shelled pumpkin seeds	3/4	teaspoon ground cinnamon
1/4	cup toasted wheat germ	1/8	teaspoon ground nutmeg

Preparation

1. In a large oiled roasting pan, combine first 8 ingredients.
2. In a small bowl, combine remaining ingredients and drizzle over oat mixture; toss to coat.
3. Bake in a 325 F. oven about 15 minutes or until lightly browned, stirring mixture every 5 minutes. Remove granola from oven.
4. Immediately spread on large piece of foil to keep it from sticking to pan; cool. Store in an airtight container at room temperature for up to 2 weeks (Or, seal in freezer bags and freeze for up to 1 month).
5. Eat granola as a snack, or as a cereal with soy milk or applesauce.

Yield: eight cups (about 16 servings)

*NOTE: I left the honey in thinking you might want to make this when you are not fasting. During the fast, increase the amount of oil and eliminate the honey.

Tofu Breakfast Scramble

Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

Ingredients:

1	box firm tofu	2	green onions, finely sliced
1	zucchini, diced small	1	tablespoon fresh cilantro, minced
1	tomato, diced	1	clove garlic, minced
½	onion, diced		Salt and pepper to taste
1	red bell pepper, diced		Tomato paste if desired

Preparation:

1. Spray pan with 100% olive oil spray
2. Add all ingredients and fry until vegetables are soft and ready to eat.
3. Salt and pepper to taste
4. Serve with tomato paste

Yield: 4 servings

Tip: You can add lots of different vegetables to this recipe including broccoli, carrots, and mushrooms.

Tofu Scramble

By: Sarah Moore from San Antonio, TX

Here is another recipe from a Daniel Fast friend. This is a great recipe to serve for any meal, breakfast, lunch or dinner!

Ingredients:

1	16 oz. bag frozen hashed brown potatoes	$\frac{1}{2}$	teaspoon turmeric
1	green onion, chopped, white and dark green parts separated	$\frac{1}{2}$ - $\frac{3}{4}$	teaspoon onion salt
1	teaspoon coarse ground black pepper	$\frac{3}{4}$	tablespoon tamari or low-sodium soy sauce
1	pound firm tofu, diced in bite-sized pieces	$\frac{1}{4}$ - $\frac{1}{2}$	cup shredded cheddar "cheese" (e.g., Veggie Shreds) - optional
			Sea salt to taste

* you can also add 1 tablespoon nutritional yeast (this is not leavening, but rather a supplement.

Preparation

1. Heat small amount of oil in skillet (medium-high heat). When hot, place desired amount of frozen potatoes in skillet (I use about $\frac{3}{4}$ of the bag). Add white and light green parts of chopped green onion and pepper. Let brown on one side and flip potatoes, so that both sides are thawed and starting to brown lightly.
2. Meanwhile, in a medium-sized mixing bowl, crumble tofu. Add nutritional yeast, turmeric, onion salt and tamari (or soy sauce). Use a fork and mix, ensuring the tofu is coated evenly.
3. When potatoes have thawed completely and have browned slightly, push them to the edges of the pan, creating a space in the center. In the center, add a small amount of oil, then add tofu mixture, letting it fill the center of the pan. When the bottom side of the tofu has turned a dark yellow (about 2 minutes), flip. When both sides are a dark yellow, mix the potatoes into the tofu mixture.
4. Add shredded cheese, and continue to cook tofu and potatoes until the tofu and potatoes reach the desired doneness. (I cook it until the tofu has just started to lightly brown, and the cheese has melted slightly).
5. Garnish with dark green parts of chopped green onion.

* * *This would also be great with a dollop of tofu sour cream or salsa* * *

Onion, Green Pepper and Tofu Scramble

This is an easy recipe and a great way to introduce tofu to your diet if you aren't used to it. It's simple and the tofu is the same texture as egg whites! Give it a go and don't be surprised if you keep this recipe around even when you're not fasting!

Ingredients

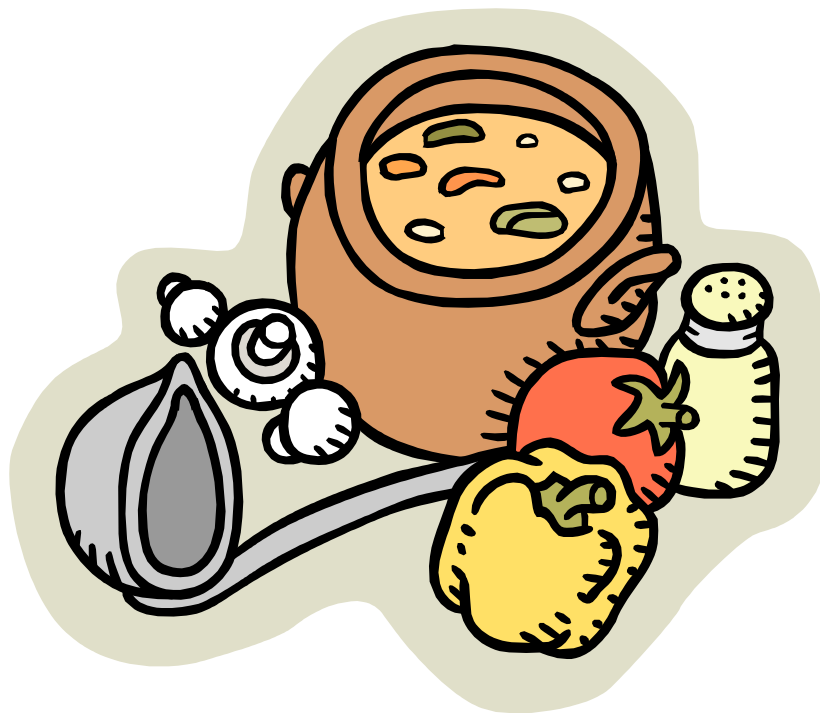
- 1 tablespoon olive oil
- 1 large yellow onion, sliced
- 1 green pepper, dices in ½" pieces
- 1 pound firm tofu, cubed into bite-size pieces
- garlic salt to taste
- Italian herbs to taste

Preparation

1. Heat skillet over medium heat. Add olive oil and heat until a small piece of onion sizzles when it first enters pan (this keeps the oil from absorbing into the food and therefore decreases need for as much oil and thus fewer calories).
2. Add onion and green peppers. Stir fry for 2 minutes.
3. Add cubed tofu and continue to cook for 2 minutes.
4. Sprinkle with garlic salt and Italian herbs. Continue to cook until vegetables are soft, stirring frequently.
5. Serve.

Yield: four servings

Soups and Stews



Basic Vegetable Stock

A good vegetable stock is useful in the Daniel Fast and serves as an excellent substitute for chicken or beef stock. Simmering the stock for a full hour will release the flavors of the vegetables in your broth. Because of the long simmering time, it is in the stock's best interest that the vegetables be chopped into large chunks rather than a small dice. ** See notes for variations on this recipe.

Ingredients:

- 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
- 10 peppercorns
- 1 bay leaf

Preparation:

1. Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water.
2. 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.
3. 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.

Yield: four cups of vegetable stock

Daniel Fast Vegetable Soup

Ingredients

- 2 tablespoons olive oil
- 2 cups chopped onions or thinly sliced leeks (whites only)
- 1 cup thinly sliced celery
- 2 teaspoons Italian seasoning
- Coarse salt and ground pepper
- 3 (14.5 ounce) cans vegetable broth
- 1 (28 ounce) can diced tomatoes, with juice
- 2 tablespoons tomato paste
- 8 cups mixed fresh or frozen vegetables, such as carrots, corn, green beans, lima beans, peas, potatoes, and zucchini (cut larger vegetables into smaller pieces)

Preparation

1. Heat oil in a large stockpot over medium heat. Add onions or leeks, celery, and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5 to 8 minutes.
2. Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer, and cook, uncovered, 20 minutes.
3. Add vegetables to pot, and return to a simmer. Cook, uncovered, until vegetables are tender, 20 to 25 minutes. Season with salt and pepper, as desired. Let cool before storing.
4. Pour remaining soup in small batches into bowl of a food processor; carefully puree until smooth, and return to saucepan. Season with salt and pepper. serve hot.

Yield: eight servings

Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

Ingredients:

4	tablespoons olive oil	2	quarts vegetable broth
2	cups chopped leeks, white part only (from approximately 3 medium leeks)	4	cups peeled, seeded, and chopped tomatoes
2	tablespoons finely minced garlic	2	ears corn, kernels removed
	Salt	1/2	teaspoon freshly ground black pepper
2	cups carrots, peeled and chopped into rounds (approximately 2 medium)	1/4	cup packed, chopped fresh parsley leaves
2	cups peeled and diced potatoes	1 - 2	teaspoons freshly squeezed lemon juice
2	cups fresh green beans, broken or cut into 3/4-inch pieces		

Preparation:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

Yield: 6 servings

Ethiopian Yellow Split Pea Stew

Ethiopian food is one of my favorite cuisines. The foods are simple, however the flavors are full and satisfying. This is a great Daniel Fast recipe and can be served as a side dish or with injera.

Ingredients

- 3 cups water plus 2 tablespoons (divided)
- 1 cup dried yellow split peas
- 2 tablespoons olive oil
- 1/2 small onion, chopped
- 2 cloves garlic, minced
- 1 1 inch-long piece fresh ginger, peeled and minced
- 1/2 teaspoon ground turmeric
- 1 teaspoon salt

Preparation

1. Place 3 cups of the water and the peas in large saucepan. Heat over high heat to boiling. Reduce heat to medium and cook until almost tender, about 30 minutes.
2. Heat olive oil in a medium skillet over medium-high heat. Add onions and cook until translucent, about 5 minutes.
3. Add garlic, ginger and turmeric; cook 1 minute.
4. Add remaining 2 tablespoons water; cover. Cook on low heat 3 minutes.
5. Add mixture to cooked peas; stir in salt. Simmer until peas are very soft, about 30 minutes. Taste; adjust seasonings.

This vegetarian stew is adapted from an Ethiopian recipe using traditional spices. To make the dish spicy, omit the ginger and replace with 1 tablespoon of Berbere spice mixture (available at Ethiopian food stores, which can be found in most large cities), 2 tablespoons tomato sauce, and chopped green chilies to taste.

Yield: six servings

White Bean and Black Olive Soup

The flavors and contrasting colors in this soup make it delightful to heat and fun to see! The Kalamata olives add a very unique flavor. You can substitute black olives, but it won't be the same . . . search out the Kalamata olives. They are available in most larger grocery stores in the deli section.

Ingredients

1	cup dry white beans	1	small bell pepper, chopped
3	cups water	3-4	cloves garlic, minced
2	tablespoons olive oil	3	ounces tomato paste
1 ¼	cup onion, chopped	4	cups vegetable stock or water
1	stalk celery, diced		black pepper
1	medium carrot, diced	1	cup pitted Kalamata olives, sliced
1	teaspoon salt	1	tablespoon lemon juice
1	teaspoon oregano or marjoram	1	medium tomato, diced
1 ½	teaspoon basil	1	handful flat leafed parsley, minced
1	small or ½ medium zucchini, diced		

Preparation

1. Sort and wash the beans, place in saucepan with water, bring to a simmer, and cook until tender (about 1 hour 15 minutes).
2. After about an hour, heat oil in Dutch oven over medium heat. Sauté onion, celery, carrot, salt, and herbs, stirring occasionally, until tender, 8-10 minutes.
3. Add zucchini, bell pepper, and garlic, sauté 5 minutes.
4. Stir the tomato paste into the veggie stock and add to vegetables along with pepper, olives, and lemon juice.
5. Lower heat, cover, and simmer, stirring occasionally, for 15 minutes.
6. Top with tomato and parsley and serve.

Yield: six servings

Black-eyed Peas and Brown Rice Soup

Black-eyed peas are a Southern tradition for New Year's Day. The more you eat on that day, the more prosperous you will be in the coming year. This Black-eyed pea recipe is easy to make and serves as a hearty meal in itself.

Ingredients

1	cup dried black-eyed peas, rinsed and drained	1	teaspoon salt
4	cups water	1/2	teaspoon pepper
3	small vegetable bouillon cubes	1	large onion, chopped
2	cloves garlic, crushed	2	medium scallions, chopped
1	tablespoon vegetable oil	1	teaspoon dried thyme
1	tablespoon cilantro, minced	1	large tomato, chopped
1	tablespoon parsley, minced	1	cup uncooked long-grained brown rice

Preparation

1. Combine black-eyed peas and water in large saucepan; add bouillon and garlic. Bring black-eyed pea mixture to boil; reduce heat and stir in oil, cilantro, parsley, salt and pepper. Cover and simmer for 15 minutes.
2. Stir in onion, scallions, thyme and tomato. Cover and simmer 15 minutes or when black-eyed peas are almost soft. Stir in rice; cover.
3. Cook until rice and black-eyed peas are tender. Remove from heat and let stand, covered, for 10 minutes before serving the black-eyed pea soup.

Yield four servings

Greek Vegetable Stew

The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

Ingredients:

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

Preparation:

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

Yield: eight servings

Hearty Split Pea Soup

This recipe gets even better with time and makes a very thick split pea soup. To make it thinner, simply add more water. Depending on the density of split peas, it may take a while for the vegetables and peas to soften, but you can't really overcook this soup; just stir occasionally, and add water if it gets too dry. Alter seasonings to your liking!

Ingredients:

1 tablespoon vegetable oil	3 carrots, chopped
1 onion, chopped	3 stalks celery, chopped
1 bay leaf	3 potatoes, diced
3 cloves garlic, minced	1/2 cup chopped parsley
2 cups dried split peas	1/2 teaspoon dried basil
1/2 cup barley	1/2 teaspoon dried thyme
1 1/2 teaspoons salt	1/2 teaspoon ground black pepper
7 1/2 cups water	

Preparation:

1. In a large pot over medium high heat, sauté the oil, onion, bay leaf and garlic for 5 minutes or until onions are translucent.
2. Add the peas, barley, salt and water. Bring to a boil and reduce heat to low.
3. Simmer for 2 hours, stirring occasionally.
4. Add the carrots, celery, potatoes, parsley, basil, thyme and ground black pepper. Simmer for 20 – 30 more minutes or until the peas and vegetables are tender.

Yield: 6 servings

Lentil Soup

I love this recipe! It's hearty and full of flavor. Serve it along with a nice green salad and some sliced fruit. It's a very satisfying meal.

Ingredients:

- | | | | |
|---|---|-------|---|
| 2 | tablespoons olive oil, plus extra for drizzling | 1 | can diced tomatoes (14.5 ounce) |
| 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 - 6 | fresh thyme sprigs |
| | Salt and freshly ground black pepper | | |

Preparation:

1. Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and pepper and sauté until all the vegetables are tender, about 5 to 8 minutes.
2. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.
3. Add the lentils and pearl barley, mix to coat.
4. Add the broth and stir.
5. 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.
6. Season with salt and pepper, to taste.
7. Ladle the soup into bowls, drizzle with olive oil and serve.

Yield: six servings

Mushroom Soup

This soup is delicious and creamy, but still within Daniel Fast guidelines. It's great for chilly nights. Serve along with a nice green salad or sliced tomatoes.

Ingredients:

1	tablespoon oil or 1/2 c. water	2	tablespoon soy sauce
2	medium onions, chopped	2	cups water or vegetable stock
1	pound mushrooms, sliced	2	tablespoon margarine or oil
1 1/2	teaspoons dill	3	tablespoon flour
1	tablespoon paprika	1	cup soymilk
1	teaspoon caraway seeds	2	teaspoon lemon juice
1/8	teaspoon pepper		

Preparation:

1. In a soup pot, sauté onion in oil or water until soft.
2. Add mushrooms, dill, paprika, caraway and pepper, then sauté for 5 minutes.
3. Add soy sauce and water or stock, cover and simmer for 15 minutes.
4. Heat the oil in a saucepan and add the flour. Cook one minute, stirring constantly, then whisk in the soymilk until smooth.
5. Simmer over low heat, stirring constantly, until slightly thickened.
6. Add to the mushroom mixture and blend in. Cover and simmer for 15 minutes.
7. Just before serving, stir in the lemon juice.

Yield: 6 to 8 servings

Potato-Leek-Onion Soup

The leeks in this soup add a wonderful flavor to the potatoes. It's a perfect winter lunch or dinner meal when added with fresh vegetables slices or a green salad.

Ingredients:

2	medium onions, chopped	4	celery stalks, sliced
3	medium leeks (white part only), chopped	1	stalk fresh lemongrass (or dried) to taste
1	clove garlic		cayenne, salt, and dill or marjoram, to taste
2 - 3	tablespoons of vegetable oil		
5	cups water	1	cup soy or rice milk
6	medium potatoes, cut into small or medium pieces	1	tablespoon lemon juice

Preparation:

1. Sauté the onions, leeks, and garlic in vegetable oil in a large pot until soft. Then
2. add the water, potatoes, celery, lemongrass, cayenne, salt, and dill.
3. Bring to a boil, reduce the heat, and simmer for 30-45 minutes until the potatoes are tender. Cover the pot for a thin broth or leave it uncovered for a thicker soup.
4. Once the potatoes are soft, remove the stalk of lemongrass (if using fresh) and purée about half the soup in a blender or food processor, then mix it back into the pot.
5. Add the lemon juice to the soy or rice milk and let it sit for 5 minutes. Then add it to the soup. Serve warm.

Yield: 8 servings

Tip: For variety, use 3 russet or Idaho potatoes and 3 sweet potatoes

Pumpkin and Black Bean Soup

This is a hearty soup that's really nice for cold winter nights. It's also great for the Daniel Fast because it's flavorful, rich in protein and filling.

Ingredients:

- 2 tablespoon extra-virgin olive oil, 1 turn of the pan
- 1 medium onion, finely chopped
- 3 cups canned or packaged vegetable stock, found on soup aisle
- 1 can (14 1/2 ounces) diced tomatoes in juice
- 1 can (15 ounces) black beans, drained
- 2 cans (15 ounces) pumpkin puree (found often on the baking aisle)
- 1 cup soy milk
- 1 tablespoon curry powder, 1 palm full
- 1 1/2 teaspoons ground cumin, 1/2 palm full
- 1/2 teaspoon cayenne pepper, eyeball it in the palm of your hand
- Coarse salt
- 20 blades fresh chives, chopped or snipped, for garnish

Preparation:

1. Add oil to a medium-sized soup pot and heat over medium heat.
2. When oil is hot, add onion. Sauté for 5 minutes.
3. Add broth, tomatoes, black beans and pumpkin puree. Stir to combine ingredients and bring soup to a boil.
4. Reduce heat to medium low and stir in soy milk, curry, cumin, cayenne and salt, to taste.
5. Simmer 5 minutes, adjust seasonings and serve garnished with chopped chives.

Yield: 4 servings

Quick Vegetable and Bean Soup

This is an effortless recipe for those times when you need to prepare a meal quickly and still satisfying. Play around . . . use things you have on hand. I also encourage you to have these ingredients available all the time so that when you are hungry and pressed for time you won't be tempted to step outside the fasting guidelines.

Ingredients:

- 1 can tomato soup
- 1 can white beans
- 1 cup frozen mixed vegetables

Preparation:

1. Place all ingredients in small pot. Heat over medium heat until vegetables are tender, stirring frequently to prevent burning or sticking.
2. Serve! Now how easy is that? And who said fast food wasn't good for you!

Yield: 2 servings

Tip: You can find several really good boxed tomato soups in most grocery stores. In my area they go on sale frequently. When they do, I stock up and have them on hand.

Red Bean Soup

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

Ingredients:

1	tablespoon olive oil	2	quarts vegetable stock
1 ½	cups chopped yellow onions	1	teaspoon salt
¼	cup chopped green bell peppers	3	tablespoons chopped parsley
1	tablespoon minced garlic	1	cup diced carrots
4	bay leaves	1 ½	cups cooked long-grain brown rice, warm
2	cups dried red kidney beans, soaked overnight	6	tablespoons chopped green onions
1	tablespoon Special Seasoning, (recipe follows on next page)		

Preparation:

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 ½ hours, until beans are tender, stirring occasionally.
4. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with ¼ cup of the rice and 1 tablespoon of green onions.

Yield: six servings

Special Seasoning

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

Ingredients:

- 2 ½ tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried thyme

Preparation:

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

Yield: about 2/3 cup

Tip: Play around with this recipe and make it your very own family spice!

Rosemary White Bean Soup

The first time I ever combined white beans with rosemary was for a bean dip (see recipe in that section). I liked it so much that I found a soup with the same pairing. I played around with it a little to make it Daniel Fast appropriate! It's delicious and very nutritious.

Ingredients:

- 1 pound dried white cannellini beans
- 4 cups sliced yellow onions (3 onions)
- 1/4 cup good olive oil
- 2 garlic cloves, minced
- 1 large branch fresh rosemary (6 to 7 inches)
- 2 quarts vegetable broth (recipe included in this section)
- 1 bay leaf
- 2 teaspoons salt
- 1/2 teaspoon freshly ground black pepper

Preparation:

1. In a medium bowl, cover the beans with water by at least 3-inches and leave them in the refrigerator for 6 hours or overnight.
2. Drain and rinse the beans.
3. In a large stockpot over low to medium heat, sauté the onions with the olive oil until the onions are translucent, 10 to 15 minutes.
4. Add the garlic and cook over low heat for 3 more minutes.
5. Add the drained white beans, rosemary, vegetable stock, and bay leaf. Cover, bring to a boil, and simmer for 30 to 40 minutes, until the beans are very soft.
6. Remove the rosemary branch and the bay leaf. Pass the soup through the coarsest blade of a food mill, or place in the bowl of a food processor fitted with a steel blade and pulse until coarsely pureed.
7. Return the soup to the pot to reheat and add salt and pepper, to taste. Serve hot.

Yield: eight servings

Savory Tofu Stew

Many people start using tofu for the first time on the Daniel Fast. That's when they discover that this powerful protein soy product is very bland by itself, but when prepared as intended absorbs the flavors of whatever it's being cooked with.

Ingredients:

1/2	cup 100% peanut butter	2	pounds firm tofu, cut into 1 1/2-inch cubes
2	cups vegetable broth	2	tablespoons soy sauce
2	tablespoons canola oil	1	teaspoon Five Spices
1	cup chopped onion	1	cup diced tomatoes
3-4	cloves garlic, minced	1/2	teaspoon ground ginger
1	cup chopped green bell pepper	1	tablespoon lemon juice
1	cup chopped carrots	6-8	cups cooked brown rice

Preparation:

1. Whisk the peanut butter and vegetable broth together in a medium bowl until well blended. Set aside.
2. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Sauté until the onions are translucent.
3. Season the tofu with soy sauce and Five Spices. Add the tofu and continue to cook, stirring often, until browned on all sides.
4. Add the peanut butter mixture, tomatoes with liquid, ground ginger and lemon juice. Stir well. Bring to a boil.
5. Reduce heat to low and simmer, stirring occasionally for about 20 or until the vegetables are tender.
6. Season to taste with salt and pepper.
7. Serve hot over cooked rice.

Yield: 6-8 Servings

Tuscan Black Bean Soup

This is a lovely dish packed with both protein and flavor! Serve with a colorful salad and sliced fruit for a hearty, yet refreshing meal!

Ingredients:

3/4	cup dried cannellini beans, soaked overnight and drained	2	sprigs fresh thyme
		1	bay leaf
4	tablespoons olive oil	1	pound chopped cavolo nero (black cabbage), roughly chopped
1	Spanish onion, thinly sliced	1/2	pound chopped white cabbage, roughly chopped
1	leek, white and light green parts only, thinly sliced	2	scant tablespoons tomato paste
1	carrot, cut into 1/4-inch dice	3	cups water
1	celery stalk, cut into 1/4-inch dice		salt and freshly ground black pepper
1	garlic clove, thinly sliced, plus 1 whole garlic clove		

Preparation:

1. Place the presoaked cannellini beans in a medium stockpot. Add water to just cover the beans and bring the water to a boil over high heat. Lower the heat and let the beans simmer until tender, about 1 hour.
2. In a 12-inch sauté pan, heat the oil over medium-high heat until hot but not smoking. Add the onion, leek, carrot, celery, sliced garlic, and herbs. Cook, stirring occasionally, until the vegetables begin to soften, about 5 minutes.
3. Add the black and white cabbages and cook until the cabbage has softened and the flavors have blended, about 10 minutes.
4. Salt and pepper, to taste. Remove the sprigs of rosemary and thyme and the bay leaf.
5. Add the tomato paste, and stir until the tomato paste is well distributed throughout the vegetable mixture.
6. Add the vegetable mixture to the pot with beans and water and let simmer until the flavors are well blended, about 30 minutes more.
7. Serve the soup hot in 4 warmed bowls.

Yield: four servings

Vegetable Soups for the Daniel Fast

You will most likely spend more time cooking meals than you usually do. That's because it's really hard to find prepared foods that are free from chemicals and sugar-free. This is a way to make soups, freeze them for later, and make really great use of your time. This is a good recipe to double!

Ingredients

2	tablespoons olive oil	1	can vegetable broth (14.5 oz.)
1	onion, chopped	1-3	lemon juice
2	pounds chopped vegetables, this can be one vegetable or mixed		salt and pepper to taste

Preparation

1. Heat oil in large pot over medium heat. Add onion with salt and pepper and sauté until softened
2. Add vegetables, broth and enough water to cover (about 5 cups). Bring to boil; reduce heat and simmer until vegetables are tender.
3. Transfer portions of vegetables and broth to a blender (fill blender no more than $\frac{1}{2}$ way to prevent messes) and puree until smooth. Transfer the pureed soup to a clean pot.
4. If necessary, add a little more water or vegetable broth to make soup the proper consistency. Reheat if you are going to serve right away.
5. Freeze leftovers or whole recipe.

Tip: fill resealable freezer bags half full. You can use small bags for individual portions or a larger one for a "pot full." Place the bag in a bowl or measuring cup to keep it standing while you spoon the soup into it. Freeze "flat" for easy storage.

Vegetable ideas: Carrots, squash, beets, mushrooms, broccoli, celery root, or cauliflower are all good candidates for soup purees. Use 2-2 $\frac{1}{2}$ pounds of vegetables for each recipe. Also, add a cubed baking potato to thicken soup, but 100% potato soup does not freeze well.

Yield: four to six servings

Leek and Potato Soup

Ingredients

- 3 tablespoons olive oil
- 3 cups sliced leeks, white and green parts
- 1 teaspoon minced garlic
- 6 cups vegetable stock
- 1 $\frac{1}{2}$ pounds boiling potatoes, peeled and quartered
- Salt and white pepper
- $\frac{1}{3}$ cup chopped fresh parsley
- 2 teaspoons Italian herbs

Preparation

1. In a large pot, heat olive oil over low heat. Add the leeks and cook, stirring often, until tender, about 3 minutes.
2. Add the garlic and cook for 30 seconds.
3. Add the vegetable stock and potatoes. Cover and simmer gently until the vegetables are tender, about 30 minutes.
4. Remove from the heat. With a hand-held immersion blender, or in batches in a food processor, puree the soup until smooth.
5. Season, to taste with salt, ground white pepper and Italian herbs.
6. Ladle into soup bowls and garnish with parsley. Serve immediately.

Yield: six to eight servings

Yummy Yellow Split Pea Soup

This recipe has a little twist with the curry powder. It is so delicious and very easy to make! Serve with a nice green salad and some fresh fruit and you have a very nice meal.

Ingredients:

- 1 tablespoon extra virgin olive oil
- 1 carrot, chopped
- 1 stalk celery, chopped
- 1 small onion, chopped
- 1 teaspoon curry powder
- 1 cup yellow split peas
- 4 cups water
- 1 teaspoon salt

Preparation:

1. Heat olive oil in a large saucepan. Sautee carrot, onion, celery and curry for about 5 minutes.
2. Add the water, peas and salt. Simmer, stirring occasionally, for 45 to 50 minutes, or until very thick.

Yield: six servings

Salads and Dressings



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.

Ingredients:

- 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
- 4-8 cups torn lettuce
- pinch of cayenne pepper
- salt and freshly ground black pepper to taste

Preparation:

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

Yield: four servings

Beautiful Green Salad

Green salads will be a cornerstone to your Daniel Fast, along with soups, stews, rice casseroles, and stir fry meals. I like to prepare all the “fixins” and keep them in baggies or small containers in the refrigerator. Then when it’s mealtime, I can just throw the ingredients in a bowl and toss with a simple dressing and the salad is done.

Ingredients:

- 8 cups baby spinach leaves
- 1/2 medium red onion, sliced and separated into rings
- 1 cucumber, seeds removed and cut into 1/2” chunks
- 1 sweet orange, sliced into sections or triangles
- 1 1/2 cups naturally sweetened dried cranberries
- 1 cup roasted sliced almonds
- 1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

1. Place servings of spinach onto salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order.
2. Drizzle dressing over each salad.

Yield: six servings

Mixed Greens with Potato Croutons and Tarragon Dressing

The potato croutons for this recipe are so tasty that you can eat them alone. The red bell pepper, onion and fennel add great flavor to the croutons and color to the salad.

Ingredients

9	cups gourmet or mixed salad greens	1	pound yellow Finn or Idaho potatoes, scrubbed
1/4	cup olive oil	1/2	cup raspberry vinegar
1/3	cup very thinly sliced red bell pepper	2	tablespoons minced shallot
1	small white onion, very thinly sliced	1	tablespoon freshly squeezed lemon juice
1	tablespoon balsamic vinegar	1/2	cup olive oil
1/2	teaspoon crushed fennel seeds	1	tablespoon chopped fresh tarragon
1/2	teaspoon seasoned salt	1	teaspoon honey
1	dash ground red pepper		

Preparation

1. First start with the croutons, preheat the oven to 400°F.
2. Rub 2 cookie sheets with 2 tablespoons of the olive oil. Mix the red pepper, onion, vinegar, remaining olive oil, fennel seeds, salt and ground red pepper together in a medium bowl. Slice the potatoes very thin by hand, or with an adjustable blade slicer, if you have one, and add them to the red pepper, onion, fennel mixture. Toss well to incorporate all the flavors of the seasonings, onions and peppers. Spread the mixture of red pepper, onion, fennel and potato onto the cookie sheets and bake for 15 minutes. Turn them over and bake 5 to 15 minutes more, until the potatoes become crisp and the edges are browned.
3. Whisk the dressing ingredients in a medium bowl until the honey is dissolved and everything is thoroughly mixed.
4. Pour 1/3 cup of the dressing over the greens and toss thoroughly. Arrange on 6 salad plates, garnish with equal portions of the baked potato crouton, red pepper, onion medley. Pour the remainder of the dressing into a small bowl and pass at the table.

Yield: six servings

Black Bean and Corn Salsa

Serve this Black Bean and Corn Salsa with crisp 100% whole wheat tortilla chips. You can also use this recipe as a salad or serve it in lettuce leaves as wraps! The flavors are great! The thing I love about this recipe is that it's sooooo easy!

Ingredients:

- 2 cans black beans, rinsed
- 1 bag frozen white corn, thawed and rinsed
- 1 large red bell pepper, finely chopped
- 1/2 red onion, finely chopped
- 1 small bunch cilantro, finely chopped
- 1 1/2 limes, juiced
- 3 tablespoons olive oil
- 3 tablespoons balsamic vinegar
- 3/4 teaspoon cumin
- 1/2 teaspoon seasoning salt

Preparation:

1. Combine all ingredients in large bowl.
2. Store in airtight container and chill for at least 1 hour.
3. Serve with 100% whole wheat tortilla chips, as a salad, or in lettuce leaves as a wrap presentation.

Yield: four to six servings

Green Cabbage and Fruit Salad

I love to serve this salad with bean or lentil soup. The salad's bright colors makes it attractive and the flavors are refreshing and a nice contrast for a hearty soup.

Ingredients

- 4 cups shredded green cabbage
- 2 oranges peeled and segments cut into bite-sized pieces
- 2 apples cut into bite-sized pieces
- 1 cup red seedless grapes
- $\frac{1}{2}$ cup raisins
- $\frac{1}{2}$ cup soy mayonnaise
- $\frac{1}{4}$ cup soy milk
- 1 tablespoon fresh lemon juice
- dash salt
- $\frac{1}{2}$ cup toasted pecans, chopped

Preparation

1. In a large serving bowl toss cabbage, oranges, apples, grapes and raisins.
2. Cover with plastic wrap and chill fruit for at least 1 hour.
3. Just before serving, combine remaining ingredients in small bowl, mixing well.
4. Pour dressing over cabbage and fruit mixture. Blend well and serve.

Yield six to eight servings

Green Cabbage and Mushrooms

You'll enjoy this unique combination. Quick and easy to prepare, the tasty side dish will compliment stir-fry dishes or a veggie casserole.

Ingredients

- 1 small green cabbage, cored and diced, about 6 cups
- 1 cup vegetable stock
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, diced
- 1/2 pound mushrooms (shiitake or oyster, if possible)
- 1 ½ tablespoons cornstarch mixed into 1/4 cup cold water
- 1 tablespoon fresh dill weed, chopped, or 1 teaspoon dried
- 1/2 teaspoon paprika
- salt and black pepper to taste

Preparation

1. In a covered pot over high heat, steam the cabbage in the stock for 5 minutes until it is just wilted and still bright green. Remove from heat and remove cover.
2. While the cabbage cooks, heat the olive oil in a large skillet or wok. Sauté the onion and mushrooms until they brown.
3. Add the cabbage and heat through, mixing well.
4. Mix the cornstarch with water and add it to skillet. Bring mixture to boil, stirring, until liquid thickens.
5. Reduce heat and season to taste with dill, paprika, salt, and pepper.

Yield: six serving

Bean and Corn Salad

This is a nice looking salad, easy to make, great textures and full of flavor! Add this as a side dish or as a lunch salad.

Ingredients

- 1 can black or red beans, drained
- 1 cup frozen sweet corn, thawed under running water
- 1 white onion, chopped
- 1 green bell pepper, chopped
- 1 cup celery, chopped
- ½ teaspoon ground cumin
- rice vinegar to taste
- salt and white ground pepper

Preparation

1. Mix the beans with the vegetables in a large bowl.
2. Season with cumin and rice vinegar to taste.
3. Sprinkle with salt and pepper to taste

Yield: four servings

Cooler Salad

This is a really easy salad recipe. One of those toss and mix kinds!

Ingredients:

- fresh cilantro or Italian parsley, roughly chopped
- 1/3 cup green or red onion
- 1 cup cucumber, seeds removed and cut into chunks
- 1 cup tomato, seeds removed and diced
- 1 cup avocado, cut into chunks
- 1 cup celery, cut into 1/4 inch slices
- 1/4 cup flavored vinegar or Italian salad dressing.
- 1/2 lemon or lime
- salt and pepper

Preparation:

1. Place chopped cilantro or Italian parsley in glass salad bowl
2. Add remaining vegetables.
3. Squeeze lemon or lime juice over salad.
4. Toss all ingredients and chill in fridge.
5. Before serving drizzle with salad dressing and salt and pepper to taste
6. Serve cool as a salad or side dish.

Yield: four servings

Quinoa and Green Bean Salad

Quinoa (pronounced Keen-wah) is an ancient food that is not yet well known in North America. It has been cultivated in South American Andes since at least 3,000 B.C. and has been a staple food of millions of native inhabitants. Technically quinoa is not a true grain, but is the seed of the Chenopodium or Goosefoot plant. It is used as a grain and substituted for grains because of its cooking characteristics. Beets, spinach, Swiss chard, and lamb's quarters are all relatives of quinoa.

Ingredients

4	cups vegetable broth	2	tomatoes, chopped
1 ½	cups raw whole grain quinoa	¼	cup olive oil
1	cucumber, sliced	⅓	cup lemon juice
1	red or yellow bell pepper, diced	2	cloves garlic, minced
½	cup steamed green beans, cut into bite-size pieces		dash salt and pepper, to taste

Preparation

1. Cook quinoa in vegetable broth until it fluffs up, about 15 minutes, stirring occasionally.
2. While quinoa is cooking, whisk together lemon juice, olive oil, garlic cloves and salt and pepper.
3. When quinoa is finished cooking, allow to cool slightly then, toss with vegetables and lemon juice mix, stirring to combine well.
4. Chill before serving or serve warm.

Yield: four servings

Green and Red Salad

This is a very attractive salad and loaded with great flavors. It's a perfect salad to go with your lunch and dinner soups and main courses.

Ingredients:

- 1 sweet green pepper, cored, seeded and cut into 1/2-inch wide strips
- 1 sweet red pepper, cored, seeded and cut into 1/2-inch wide strips
- 1 cucumber, peeled, seeded and cut into 1/2-inch wide pieces
- 4 plum tomatoes, seeded and cut into 1/2-inch wide pieces
- 2 carrots, shredded
- 1 small bunch arugula, cut into 2-inch pieces
- 3 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper

Preparation:

1. Combine sweet peppers, cucumber, tomatoes, carrots and arugula in a medium-size bowl.
2. Whisk together oil, vinegar, salt and pepper in a small bowl.
3. Pour dressing over vegetables, tossing to coat.
4. Serve chilled or at room temperature.

Yield: six servings

Hearty Layered Salad

Use this Hearty Layered Salad as a main course or along with a bowl of soup. It's very attractive, nutritious, and has lots of nice textures.

Ingredients:

- 6 cups mixed salad greens
- 1 can garbanzo beans or chickpeas (15 ounce), rinsed and drained
- 1 cup sliced fresh mushrooms
- 1 cup cherry tomatoes, halved
- 1 small cucumber, thinly sliced
- 1 cup thinly sliced red onion, separated into rings
- 1 green pepper, diced
- ½ cup chopped walnuts, toasted

Dressing:

- 1 large ripe avocado, peeled and sliced
- 1 cup silken tofu
- 2 tablespoons lemon juice
- 2 garlic cloves, minced
- ½ teaspoon ground cumin
- ¼ teaspoon salt
- 1/8 teaspoon cayenne pepper

Preparation:

1. In a large glass bowl, layer the first eight ingredients.
2. In a blender, combine the dressing ingredients; cover and process until smooth.
3. Serve with the salad.

Yield: four servings

Mixed Green Salad with Baby Beets

This salad takes some extra effort, but it's all worth it! If you don't have access to fresh beets, use canned beets. The flavor is slightly different, but it's still very tasty. The result is a salad rich in color and full of flavor.

Ingredients:

6 - 8 baby beets (1 1/2-inch), peeled and stems trimmed	1 cup fresh squeezed orange juice, reduced to 1/2 cup
1/4 cup olive oil	2 tablespoons white wine vinegar
salt and pepper	1 cup extra-virgin olive oil
8 ounces spring onions, tops and stem ends trimmed	10 ounces mixed baby greens
4 teaspoons minced shallots	1 cup small diced Granny Smith apples
1 teaspoon minced garlic	1/2 cup pine nuts, toasted
1 teaspoon Dijon mustard	

Preheat the oven to 400 degrees F.

Preparation:

1. Place the beets in a small bowl and drizzle with 2 tablespoons of the olive oil. Season the beets with a pinch of salt and a pinch of pepper. Place on an oven-proof platter and roast in the oven until tender, about 40 to 45 minutes.
2. Remove from the oven and allow to cool. Once cool enough to handle, slice into quarters and set aside.
3. Set a grill pan over medium heat. Set the spring onions in a small bowl and drizzle with the remaining olive oil and season with salt and pepper. Marinate the spring onions in the bowl with the olive oil for at least 1 hour, and up to 2 hours. Remove from the oil, slice in half lengthwise.
4. Set a grill over medium heat, and place the spring onions, cut side down, on the grill and cook for 3 minutes.
5. Rotate the onions a quarter turn and grill another 3 minutes.

Continued on next page

Mixed Green Salad with Baby Beets, continued

6. Turn the spring onions over and grill on the second side for 3 minutes, then turn and grill a final 3 minutes.
7. Remove the spring onions from the grill and allow to cool completely. Once cool, roughly chop and set in a medium bowl with the shallots, garlic, Dijon mustard, orange juice and vinegar.
8. Use a whisk to blend and slowly drizzle in the extra-virgin olive oil until completely incorporated. Season the vinaigrette with salt and pepper.
9. To make the salad, combine the mixed greens, apples, goat cheese, pine nuts and the beets in a large bowl. Season with salt and pepper and add 1 cup of the vinaigrette to the bowl. Toss using your hands or tongs and serve immediately.

Yield: six servings

Red Onion, Orange and More Salad

This popular and colorful salad lends a festive note to meal. Some versions omit the red onion, or replace the raspberry vinegar with lemon juice. No matter which variation is served, however, this salad is tangy and refreshing when served with soups, stews or other Daniel Fast main dishes. The salad should always be served chilled.

Ingredients:

- 4 ripe medium oranges, peeled
- 1 small red onion, sliced fine
- 2 tablespoons raspberry vinegar
- 6 tablespoons extra-virgin olive oil
- salt and freshly ground pepper
- 4 tablespoons golden raisins, covered for 20 minutes in hot water, then drained
- 20 black olives, pitted
- 2 tablespoons sunflower seeds
- 2 tablespoons almonds, blanched and chopped fine
- Springs of fresh mint, to garnish

Preparation:

1. Remove the white pith from the oranges and cut the fruit crosswise into 1/4 inch slices.
2. Arrange on a serving platter and scatter over the sliced red onion.
3. In a small bowl, whisk together the vinegar, olive oil, salt, and pepper.
4. Spoon this dressing over the onion and oranges.
5. Sprinkle with the raisins, olives, sunflower seeds, and almonds.
6. Garnish with mint springs and serve chilled.

Yield: four servings

Delicious Bean and Rice Salad

This is a great salad for all times of the year! It's great for the Daniel Fast, plus you will be the hit of the potluck with this offering! The salad goes together quickly, but it's best slightly chilled, so you will want to plan ahead.

Ingredients

1	can garbanzo beans, drained	1	cup frozen corn, thawed under running water
1	can black beans, drained		
4	cups cooked brown rice	1	cup frozen peas, thawed under running water
½	cup green onion, chopped	¼	cup chopped cilantro or Italian parsley
2	stalks celery, sliced		
½	green bell pepper, chopped	1	cup soy mayonnaise
½	red bell pepper, chopped		salt and pepper, to taste
1	4 ounce can chopped green chilies		

Preparation

1. Combine all ingredients except soy mayonnaise and seasoning into a large bowl.
2. Stir in soy mayonnaise until all ingredients are well coated
3. Salt and pepper to taste.
4. Chill for about 2 hours before serving.

Yield: eight generous servings

Simple Orange and Red Onion Salad

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes.

Ingredients:

- 4 cups torn romaine
- 2 medium navel oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Preparation:

1. On a serving platter, arrange the romaine, oranges and onion.
2. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well.
3. Drizzle over salad; serve immediately.

Yield: four servings.

Winter Fruit Salad

Fruit salads are great all year around. This one centers on those fruits that are easily available in the wintertime, including pomegranates which are usually out of season by February. Use your creativity and intuition with this recipe!

Ingredients

- 1 pomegranate seeds and juice
- ½ pineapple, peeled and cut into chunks (or canned pineapple, packed in juice)
- 2 oranges, segment by removing membrane
- 2 grapefruit, segment by removing membrane
- 2 apples, cored and cut into bite-size pieces
- 2 pears, cored and cut into bite-size pieces
- 2 bananas, peeled and cut into bite-size pieces (add just before serving)

Preparation

1. Remove the seeds from ½ pomegranate and then crush the remaining seeds to extract the juice. Add juice to serving bowl. Reserve seeds for later addition.
2. Add pineapple, orange segments, grapefruit segments, apples and pears and mix.
3. Gently stir in pomegranate seeds.
4. Refrigerate several hours for flavors to blend.
5. Just before serving, add banana, mix and serve.

Yield: six servings

Tip: You can also add raisins, chopped dates, grapes or other fruits.

Southwest Corn and Black Bean Salad

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

Ingredients:

- 1 ½ 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

Preparation:

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.
3. Freshly ground pepper and salt to taste just before serving.

Yield: four servings

Salad Dressings

Many salad dressings call for sugar or honey. I have chosen to exclude those in this Journal, however many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you! More salad dressing recipes are available on The Daniel Fast weblog.

Lemon Olive Oil Dressing

Ingredients:

- 1/3 cup fresh lemon juice (1 large or 1 1/2 small lemons)
- 3/4 cup olive oil (or sometimes I mix canola and olive)
- 1-2 tablespoons tamari soy sauce
- 2 large cloves garlic, crushed
- fresh ground black pepper to taste

Preparation:

1. Shake all ingredients in a bottle.
2. Toss with fresh salad greens.
3. Store leftover dressing in refrigerator.

Thousand Islands Dressing

Here are two recipes for Thousand Islands Dressings that will work for the Daniel Fast. Make sure to READ THE LABEL for the relish to make sure it is sugar-free and chemical-free.

Ingredients

- 1 cup soy mayonnaise
- 1/4 cup tomato paste
- 1 teaspoon white vinegar
- 2 tablespoons chopped onions
- 2 tablespoons chopped green peppers
- 2 tablespoons dill pickle relish
- 1 teaspoon paprika
- 1 dash salt

This recipe is for really quick Thousand Islands Dressing:

- 1 cup soy mayonnaise
- 1/4 cup chili sauce
- 1/4 cup dill pickle relish
- 1/4 teaspoon salt

Preparation

The preparation for both dressings is the same.

1. Mix all ingredients blending very well.
2. If the dressing is too thick, add a bit of soy milk or water.
3. Chill before using.

Tofu Mayonnaise

Tofu Mayonnaise can be used for creamy salad dressings, alone with salads, or as a dip with a vegetable plate.

Ingredients:

- 4 ounces silken tofu
- 1/3 cup extra virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon grated lemon rind
- salt and pepper -- to taste

Preparation:

1. Puree the tofu with 1/4 cup of water, oil, lemon juice and mustard until smooth.
2. Add grated lemon rind and season with salt and pepper.

Yield: Just under 1 cup of finished mayo

Tip: You can add 4-6 garlic cloves, mashed with 1/2 teaspoon salt, to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped chives, white onion or scallion to zip it up.

Rice and Grains



Steamed Brown Rice

Brown rice will become a staple for most people while on the Daniel Fast. It comes in many varieties and is usually less expensive at health food stores than at regular supermarkets.

My favorite variety is “short grained sweet brown rice” because it has a pleasant flavor, is reliable in the way it cooks and can be enjoyed either on its own as a side dish or serves well when accompanied with sauces or stir fry vegetables. This variety of rice also reheats very well.

When cooking rice, the water to rice ratio is usually 2:1 (2 cups water for every 1 cup rice). I have a little rice cooker that takes about 45 minutes per batch. I just place the water, rice and some salt or soy sauce in the pan. Cover it and push the button. It turns itself off when done and then I have rice for a couple meals.

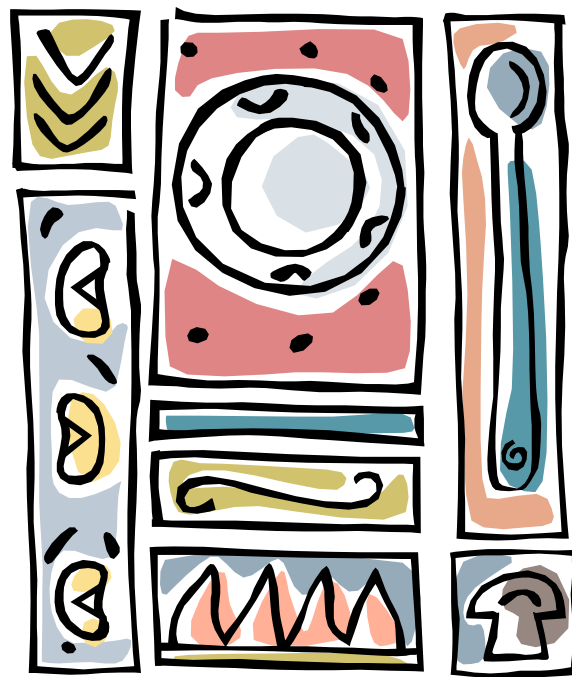
Cooked Whole Grains

During the 21-day Daniel Fast you will have many opportunities to try foods that perhaps you have never even considered before. Cooked whole grains are an excellent source of vitamins and our bodies like them!

Here are a few whole grains that you might want to try. You can buy small amounts at your local health food store which will likely have them in bulk. After you try them, those that you like can be worked into your meal plan.

To 1 cup of this grain:	<i>Add this much water or broth:</i>	<i>Bring to a boil, then simmer for:</i>	<i>Amount after cookin:</i>
Amaranth	2 cups	20-25 minutes	3 1/2 cups
Barley, hulled	3 cups	45-60 minutes	3 1/2 cups
Buckwheat	2 cups	20 minutes	4 cups
Cornmeal (polenta)	4 cups	25-30 minutes	2 1/2 cups
Kamut® grain	4 cups	soak overnight then cook 45-60 minutes	3 cups
Millet, hulled	2 1/2 cups	25-35 minutes	4 cups
Oats, steel cut	4 cups	20 minutes	4 cups
Pasta, whole wheat	6 cups	8-12 minutes (varies by size)	varies
Quinoa	2 cups	12-15 minutes	3+ cups
Rice, brown	2 1/2 cups	25-45 minutes (varies)	3-4 cups
Rye	4 cups	soak overnight then cook 45-60 minutes	3 cups
Sorghum	4 cups	25-40 minutes	3 cups
Spelt berries	4 cups	soak overnight then cook 45-60 minutes	3 cups
Wheat berries	4 cups	soak overnight then cook 45-60 minutes	3 cups
Wild rice	3 cups	45-55 minutes	3 1/2 cups

Side Dishes



Whole Wheat Tortillas

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

Ingredients:

- 2 cups whole wheat pastry flour
- $\frac{1}{2}$ teaspoon salt
- 2 tablespoons olive oil
- $\frac{1}{2}$ cup warm water

Preparation:

1. Mix flour and salt in a medium bowl.
2. Add olive oil and stir until well combined.
3. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl.
4. Knead dough on floured board for about 3 minutes (20 folds).
5. Allow dough to set for 15 minutes (this is called resting)
6. 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 balls.
7. With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward).
8. Heat a skillet over medium heat. Fry the tortillas for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.
9. Keep tortillas warm by placing in a tortilla holder or wrap in a kitchen towel

Yield: Makes 12 tortillas

Daniel Fast Veggie Wraps

Veggie wraps are easy, healthy and very satisfying. Be imaginative! This recipe is for raw vegetables, but you can also stir fry sliced vegetables in olive oil for a Mediterranean style or sesame oil for a more Asian flavor.

Ingredients:

- 1 cup carrots, shredded
- 1 cup red cabbage, shredded
- 1 cup onion, thinly sliced
- 3 Roma tomatoes, diced
- 4 leaves romaine lettuce
- guacamole
- hummus
- 4 10 inch 100% whole wheat tortillas

Preparation:

1. Prepare the vegetables, guacamole, hummus and whole wheat tortillas
2. Lay tortilla on plate, Spread with hummus and then guacamole.
3. Add thin layers of carrots, red cabbage, onion and tomatoes.
4. Cover with lettuce leaf.
5. Wrap tortilla around all the vegetables and serve.

Yield: four servings

Wild Rice and Mushrooms

6 Servings

Whole grains, such as brown rice, quinoa, and oats, are a far better source of energy than the hunks of meat most Americans expect in the center of their plates. Grains supply complex carbohydrates, protein, vitamins, minerals, and fiber all wrapped up in tasty packages. Wild rice is a delicious grain that isn't really rice at all. It's actually a long-grain marsh grass that grows wild in the Great Lakes area and is cultivated commercially in California and the Midwest. I love this grain's chewy texture and nutty flavor. I mix it here with mushrooms and chopped nuts for a combination of colors, textures and luxuriant flavors. When you use wild rice, be sure to wash it thoroughly first. Set it in a bowl, cover it with water and let the debris float to the surface so you can pour it off. Don't cook it too long or you'll get starchy, wimpy grains that have lost much of their flavor.

Ingredients:

1	cup dried porcini or shiitake mushrooms	1/2	cup sliced carrots
2 1/2	cups water, approximately	2	tablespoon chopped fresh parsley
1	cup wild rice		salt or natural soy sauce to taste
1/2	cup freshly squeezed orange juice	1/2	cup finely chopped walnuts or pecans

Preparation

1. Soak the dried mushrooms in water to cover until they are soft. Squeeze them out, reserving liquid, and slice.
2. Wash the wild rice in cold water and place in pot with the mushroom-soaking liquid (minus any sediment) and enough additional cold water to total 2 cups.
3. Add the orange juice and carrots. Bring to a boil, reduce heat, cover and simmer for 30 minutes.
4. Add mushrooms and continue cooking until rice is tender and all the liquid is absorbed.
5. Add the chopped parsley and salt or soy sauce to taste. Stir in the finely chopped nuts (black walnuts, pecans or filberts).

Yield: two to four servings

Cooked Cabbage with Apples for the Daniel Fast

This recipe was offered by **Vicki Muraoka**, a Daniel Fast Blog friend and faster!

Ingredients

- 1/2 red cabbage, sliced
- 2 teaspoons garlic, minced
- 2 apples, peeled, cored, chopped
- 3 tablespoons red wine vinegar

Preparation

1. Heat skillet over medium heat. Add all ingredients and blend well.
2. Cover and allow cooking until it starts to steam.
3. Reduce heat to low and stir every 5-10 minutes until softened. Total cooking time is about 45 minutes.
4. Serve as a side dish.

Yield: four servings

Hoppin' John

Here's a vegetarian adaptation of a traditional dish of the deep South. Serve it with tangy Cole slaw for a satisfying, down-home meal.

Ingredients

- 1 tablespoon light olive oil
 - 1 cup chopped onions
 - 2 cloves garlic, minced
 - 2 cups chopped ripe, juicy tomatoes plus 1/4 cup water, or 16-ounce can diced tomatoes including liquid
 - 1/2 teaspoon dried basil
 - 1/4 teaspoon dried thyme
 - 3 cups cooked brown rice (about 1 cup raw)
 - 1 16-ounce can black-eyed peas, drained and rinsed, or 2 cups cooked (about 2/3 cup dried)
- salt and freshly ground pepper to taste

Preparation

1. Heat the oil in a very large skillet or a wok. Sauté the onions over medium heat until translucent.
2. Add the garlic and continue to sauté until the onions are golden.
3. Stir in the tomatoes, basil, and thyme; cook until the tomatoes have softened, about 5 minutes.
4. Add the rice and black-eyed peas, and season to taste with salt and lots of pepper.
5. Stir well, then simmer, covered, over low heat for 15 minutes. If the mixture seems dry, add water or cooking liquid from the peas. Serve at once.

Yield 4 to 6

Oven Roasted Asparagus

It's hard to believe that such an easy recipe could be so good! You'll love these roasted spears whether served hot as a side dish or room temperature as a snack or appetizer.

Preheat oven to 450 degrees

Ingredients

- 1 pound fresh asparagus, trimmed
- 2 tablespoons olive oil
- ½ teaspoon Kosher salt

Preparation

1. Line a baking sheet with aluminum foil.
2. Trim asparagus (break or cut off tough ends and use a peeler to peel the last 1-2 inches of each spear) and then lay out single layer on the sheet.
3. Drizzle with olive oil and sprinkle with salt.
4. If desired, you can use a spatula to roll the asparagus spears from side to side so each one is evenly coated with oil and salt. Some cooks use their hands and others put the asparagus, oil and salt in a zip lock bag, shake until the spears are well-coated and then turn everything out on the baking sheet.
5. Bake on center rack in 450 degree preheated oven for 12-15 minutes, depending on the thickness of spears.

Yield: four servings (or one serving if no one else is home and you're really hungry 😊)

Tasty Swiss Chard

Swiss chard is a nutritious green leaf vegetable that is very flavorful. This recipe is simple and a little lemon juice adds a very nice twist.

Ingredients

- 1 tablespoon olive oil
- 1 bunch Swiss chard, cut leaves from stem (cut a V cut into the leaf to get all the stem)
 salt and pepper
- 2-3 teaspoons fresh lemon juice

Preparation

1. Heat oil in a large skillet over medium heat. Add chard stems, toss in oil and cook for 4-6 minutes.
2. Add the chard leaves (you may have to add in batches as they are large when raw but cook down quickly to small amounts). Season with salt and pepper and continue cooking until stems are tender, between 4-6 minutes.
3. Pour off all liquid. Stir in lemon juice and season to taste with more salt and pepper.

Yield: two servings (this is easy to double if necessary)

Congri - Cuban Black Beans and Rice

I adapted this recipe to make it Daniel Fast friendly. It's still packed with flavor, easy to make and can work as a main course along with a hearty green salad or as a side dish. Normally, the recipe would use the strips of bacon instead of the olive oil. Cook the bacon until well done, remove from pan and proceed as below. Chop the bacon into bits and sprinkle over finished dish upon serving

Ingredients

- 3 tablespoons olive oil
- 1 medium white onion, finely chopped
- 1 medium green bell pepper, finely chopped
- 1/4 teaspoon dried oregano
- 1/2 teaspoon cumin
- 1 bay leaf
- 1 16 ounce can black beans, including liquid
- 1 1/2 cups long grain brown rice, uncooked
- 2 1/4 cups water
- 1 teaspoon salt
- 1 teaspoon vinegar

Preparation

1. Heat olive oil in large pot. Add onion, green bell pepper, oregano, cumin and bay leaf to the pot and sauté for 5 minutes.
2. Add black beans including the liquid. Mix and sauté for 3 minutes.
3. Add water, salt and vinegar. Stir in rice, reduce heat to low, cover and cook for 20 minutes or until rice is done
4. Serve as main dish or as a side dish..

Yield four generous servings

Apple and Cranberry Stuffed Acorn Squash

This is a nice way to dress up acorn squash since butter and brown sugar are off the list for the Daniel Fast. If you like this recipe and want to prepare it in non-fasting times, you can add a little butter and brown sugar to sweeten the filling up a little more.

Preheat the oven to 350°F.

Ingredients:

- 2 acorn squash
- 2 sweet apples, peeled and chopped
- 1/2 cup dried cranberries
- 1/4 cup pine nuts (optional)
- 1 tablespoon nutmeg

Preparation:

1. Slice the acorn squash in half and scrape out the seeds and the strings. Place both halves face down in a casserole pan filled with 1/2 inch of water. Bake in the oven for 10 to 15 minutes.
2. Put the peeled and chopped apples, dried cranberries, and pine nuts into a bowl and toss until well mixed.
3. Take the steamed acorn squash out of the oven. Empty the casserole pan of any water. Place the halves face up and fill with the apple mixture. Top with nutmeg. Cover the pan loosely with tin foil and bake until the squash, apples, and cranberries are soft, about 30 minutes.

Yield: four servings

Crispy Home Fries

Home Fries serve as a nice and healthy snack. You can play around with this recipe and use different varieties of potatoes and add various vegetables. Serve with salsa or tomato sauce dip.

Ingredients:

4	medium baking potatoes, thinly sliced	1	tablespoon oregano
1	tablespoon garlic powder	1	small onion, chopped (or more to taste)
1	teaspoon black pepper (or more to taste)	1	small green bell pepper, chopped
1	tablespoon paprika	1	small red bell pepper, chopped
1	tablespoon onion salt	1	cup thinly sliced mushrooms
		4	tablespoons olive oil

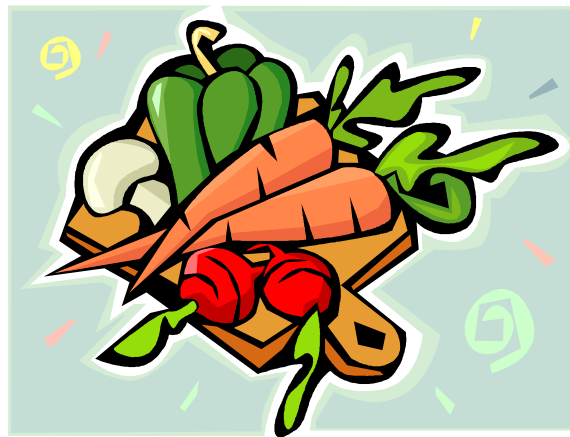
Preparation:

1. Put the thinly sliced potatoes and the spices in a container with a tight-fitting lid. Shake for 30 seconds, until the potatoes are well coated. Set aside.
2. In a large frying pan, sauté the chopped onion, bell peppers, and mushrooms in olive oil until the onion is translucent and slightly browned, about 7 to 10 minutes.
3. Add the spiced potato slices to the sautéed onions, bell peppers, and mushrooms in the frying pan. Toss well. Let sit for 10-15 minutes, browning over medium-low heat. *Do not stir.*
4. Flip over and let sit for another 10 minutes, or until both sides are crispy brown. Serve immediately.

Yield: two to four servings

Tip: If you just want spicy fried potatoes, just leave out the other vegetables.

Main Dishes



Bean and Rice Casserole

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

Ingredients:

- 1 medium onion, chopped
- 2 cup uncooked brown rice
- 1 can red kidney beans (15 1/4 - 19 oz), drained and rinsed
- 1 can black beans (15 1/4 - 19 oz), drained and rinsed
- 1 can garbanzo beans (15 1/4 - 19 oz), drained and rinsed
- 1 can stewed tomatoes (14 1/2 - 16 oz), drained
- 1 can chopped mild chilies (4 oz), drained
- 10 ounces frozen green peas, thawed by placing under running water
- 1 cup frozen corn, thawed by placing under running water

Preparation:

1. In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice; cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.
4. Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings, and return to oven until heated through.

Yield: four servings

Confetti Spaghetti

This is an adaptation from a recipe I have from one of my favorite cookbooks, *The Enchanted Broccoli Forest* by Mollie Katzen. She used to have a television cooking show and I watched her while I was making quilt blocks in my quilting studio. That was many years ago, but even now I have sweet memories about those mornings.

Ingredients

3	tablespoons olive oil	1	red bell pepper, diced into ½” pieces
2	cups yellow onions, sliced	6	cloves garlic, minced
½	teaspoon salt		Salt and pepper to taste
2	cups broccoli, chopped	1	pound 100% whole wheat spaghetti or linguini
2	cups cauliflower, chopped	4	green onions, white and green portion, minced
1	cup green beans, trimmed and cut into bite-sized pieces	½	cup Italian parsley, minced
1	cup snap peas or sugar peas, trimmed and cut into bite-sized pieces	½	cup fresh basil, minced

Preparation

1. Start cooking pasta so that it is ready by the time the vegetables are finished cooking.
2. Heat oil in large skillet over medium heat. Add onion and salt and sauté for about 5 minutes until onion is soft.
3. Add broccoli and cauliflower. Stir and cook until the vegetables are just tender, about 5 minutes.
4. Add green beans, peas, bell pepper and garlic. Cook for another 5 minutes
5. Adjust seasoning and set aside.
6. Place cooked pasta in large serving bowl. Add vegetables, parsley and basil. Toss until well blended and serve! Yumm!

Yield: four generous servings

Spicy Spaghetti with Tofu

You will be pleasantly surprised at how much this recipe is like regular Spaghetti with Meatballs. I hope you and your family have tried tofu. I know it's one of those "not too nice to look at" foods . . . "but boy can she cook!" That's tofu! Give it a try and be pleasantly surprised at how it soaks up the flavors of the other ingredients.

Ingredients

1/3 cup olive oil, divided	1 1/2 tsp. chili flakes
1 1/2 (14 oz.) packages firm tofu, cut into 1/2" cubes	2 cans tomato sauce
8 ounces assorted mushrooms, sliced	5 tablespoons chopped Italian black olives
1/2 cup minced onion	1/3 cup chopped fresh basil
3 garlic cloves, minced	1 package 100% whole wheat spaghetti noodles

Preparation

1. Heat 3 tablespoons oil in a nonstick skillet over medium heat. Add tofu and sauté until lightly browned. Remove from pan and reserve.
2. Add remaining oil and heat over medium heat. Add mushrooms, onion and garlic and sauté 5 minutes.
3. Add chili flakes and cook 1 more minute.
4. Add reserved tofu and tomato sauce and bring to a simmer. Cook for 20-30 minutes.
5. While sauce is cooking, cook pasta according to directions so it's ready when sauce is complete.
6. Just before serving, add the olives and the basil. Heat for 2-3 minutes
7. Serve over whole wheat spaghetti.

Yield: eight generous servings

Ethiopian Chickpea Wat

My youngest son, now 24 years old, is one of my greatest life-treasures. God gave him to me when he was just seven-years-old, an Ethiopian orphan whom I met while I was on a mission trip to Addis Ababa. Since then, I have grown very fond of Ethiopia and the people of that intriguing land. In 2005, my son returned there for a one-year visit and married a lovely woman. They now live in Seattle and are getting settled in their new life together.

One of the mainstays in the Ethiopian meal is “wat.” It’s like a thick stew and made in many different ways. It’s served with injera, the pancake-like bread used to eat the various Ethiopian dishes. Injera is traditionally made of teff, but now most is made of wheat flour. Injera is not available in my little college town, so I serve this wat over brown rice and it’s delicious.

2	tablespoons extra virgin olive oil	1/4	teaspoon cumin
1	large red onion, finely chopped	1/4	teaspoon cardamom
2	carrots, finely chopped	1	tablespoon tomato paste
1	potato, peeled and chopped	1	16 ounce can chickpeas, drained and rinsed
1/2	teaspoon cayenne pepper	1 1/2	cups water
1/2	teaspoon paprika	1	cup frozen peas, thawed under warm running water
1/2	teaspoon ginger	3-4	cups brown rice
1/2	teaspoon salt		
1/2	teaspoon black pepper		

Preparation

1. Heat the oil in a large pot over medium heat. Add the onion, cover and cook until softened, about 5 minutes. Add the carrots and potato, cover and cook 10 minutes longer.
2. Remove the cover and stir in cayenne, paprika, ginger, salt, pepper, cumin, cardamom and tomato paste. Add chickpeas and water and bring to a boil.
3. Reduce heat to low and simmer, covered, until vegetables are tender and the flavor is developed, about 30 minutes, adding a bit more water if needed.
4. About 10 minutes before the stew is ready, stir in green peas and taste to adjust seasonings.

Yield: six servings

Black Bean Main Dish Salad

This is a hearty salad and can be used as a main dish or as an appetizer. It's very easy to make and is colorful and refreshing.

Ingredients

- 1 16 ounce can black beans, drained and rinsed
- 1 bunch cilantro, chopped
- 1/2 cup sweet onion, diced
- 1 red bell pepper, diced
- 1 cup corn kernels, fresh or frozen
- 5 limes, juiced
- salt and freshly ground black pepper, to taste
- 1 mango, peeled and diced (garnish)
- 4 warm whole wheat or corn tortillas

Preparation

1. Mix all ingredients except the sliced mango.
2. Chill for at least 2 hours or overnight.
3. Serve on warmed whole wheat or corn tortillas
4. Garnish with mango.

Yield: four servings

Grilled Portobello Mushrooms with Olive Oil & Garlic

When you look at Portobello mushrooms in the produce section of your grocery store you may be stunned by the price. I bought some this week and they were \$5.95 per pound. But even with that high price, I still only paid about \$1.35 for each mushroom. Some people say they replace steak . . . I'm not so sure about that. But they still work as a nice main dish. I served mine with Cuban Black Beans and Brown Rice along with a green salad and the meal was very satisfying.

Ingredients

- 4 Portobello mushrooms
- olive oil
- Kosher salt and freshly ground black pepper
- 4 garlic cloves, minced
- fresh Italian parsley, minced

Preparation

1. Preheat the broiler or start your grill.
2. Wipe mushrooms clean and remove stems (I cook the stems along side mushrooms and then eat them myself as part of the "Cook's Reward.")
3. Drizzle all over with olive oil and season with salt and pepper.
4. Broil or grill about 4 inches from flame, gill side up, 2 minutes.
5. Turn over, sprinkle tops with garlic and a bit more oil, and cook 1 to 2 minutes longer, being careful not to burn the garlic.
6. Sprinkle with parsley and serve.

Yield: four servings

Delicioso Stir-Fry

This recipe is offered by Donna Blackwell, one of our Daniel Fast friends. Donna says you can be very flexible with this recipe to adjust it to your own liking.

Ingredients

- 1 package Dole Cole Slaw (already mixed)
- 4 green onions, sliced (optional)
- 2 potatoes, peeled and diced to bite-sized pieces
- 1 cup fresh broccoli flowerets'
- 1 cup fresh mushrooms, rinsed and sliced
- olive oil
- salt and pepper to taste

Preparation

1. Heat 2 tablespoons of olive oil in a wok or large skillet over medium heat for 2-3 minutes.
2. Add diced potatoes and toss in heated oil until cooked but still firm. Remove from wok and set aside on plate lined with paper toweling.
3. Add 1 tablespoon olive oil to the wok and add the broccoli flowerets and stir-fry for 3-4 minutes, until cooked but still crisp. Set aside.
4. Add a bit more oil to the wok and add the Cole slaw and onions. Stir-fry for about 2-3 minutes, tossing constantly as it will cook quickly.
5. Add the mushrooms, and toss for another 1-2 minutes.
6. To serve, layer the ingredients on a large serving plate in this order: first the slaw, then the potatoes, and then the broccoli. Season with salt and pepper as you spread the layers.

Yield: four servings

Stir Fry Vegetables with Brown Rice

You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

Ingredients:

1	tablespoon sesame oil	4	cups greens, chopped (kale, bok choy, spinach, collards, etc)
3	green onions, finely chopped	1	can sliced water chestnuts, drained
3	tablespoons fresh ginger, minced	3	cups cooked brown rice
4	cups fresh broccoli, chopped	2	tablespoons soy sauce
½	pound fresh green beans, chopped	1 ½	cups peas (if frozen run under water to thaw)
2	carrots, peeled and sliced on diagonal	½	cup toasted sliced almonds
2	cloves garlic, minced		

Preparation:

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Yield: four servings

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

Bean Curry and Rice

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

Ingredients:

2	tablespoons olive oil	1	can crushed tomatoes (28 ounce)
1	large white onion, chopped	1	can garbanzo beans, drained and rinsed (15 ounce)
1/2	cup dry lentils	1	can kidney beans, drained and rinsed (8 ounce)
2	cloves garlic, minced	1/2	cup raisins
3	tablespoons curry powder		salt and pepper to taste
1	teaspoon ground cumin	8	cups cooked brown rice
1	pinch cayenne pepper		

Preparation:

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Yield: eight servings

Indonesian Tofu with Peanut Butter Sauce

The flavors in this recipe are pleasant and satisfying. When not on the Daniel Fast, you can add 2 tablespoons of honey to sweeten the dish a little more. For best results, the tofu should sit in the marinade for a few hours. You might want to make this in the morning and then prepare it for dinner. Serve with stir fried vegetables.

Preheat oven 350

Ingredients:

1	package firm tofu	1/4	teaspoon garlic powder
1/4	cup creamy peanut butter	1/4	teaspoon ground ginger
1/4	cup water	1/8	teaspoon pepper
2	tablespoon soy sauce	1	tablespoon onion, grated
2	teaspoon lemon juice	4	cups cooked brown rice

Preparation:

1. Slice tofu into 1/2 inch slices. Place in shallow dish and set aside
2. In small bowl, combine remaining ingredients and mix with a whisk.
3. Pour the marinade over the tofu and refrigerate for at least two hours.
4. Remove from refrigerator and let it stand at room temperature for 30 minutes.
5. Place tofu in a single layer on baking sheet and cover with same marinade.
6. Bake uncovered 15 minutes, then place under broiler until brown.
7. Serve over rice.

Yield: four servings

Lentil Rice Casserole

Wonderful flavors in this easy dish. It's also packed with protein. Serve with a green salad and sliced fruit.

Preheat oven to 300 degrees

Ingredients:

- 3 cups vegetable broth
- 3/4 cup lentils, uncooked
- 1/2 cup brown rice, uncooked
- 2/3 cup chopped onion
- 2-3 medium carrots, chopped
- 1/2 teaspoon basil
- 1/4 teaspoon oregano
- 1/4 teaspoon thyme
- 1-2 clove garlic (optional)
- salt (optional)

Preparations:

1. Mix ingredients in a casserole dish.
2. Bake covered for 90 minutes.

Yield: four servings

International Bean and Rice Casserole

This casserole has lots of different flavors. Don't let the number of ingredients deter you! It's very easy. Pop it in the oven and then steamed artichokes. Make a big green salad and dinner is on the way.

Preheat oven to 350 degrees

Ingredients:

1	tablespoon vegetable oil	1/2	teaspoon oregano
1	large onion, chopped		pinch cayenne, if desired
2	celery stalks, chopped	3	tablespoon shoyu or tamari
1	red bell pepper, diced	1	cup arame seaweed, soaked (optional)
3	cup red kidney beans, cooked	4	cup cooked brown rice
6	ounces tomato paste	1/2	cup flat leafed parsley, chopped
1	teaspoon cumin	3	large tomatoes, sliced
1	teaspoon chili powder	5	garlic cloves, pressed
1	teaspoon basil		

Preparation

1. Heat the oil in a large skillet and sauté the onion, celery and red pepper till almost tender.
2. Blend together the beans and about ¼ cup of the bean liquid, the tomato paste, the spices, and the shoyu or tamari in a blender or food processor to make a puree.
3. Transfer the puree to a large bowl. Add the sautéed vegetables and the soaked arame (if desired) to the bean puree and mix well.
4. In a separate bowl, mix the rice and parsley together.
5. Oil a large, deep baking dish. Place half of the rice in the bottom of the dish. Spread half of the bean mixture over the rice. Top it with half of the sliced tomatoes, and then distribute half of the pressed garlic over the tomatoes. Repeat the layers.
6. Bake 45 minutes.

Yield: six servings

Red Lentil Curry

This is a hearty dish which is better for a main dish than a side. Don't let the ingredient list fool you. This is a very easy recipe. The recipe also calls for 1 teaspoon sugar, which I have eliminated here due to Daniel Fast restrictions. However, you might want to add that back in if you decide to make the dish during non-fasting times.

Ingredients:

2	cups red lentils	1	teaspoon ground cumin
1	large onion, diced	1	teaspoon chili powder
1	tablespoon vegetable oil	1	teaspoon salt
2	tablespoons curry paste	1	teaspoon minced garlic
1	tablespoon curry powder	1	teaspoon ginger root, minced
1	teaspoon ground turmeric	1	can tomato puree (14.25 ounce)

Preparation:

1. Wash the lentils in cold water until the water runs clear (this is very important or the lentils will get "scummy"), put the lentils in a pot with water to cover and simmer covered until lentils tender (add more water if necessary).
2. While the lentils are cooking: In a large skillet or saucepan, caramelize the onions in vegetable oil.
3. While the onions are cooking, combine the curry paste, curry powder, turmeric, cumin, chili powder, salt, garlic, and ginger in a mixing bowl. Mix well. When the onions are cooked, add the curry mixture to the onions and cook over a high heat stirring constantly for 1 to 2 minutes.
4. Stir in the tomato puree and reduce heat, allow the curry base to simmer until the lentils are ready.
5. When the lentils are tender drain them briefly (they should have absorbed most of the water but you don't want the curry to be too sloppy). Mix the curry base into the lentils and serve immediately.

Yield: eight servings

Red Potato Casserole

Easy, easy, easy! Mix everything in the same dish as you bake it! Great flavors, lots of protein, and nice textures.

Preheat oven to 350 degrees

Ingredients:

4	cups chopped fresh tomatoes	4	teaspoons dried oregano
4	cups peeled, cubed red potatoes	½	cup water
1	cup diced red onions	1	teaspoon paprika
½	cup olive oil	1 ½	teaspoon salt
2	tablespoon chopped fresh basil	1	teaspoon freshly ground black pepper
4	tablespoons finely chopped fresh parsley	4	cups diced baked or firm tofu

Preparation:

1. Combine all the ingredients in a casserole dish and mix well.
2. Cover with foil and bake for 45 minutes.

Yield: 4 servings

Stir Fry Vegetables with Brown Rice

This is an easy recipe that you can serve over brown rice. Add a nice side dish of sliced tomatoes and another with orange

Ingredients:

2	carrots, cut into ½" strips	1	cup pea pods
1	green pepper, cut into ½" strips	1	tablespoon canola oil
1/2	large sweet onion, sliced	1	tablespoon soy sauce
1/4	head green cabbage, sliced	1	tablespoon sesame oil
1	small zucchini, cut into ½" strips	4	servings cooked brown rice

Preparation:

1. Heat canola oil in wok to high heat.
2. Add all prepared veggies and stir every minute for about 5 minutes.
3. Add soy sauce and stir-fry one minute more.
4. Remove from heat and drizzle sesame oil on top.
5. Serve with brown rice.

Yield: four servings

Thai Style Stir Fry with Lemongrass

The flavors in this recipe are so rich that they provide for a very satisfying Daniel Fast main dish. Serve it over brown rice along with a fruit salad.

Ingredients:

- 3 tablespoon peanut or sesame oil
- 1/2 block tofu, cut into 1/2" cubes
- 3/4 cup fresh green beans, sliced
- 3/4 cup fresh carrots, thinly sliced
- 1 cup broccoli, chopped
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 2 green chilies, minced
- 4 cloves garlic, minced
- 2 stems lemongrass, sliced thin
- 2 tablespoon lime juice
- salt to taste

Preparation:

1. Sautee the tofu in oil until lightly golden, about 5 minutes.
2. Add the vegetables and stir-fry for a few more minutes, until veggies are cooked.
3. Add the remaining ingredients and cook for another minute or two.
4. Serve along with brown rice

Yield: four servings

Vegetarian Chili

I have been making this recipe for more than 15 years. It was a family favorite when my now adult children were young. Make a big pot and serve it for a couple meals! So, so easy!

Ingredients:

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

[When I make this during non-fasting times, I also add 1 tablespoon of sugar with the other spices.]

Preparation:

1. Chop and sauté in oil the peppers and onions.
2. Add the sliced squashes, chili powder, salt, ground red peppers, and corn.
3. 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.
4. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: six generous servings

I featured this recipe in my book titled *Out of the Rat Race* published in 1994 by Servant Publications.

White Beans with Sautéed Vegetables

This is a very fast and flavorful dish. Add a salad and some sliced fruit and you have a very nice Daniel Fast meal!

Ingredients:

- 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

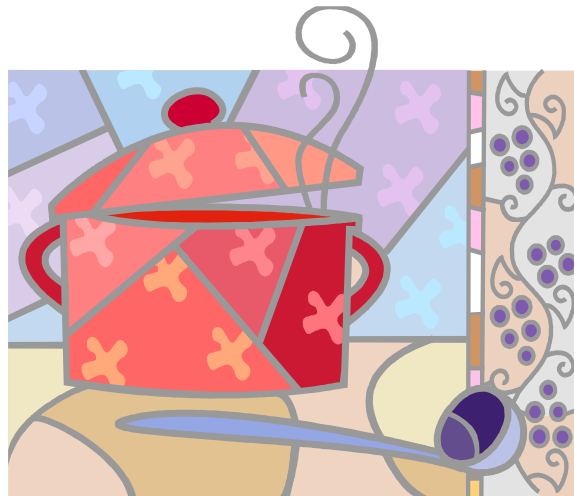
Preparation:

1. Drain the white beans and set aside
2. Heat olive oil and then add all the prepared vegetables to the pan and sauté for until just done.
3. Add beans and heat thoroughly
4. Dish up on serving plates, drizzle with extra virgin olive oil. Salt and pepper 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 sautéing and frying.

Gravies and Dips



Fresh Guacamole

Use this recipe for your Veggie Wraps or serve with crisp whole wheat tortilla chips and sliced vegetables as a great snack plate.

Ingredients:

- 2 ripe avocados
- ½ red onion, minced (about 1/2 cup)
- 1-2 Serrano chilies, stems and seeds removed, minced (see note below)
- 2 tablespoons cilantro leaves, finely chopped
- 1 tablespoon fresh lime or lemon juice
- 1/2 teaspoon coarse salt
- dash of freshly grated black pepper
- 1/2 ripe tomato, seeds and pulp removed, chopped (optional)

Preparation:

1. Cut avocados in half, remove seed and scoop out avocado into a bowl. Mash into a thick and lumpy paste.
2. Add minced onions, minced chilies, chopped cilantro, and lime or lemon juice. Gently combine with the avocado until well mixed. Salt and pepper to tasted.
3. Refrigerate the guacamole in airtight container, first laying a piece of plastic wrap directly on the guacamole to prevent oxidation.
4. Just before serving, add tomatoes if desired.

Yield: two to four servings

Note: Please keep in mind that chilies come in varying degrees of spiciness (hotness). Also, carefully cut the chilies and remove the seeds, protecting your hands and eyes as the capsaicin can actually burn.

Homemade Hummus

Serve this dip with fresh vegetables as a side dish with a meal or as a snack.

Ingredients:

- 1 15-oz. can garbanzo beans
- 1 - 2 cloves garlic
- 1/8 teaspoon salt
- 1/4 cup extra virgin oil, decrease or increase to desired consistency

Preparation:

1. Blend garbanzo beans in a food processor with garlic, salt, and oil.

Tip: Stir in some lemon juice, tahini, sun dried tomatoes or chopped olives for variety.

Homemade Spicy Hummus

You can make this in advance and actually store in an airtight container in the refrigerator for up to two weeks. Serve with 100% whole wheat tortilla chips, sliced vegetables, or as a spread for Veggie Wraps.

Ingredients:

- 1 can garbanzo beans (or 1 15-ounce can)
- 1/3 cup sesame tahini (available in most grocery stores and all natural food stores)
- 1/4 cup extra virgin olive oil
- 1/4 cup warm water
- 1 ½ lemons, juiced
- 1 clove garlic, minced
- 1/8 teaspoon kosher salt
- 2-3 teaspoons hot chili oil
- 1/8 teaspoon ground pepper (optional)

Preparation:

1. Combine garbanzo beans, tahini, olive oil and garlic in food processor or blender. Blend until pureed.
2. Add remaining ingredients, blend until smooth and creamy consistency.
3. Serve at room temperature, with pita bread, on crackers, as a sandwich spread, or as a dip for raw vegetables. Store in refrigerator. It will keep for up to 2 weeks.

Yield: six servings

Mushroom Gravy

A Daniel Fast appropriate gravy made with soy milk is a nice addition to your menus. Use the gravy mix as your base. Add fresh vegetables to it and then serve it over rice or some other whole grain.

Ingredients:

- 1/2 onion, chopped
- 1 clove garlic
- 1 tablespoon vegetable oil
- 1 cup sliced fresh mushrooms
- 2 tablespoons whole-wheat pastry flour
- 1 cup water or vegetable stock
- 1 tablespoon soy sauce
- 1/4 teaspoon savory
- 1/4 teaspoon thyme
- salt and pepper to taste

Preparation:

1. In a medium saucepan over medium-high heat, sauté onion and garlic in oil until soft.
2. Add mushrooms and cook 5 minutes over low heat.
3. Stir in flour; cook over medium heat for 2 minutes.
4. Add water or stock, and soy sauce. Cook, stirring, until thickened, about 3 to 4 minutes.
5. Season with herbs; salt and pepper to taste.

Yield: about 2 cups gravy

White Bean Dip

This is a great dip for vegetables. It's a lot like hummus. You can also substitute the mint and thyme with chopped rosemary for a totally different flavor. Consider adding lemon zest. Use the beans, garlic and oil as a base, and then experiment.

Ingredients:

- 1 (14 ounces) can cannellini beans, rinsed and drained
- 1 clove garlic
- 1 ½ tablespoons extra-virgin olive oil
- 4 sprigs fresh mint leaves
- 6 sprigs fresh thyme leaves, stripped from stem
- coarse salt and black pepper to taste

Preparation:

1. Mix all ingredients in food processor.
2. Serve with sliced vegetables including carrots, celery, cucumbers, and red and green peppers

Yield: about 2 cups

White Bean and Rosemary Dip

This is one of my favorite dips with vegetables (or crackers during non-fasting times). The flavors are subtle.

Ingredients:

- 1 can white cannellini beans, drained and rinsed
- 3 cloves garlic
- 2 tablespoons olive oil
- 1 lemon
- hot pepper sauce
- 1 teaspoon rosemary

Preparation:

1. In food processor combine beans and garlic. Process and add rosemary and olive oil.
2. Squeeze in lemon juice and a dash of hot pepper sauce. Process until smooth.
3. Scoop into dish and serve with celery, carrot slices, zucchini or other vegetables

Yield: about 2 cups

Fruit Desserts



Asian Fruit Plate

You can use this as a dessert plate or as a side dish with the rest of your meal.

Ingredients:

- 1 (20 oz.) can sugar-free pineapple chunks
- 1 (11 oz.) can sugar-free mandarin oranges, drained
- 2 large bananas, sliced
- 1/2 cup chopped dates
- 2 tablespoon cider vinegar
- 1/4 cup salad oil
- 1 teaspoon curry powder
- 1/4 teaspoon salt
- crisp salad greens
- 1/2 cup chopped salted peanuts

Preparation:

1. Drain pineapple, reserving 1/2 cup syrup.
2. Combine pineapple and next 3 ingredients in a large bowl.
3. Combine reserved syrup with next 4 ingredients in a jar.
4. Cover and shake well. Pour over fruit and marinate 1/2 hour.
5. Arrange greens on 6 serving plates. Top with fruit mixture.
6. Sprinkle with peanuts.

Fresh Fruit Platter

Fruit plates are as pretty to look at as they are to eat! Have fun and arrange the fruit in a pattern or design. Serve with serving plates or with toothpicks.

Ingredients:

- 2 small ripe melons
- 1 ripe pineapple
- 2 bunches green grapes
- 2 bunches red grapes
- 1 pint fresh figs
- 1 pint raspberries
- 1 pint strawberries
- 1 pint blueberries
- 1 red papaya
- 2 kiwis

Preparation:

1. Prepare all fruit in bite-sized pieces or single servings
2. Arrange in an attractive way on a large platter.
3. Serve with individual serving plates or toothpicks.

Fruit Kabobs

These are nice to use for a dessert. There's something kind of festive about serving the fruit on sticks, plus their fun to eat that way.

Ingredients:

Using seasonal fruits is best. Here are some suggestions, but do our "designing" at the grocery store or farmers market.

You will need enough skewers for the number of servings you want to prepare.

- 1 cup strawberries,
- 1 cup pineapple slices,
- 1 cup watermelon,
- 1 cup peaches,
- 1 cup bananas,
- 1 cup cherries,
- 1 cup grapes and
- 1 cup apples
- 1 cup mango

Preparation:

1. Wash and cut fruit into bite-sized chunks.
2. Arrange the fruit on skewers in attractive pattern.
3. Serve alone or with flavored tofu mayonnaise (recipe included in this book).

Sample Menus

	Breakfast	Lunch	Dinner	Snack
1	Sliced Fruit Apple and Oat Porridge with Soy Milk	Steamed Vegetables with Brown Rice Apple	Vegetarian Chili Green Salad Orange Slices	Hummus with Vegetable Plate Fruit Plate
2	Potato and Green Onion Frittata Fresh Ruby Grapefruit Sections	Vegetarian Chili Carrots and Celery Sticks	Greek Vegetable Stew Green Salad Apple Slices	White Bean Dip with Carrots and Celery
3	Apple Oats Homemade Cold Cereal with Soy Milk Sliced Apples	Quick Vegetable and Bean Soup Simple Orange and Red Onion Salad	Bean and Rice Casserole Beautiful Green Salad Fruit Plate	
4	Easy Breakfast Fruit Smoothie	Greek Vegetable Stew Green Salad Sliced Apple	Hearty Layered Salad Brown Rice with Soy Sauce Barley and Black Bean Salad	Fruit Kabobs
5	Special Hot Oatmeal with Soy Milk Sliced banana	Lentil Soup Celery with Peanut Butter	Sliced Apple Barley and Black Bean Salad Fruit Kabobs	White Bean and Rosemary Dip with Carrot Slices
6	Tofu Breakfast Scramble Orange Slices	Red Bean Soup Red and Green Salad	Southwestern Corn and Black Bean Salad Tomato Soup	Crisp Home Fries
7	Stick to Your Ribs Oatmeal with Soy Milk Sliced Banana	Garden Vegetable Soup Green Salad Fresh Apple	Bean Curry and Rice Red and Green Salad Fruit Platter	Hummus with Vegetable Plate
8	Sliced Fruit Apple and Oat Porridge with Soy Milk	Potato Leek Onion Soup Celery and Carrot Sticks	International Rice and Bean Casserole Green Salad Sliced Orange	Vegetable Plate with Seasoned Tofu Mayonnaise
9	Potato and Green Onion Frittata Fresh Ruby Grapefruit Sections	Hearty Layered Salad Brown Rice with Soy Sauce	Stir Fry Vegetables with Brown Rice Asian Fruit Plate	Fruit Plate

	Breakfast	Lunch	Dinner	Snack
10	Apple Oats Homemade Cold Cereal with Soy Milk Sliced Apples	Steamed Vegetables with Brown Rice Apple	Stir Fry Vegetables and Tofu with Brown Rice Cooler Salad	White Bean Dip with Carrots and Celery
11	Easy Breakfast Fruit Smoothie	Vegetarian Chili Carrots and Celery Sticks	Orange Slices Red Potato Casserole Mixed Green Salad with Baby Beets	Fruit Kabobs
12	Special Hot Oatmeal with Soy Milk Sliced banana	Quick Vegetable and Bean Soup Simple Orange and Red Onion Salad	Orange Slices White Beans and Sautéed Vegetables Simple Orange and Red Onion Salad	White Bean and Rosemary Dip with Carrot Slices
13	Tofu Breakfast Scramble Orange Slices	Greek Vegetable Stew Green Salad	Thai Style Stir Fry with Lemongrass over Brown Rice Asian Fruit Plate	Crisp Home Fries
	Stick to Your Ribs Oatmeal with Soy Milk Sliced Banana	Lentil Soup Celery with Peanut Butter	Barley and Black Bean Salad Fruit Kabobs	Hummus with Vegetable Plate
14	Sliced Fruit Apple and Oat Porridge with Soy Milk	Red Bean Soup Red and Green Salad	Savory Tofu Stew Red and Green Salad	Fruit Plate
15	Potato and Green Onion Frittata Fresh Ruby Grapefruit Sections	Fresh Orange Garden Vegetable Soup Green Salad	Orange Slices Vegetarian Chili Green Salad Orange Slices	White Bean Dip with Carrots and Celery
16	Apple Oats Homemade Cold Cereal with Soy Milk Sliced Apples	Fresh Apple Potato Leek Onion Soup Celery and Carrot Sticks	Greek Vegetable Stew Green Salad	Fruit Kabobs
17	Easy Breakfast Fruit Smoothie	Hearty Layered Salad Brown Rice with Soy Sauce	Apple Slices Bean and Rice Casserole Beautiful Green Salad Fruit Plate	White Bean and Rosemary Dip with Carrot Slices

	Breakfast	Lunch	Dinner	Snack
18	Special Hot Oatmeal with Soy Milk Sliced banana	Steamed Vegetables with Brown Rice Apple	Hearty Layered Salad Brown Rice with Soy Sauce	Hummus with Vegetable Plate
19	Tofu Breakfast Scramble Orange Slices	Vegetarian Chili Carrots and Celery Sticks	Sliced Apple Barley and Black Bean Salad Fruit Kabobs	Vegetable Plate with Seasoned Tofu Mayonnaise
20	Stick to Your Ribs Oatmeal with Soy Milk Sliced Banana	Quick Vegetable and Bean Soup Simple Orange and Red Onion Salad	Southwestern Corn and Black Bean Salad Tomato Soup	Fruit Plate
21	Potato and Green Onion Frittata Fresh Ruby Grapefruit Sections	Greek Vegetable Stew Green Salad Sliced Apple	Bean Curry and Rice Red and Green Salad Fruit Platter	Crisp Home Fries with Seasoned Tofu Mayonnaise

Plan Your Meals

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

Day	Breakfast	Lunch	Dinner	Snacks
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