

The Daniel Fast on a Budget Cookbook

By Susan Gregory



*Delicious Recipes that are
Nourishing, Quick to Prepare
and Easy on Your Budget*

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Appreciation and Acknowledgement

I want to express my sincere and heart-felt appreciation to my “right hand woman,” **Anna Andrews**, for all her help in researching and sharing her recipes for The Daniel Fast on a Budget. Anna and her husband Scott are valuable friends and we share a deep love for God. We often get together and talk for hours on end about the goodness of God and His amazing ways.



Anna is a valuable member of the Daniel Fast Team and among other things helps answer the many emails and blog posts we receive from men and women around the world who are preparing for their Daniel Fast. Anna also provides important customer service when needed.

I give thanks to God for connecting Anna and me and am honored to work with such a wonderful woman of God.

Thank you, Anna! You are a blessing!

Introduction

Okay, I am going to make a really bold statement right now! Here goes:

Unless you are really broke and can't afford food anyway, cost should never keep anyone from engaging in the Daniel Fast!

I've been teaching and writing about the Daniel Fast since 2007. I've answered countless blog posts and email queries about how to prepare meals for the fast. And I've heard a lot of people say that the Daniel Fast is too expensive. But let me assure you, it isn't! And that's why I've just released this book so that I can show you how you can not only afford the Daniel Fast – but that eating the foods on the Daniel Fast will likely save you money!

I do want to get one big issue out of the way before we set our focus on food! Food is only one part of the Daniel Fast. Please keep in mind that the Daniel Fast is a spiritual experience. Fasting is where some or all food is restricted for a spiritual purpose. If the primary focus of the Daniel Fast is food, then the essence of the fast will be missed, which is to center your life on your Father in a concentrated way so you can draw closer to Him, learn more of who He is and who you are in Him, and so you can be transformed by His Word and discover more about His ways.

With that said, the Daniel Fast is a partial fast, where some foods are restricted and others are allowed. I go into great detail about the fast in my bestselling book, *The Daniel Fast: feed your soul, strengthen your spirit, renew your body* (2010: Tyndale House Publishers). And I hope you prepare for our fast by learning about it.

So since we do eat differently on the Daniel Fast, we do need to give some attention to food lists, menus and recipes. And that brings us to the cost of food.

Clearly, there is some really cheap food “out there” for people to eat. The fast food industry is built on cheap, tasty food that can be served to you in minutes. However, most if it isn't very good for your body as the nutrition levels are usually low and the amount of fat, sugar and salt are often off the charts. But even then, when you consider the cost, you can still prepare good quality and very nutritious meals at home for close to the same price, if not for less!

So as you enter into this consecrated time of prayer and fasting, your daily life will be different. You will spend more time with the Lord. You will focus your attention on the purpose for which you are fasting. You will use your time uniquely . . . and you will eat differently.

This change in your eating may require a change in the way you use your time around food. It's very likely that you will prepare most of your meals from scratch . . . and eat more simply. However, before you say, “I just don't have the time to prepare meals like this,” continue to read and discover how this really can work for you with just a few changes, all of which can be beneficial for your Daniel Fast and beyond!

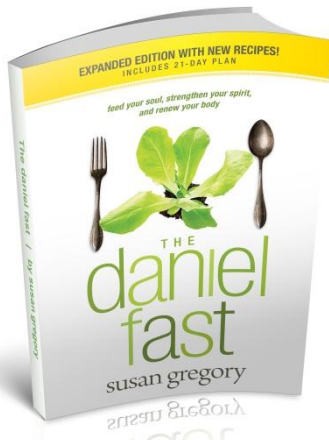
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Prepare for Your Daniel Fast

Prayer and fasting is a powerful spiritual experience. And you want to be successful on your fast, so it's essential that you prepare for it! I can't count the number of people who have contacted me about struggles they have on their fast . . . and it's usually because they have not adequately prepared themselves for what can be a life-changing experience in their lives.

I strongly encourage you to learn more about the Daniel Fast and how to prepare your soul and your spirit for this encounter with God. You will invest time, energy and activities into this experience. You want it to be spiritually profitable and a growing event.



My Daniel Fast book is available as a paperback, eBook, audio and in Spanish. Check out the Daniel Fast website: [Daniel Fast](#) or your favorite local or online bookseller.

The book gives you all the information you need about the fast, plus it includes a cookbook and a 21-day Daniel Fast Daily Devotional. But here we will focus on your food and diet.

Prepare Your Body

The Daniel Fast is a very healthy way of eating. In fact, in just about any reference to improving health you'll find the directive to eat more whole grains, vegetables and fruits. This way of eating is the center of the Daniel Fast.

But the Daniel Fast is also free of sweeteners, stimulants (such as caffeine), chemicals, deep fried foods and artificial flavorings. If you are accustomed to drinking beverages that include caffeine, you'll want to taper off the beverages before you start your fast to avoid withdrawals. The symptoms include light to excruciating headaches, fatigue, leg cramps and achy joints. You'll also want to increase the amount of water you drink to flush your system of toxins and chemicals.

It's very common to experience fatigue and lethargy during the first few days of the fast. However, that will soon be replaced with increase energy, vitality and a sense of well-being.

Prepare Your Calendar

You'll also want to prepare our calendar and try to keep it as open and free of distractions as possible. That isn't to say you should skip your daughter's ballet recital or your Bible Study class. However, if you can avoid lunch dates, social gatherings and similar engagements you will have more time to open your heart to the Holy Spirit and the truths that He calls you to during you time of prayer and fasting.

Prepare Your Menus

You will save yourself a boatload of anxiety, money and energy if you'll invest time and creativity in preparing for the meals you will eat while on your fasting experience. If you are already a planner, then you know the great value. If not, it may take a few tries, but if you will stick with the process you will soon find the rewards are many and well worth the time.

Review the time and money saving tips included in this eBook. Also, use the Daniel Fast Meal Planning Form provided at the end of this document to plan your meals and your shopping trips.

Prepare Your Heart

Most importantly, prepare your heart for a life-changing experience with your loving Father who cares about you more than you can ever imagine and who only wants the very best for you and your loved ones. Open your heart to His truth as you enter into this powerful time of prayer and fasting.



Be blessed on your fast,

Susan Gregory

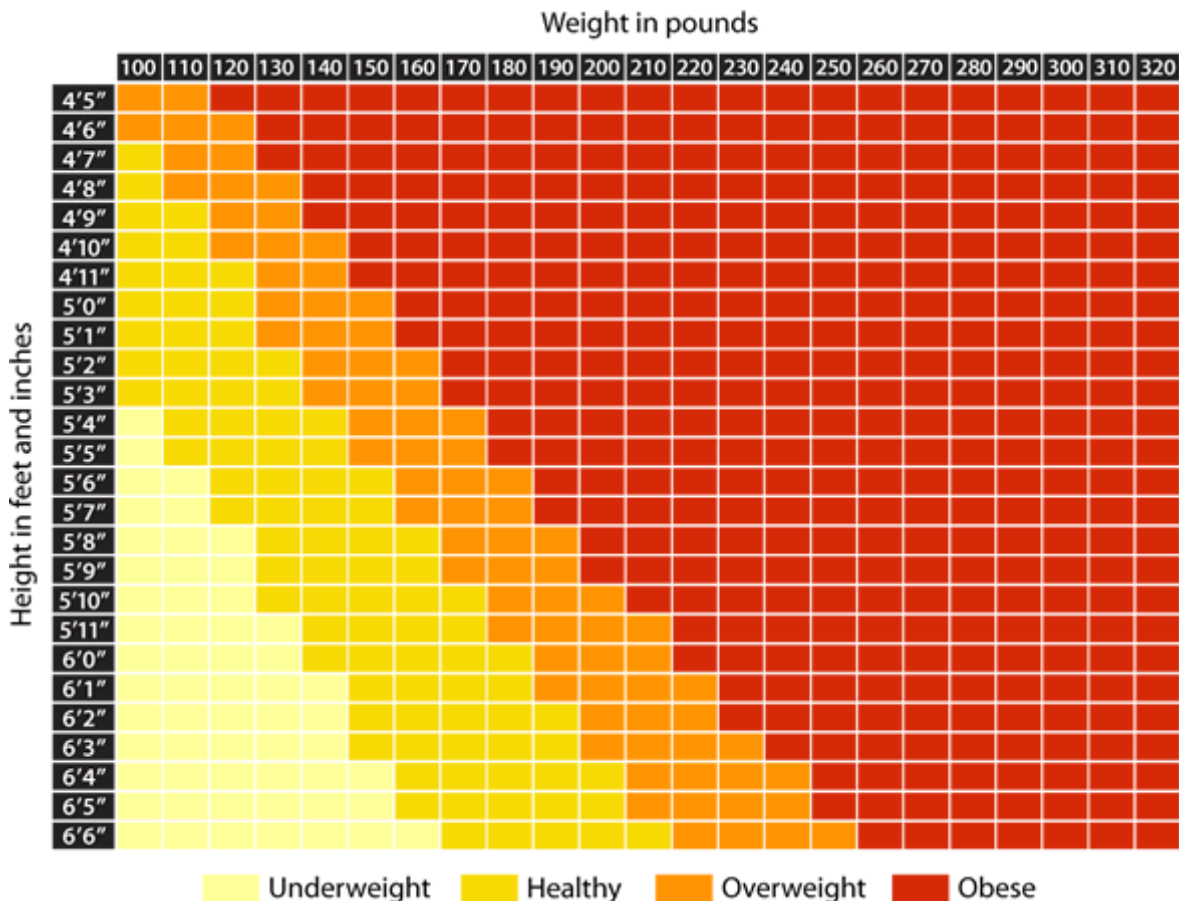
Ten Tips to Save Money

1. Plan your meals in advance by jotting down dinner ideas a few days ahead and make lists of things to buy for the week (or month!). Knowing what you need in advance will also help reduce expensive impulse purchases. Be sure to read *Your Easy Step-by-Step Plan* on page 14 for an easy way to plan your meals and your shopping list.
2. Don't be tempted to eat out: plan ahead and pack a lunch. You will save a bundle of money and most likely eat a more nutritious meal. If you do need to eat out for business meals or social events, try to choose vegetarian meals. But be sure to ask the server if they include cheese or eggs. Many Asian restaurants serve vegetarian meals and they often include brown rice on their menu as the demand for whole foods grows. Salad bars can meet the need on your Daniel Fast, also. Use oil and vinegar as your dressing you you're set.
3. The bulk bins are your friends! Shop in the bulk sections of grocery stores or health-food stores, where you can often purchase pasta, rice, grains and oats, spices, lentils, split peas and beans at cheaper prices than the pre-packaged brands. Another benefit in the bulk section is that you can buy as much or as little as you need. Or try bulk pre-packaged foods from stores like Costco, Cash & Carry or Sam's Club. But be careful to only purchase the amount you will consume. I find a lot of good deals at Costco, but I can usually find produce at cheaper prices at my local supermarket. Use the buddy system and get a friend to split the bulk item. This keeps you from wasting food that you may not be able to use.

Bulk Buying: you can save up to 70% on oats and popcorn. You can save about 50% on pasta and peanut butter. Buying dried beans, brown rice and lentils in bulk is a great savings! Cook your own beans for just 20% of the cost of canned beans.

Check out other bulk nuts, seeds and whole grains like quinoa, whole wheat flour, barley, wheat berries and other nutritious foods.
4. Take advantage of store circulars, sales and coupons. We've all heard this tip, but you can prepare for the Daniel Fast in advance by purchasing foods when you see them on sale. For example, frozen fruits and vegetables, canned tomatoes, whole grain pasta, vegetable broth, unsweetened soy milk, vegetable broth, etc. These foods also have a long shelf-life, so you can buy in advance and know you will have these ingredients on hand for your Daniel Fast meals and for other recipes.
5. Consider the unit price of foods. Just about all grocery stores, the price tag on the shelves include the item price of the food and the unit price. For example, a can of beans may be \$1. But the unit price is 65¢ per ounce. Checking the unit price can help you make good buying decisions as to whether to purchase the item in larger sizes or not. They also help you consider the price between what ingredients to choose. Those baked chips you want because all the ingredients are allowed on the Daniel Fast may be tempting. But then you see that they cost a whopping \$5.96 per pound! That's a lot of money. Instead, you can buy a pound of unpopped popcorn for less than \$1 and make much more of a snack that's healthy and satisfying!

6. Make your own! You can save about 50% by creating your own spice mixes and your own salad dressings. Find recipes for the spice/herb mixes you like to use on vegetables or in recipes. Then purchase the spices in the bulk section of your supermarket or at a health food store. The same goes with salad dressing. Olive oil, vinegar and lemon juice with a few herbs or a little Dijon mustard is not only fresh, but it's very inexpensive to make!
7. Wash your own lettuce! I know those bags of prewashed lettuce are tempting. But the truth is, they are also very expensive! While a head of lettuce may cost \$1.29 each (a head averages about 1 pound). The washed lettuce is often more than \$5 per pound. So you can save a lot by taking a few minutes and washing your own lettuce. The same goes for prepared vegetables like carrots, celery and peppers. When you look at the unit price, you will quickly see that they are very expensive!
8. Eat healthy portions. Okay, this may sound a little odd in the "save money" section. But one of the best ways to save money on food is to not eat more than your body needs! We know that the obesity problem in the United States has reached epidemic proportions. According to statistics from the Centers for Disease Control and Prevention (CDC) about one-third of American adults are obese. Many adults eat twice as much food as their body needs, so reducing the amount one eats to healthy portion sizes can make a significant difference in their food budget. Here is a Body Mass Index (BMI) chart to help you see where you are.



9. Some food is a bargain all the time. For example, a head of cabbage or a pound of potatoes can be created into great dishes for just pennies a serving. You can prepare four servings of pasta with homemade meatless tomato-based sauce for a couple dollars. Add a nice side salad and you have a lovely meal for four people for under \$5! That's a bargain plus it's very nutritious! Be sure to check out the frozen foods section for ingredients as they are often inexpensive and frequently go on sale!
10. Shop in season – some foods seem to be readily available at low prices all year long including bananas, potatoes, celery, carrots and other root vegetables. But most fruits and vegetables adjust in price depending on the season. So consider the produce that is in season and plan your meals around them. Review the chart on the next page to find foods that are in season during your fast, then plan accordingly.

Seasonal Fruits and Vegetables

Month	Vegetables	Fruits
January	cabbages leeks broccoli cauliflower	grapefruit lemons oranges papayas tangelos tangerines
February	broccoli cauliflower	grapefruit lemons oranges papayas
March	broccoli lettuce	pineapples mangoes
April	artichokes asparagus broccoli lettuce spring peas zucchini	mangoes pineapples rhubarb
May	artichokes asparagus broccoli green beans lettuce spring peas zucchini	apricots cherries pineapples rhubarb
June	corn green beans lettuce	apricots blackberries blueberries cantaloupe cherries peaches limes strawberries watermelon

Month	Vegetables	Fruits
July	corn cucumbers green beans lettuce summer squash tomatoes	apricots blueberries cantaloupe kiwi peaches plums raspberries strawberries watermelon
August	corn cucumbers eggplant green beans lettuce summer squash tomatoes	apricots blueberries cantaloupe kiwi peaches plums raspberries strawberries watermelon
September	eggplants green beans lettuce pumpkins spinach tomatoes	grapes pomegranates
October	broccoli pumpkins spinach lettuce sweet potatoes winter squash	apples cranberries grapes pomegranates
November	broccoli mushrooms pumpkins spinach sweet potatoes winter squash	cranberries oranges tangerines pears pomegranates
December	broccoli cauliflower mushrooms sweet potatoes	grapefruit oranges papayas pears pomegranates tangerines

Ten Tips to Save Time

1. Make enough to have leftovers. Don't be afraid of the freezer—leftovers are great the next day, but many things (from soup to pasta) can be frozen and kept longer. Take advantage of the great zip-lock freezer bags so you can store the frozen items flat. Just use a piece of sturdy cardboard under the bag when you lay it in the freezer, then once frozen you can store the bags on their sides saving lots of freezer space. Remember to label and date the bag so you know the contents!
2. Akin to using leftovers is this great tip used by wise and creative homemakers: cook once – eat twice! You can accomplish this in a few ways: 1) Double the recipe so you can serve one and then store the other in the fridge or the freezer. 2) Prepare dishes you will serve later while cooking those you will use now. For example, cook rice to be used tomorrow while you're preparing the dinner meal for tonight. 3) Use your time in the kitchen to pre-measure foods for recipes you'll cook later in the week. Be sure to label them.
3. Use “down time” for easy meal cooking. When you plan ahead and have the ingredients on hand, it's really easy to load your slow cooker and let it cook away while you're watching a movie, running errands or even sleeping!
4. When you return from your grocery shopping trip, wash all your produce and store it in easy to see places on your counter or fridge. This is a great way to involve your kids and spouse. It can all be done quickly with many hands.
5. Prepare salad ingredients in advance! Slice carrots, green onions, radishes, celery and cucumbers and store them in individual airtight containers. When you're ready to make a salad, just tear or chop your lettuce or other greens, then add the other ingredients you like. You'll have a salad made in minutes!
6. Chop a large onion and keep it in an airtight container in your fridge. Then when chopped onions are called for in a recipe, you are ready to go! If you use a lot of onions, consider chopping several.
7. Clean as you go! While you're in the kitchen preparing meals, use those few minute intervals while you wait for something to come to a boil or until it's time to add the next ingredient to clean up, load the dishwasher, wash cooking items you've used, set the table, wipe down the counters. This will save you a lot of time!
8. Cook your carbs by the gallon! This is a great strategy to use during your Daniel Fast and all the time! Cook your carb dishes early in the week and store them in gallon-sized zip-lock bags. Keep them in the fridge or the freezer. Lay the bags flat for easy storage. Then you'll have your brown rice, pasta, potatoes, quinoa, beans and more ready to go. It's easy to put together a meal using these precooked ingredients, plus this is a huge money saver! You can also cook beans in large

quantities and then freeze them in 2 cup portions (about the same amount of 1 can of prepared beans). Then when you're ready to make a recipe calling for a can of beans, just thaw, rinse and drain and you're ready to go!

9. Consider using a pressure cooker! Those who use them consider pressure cookers the best timesaving tool in the kitchen. Keep an eye out for when they go on sale and choose one that is small enough to use easily, yet large enough hold the foods you like to prepare.
10. Think before you cook! Now this may sound silly, but professional chefs say that thinking through what they will do is the first step in creating successful meals. Read through the recipes you'll prepare. Gather all the ingredients before you start the recipe and think through the cooking times and how you will prepare each item and in what sequence.

Five Top Benefits of Meal Planning

On the surface, you may think that meal planning will take too much time. But the truth is that investing just 30 minutes each week to plan your meal pays big dividends. Here are the five top benefits of meal planning that you can realize this week! The truth is, you'll either plan once a week or over and over for each day (for even for each meal) as the week progresses.

One - Reduce Stress! If you are the primary person preparing meals in your home, then you are familiar with that nagging little voice inside saying, "So what's for dinner tonight?" I hate that pesky little voice . . . but that totally goes away when I know what to do. In fact, do you know that one of the best ways to eliminate stress is to make a plan? Planning your meals and being able to shop just once a week is a huge stress buster!

Two - Save Time! Yes, when you know the meals you'll prepare each week, you can make one grocery shopping trip each week and that's it! You can also take advantage of time-saving actions, such as starting a pot of soup in the crock pot in the morning so it will be ready for the evening meal . . . or preparing baked potatoes one time to use for two meals. Planning ahead can save hours of time each week.

Three - Save Money! When you plan ahead you can take advantage of store bargains and the foods you already have on hand. You can also use coupons, stock up on frequently used items and even hit the warehouse stores for some foods (watch prices as they are not always lowest at warehouse stores). Studies show that people who shop fewer times buy fewer impulse items and save money. One tip that's really a big deal these days is that fuel prices are soaring and fewer trips in the car means fewer miles driven and less gas used!

Four - Waste Less Food! The average American wastes 40% of the food they purchase! It's either scraped off plates into the garbage, goes bad in the fridge or sits in cupboards or pantry shelves until it's dusty, out of date and no longer appealing. When you plan your meals, you can look over what you already have on hand, what's in the fridge and what's on sale at the store. Plan for recipes that are enjoyable to make and to consume, plus use up what you already have available. Make soup using the vegetables in the crisper. Don't buy another can of tomato sauce when you already have three in the cupboard. Use up that can of water chestnuts you bought and never used. Plan a meal around the butternut squash before it gets soft . . . or the potatoes before they turn into plants!

Five - Enjoy Better Health! And there is one of the greatest benefits for those of us who are committed to improving our health! When we plan our meals we avert cravings and impulse eating! We can plan to eat more fruits and vegetables and fewer carbs. We can also keep better track of calorie intake. Couple meal planning with portion control and you have a powerful system for losing weight and gaining health.

These are just some of the great benefits of planning meals. I am always shocked at the financial, time and stress benefits when I plan my meals. So grab your favorite recipes and the weekly shopper. Enjoy a time of planning your meals using the handy sheet you can download and print as often as you need . . . check out what's already in your cupboard, pantry and fridges . . . and have fun!

Your Easy Step-by-Step Plan

Invest a little time one day a week and plan your menus and your shopping list.

1. Make a copy of the ***Daniel Fast Weekly Meal Planning Sheet*** located at the end of this eBook. Print out a few pages to keep on hand.
2. Review the foods you have on hand, first checking your perishables and then cupboard and pantry items.
3. Review your schedule for the week to make allowances for time away from home, meals out or other engagements that will impact the meals you will prepare during the week.
4. Consider foods that may be on sale by checking the weekly shopper and coupons you may have on hand.
5. Choose recipes from the collection here or those you like. Adjust recipes to make sure they comply with the Daniel Fast and will be enjoyed by you and your family members.
6. Fill in the ***Daniel Fast Weekly Meal Planning Sheet*** and make your grocery list at the same time. Try to plan times when you can cook once and eat twice or prepare lunch meals while cooking breakfast or dinner.
7. Print the recipe sheets you will use for the week and place them in a folder or notebook for easy access during the week.
8. Now work your plan . . . go to the grocery store for your weekly shopping trip; post your ***Daniel Fast Weekly Meal Planning Sheet*** in the kitchen where you can access it easily. Each evening or morning (whichever works best for you) review the recipes you will use so you can plan for thawing time and preparation.
9. Use the time you prepare the meals to listen to teaching CDs, visit with family members, memorize Scripture, pray, listen to music or whatever you like to make the time enjoyable and pleasant.
10. At the end of the week review how your meal plan worked for you and your family and make adjustments. Give thanks for the order in your life, for the improving health of you and your family, and for the money you've saved by planning meals. Then repeat the process!

In the Pantry and Fridge

One of the keys for preparing fast and low-cost meals during your Daniel Fast is to have your cupboards and fridge stocked with foods that are aligned with the restrictions. Here are some that you might want to be sure are available.

Carrots	Muesli
Celery	Canned tomatoes
Onions	Canned tomato paste
Potatoes	Peanut butter
Yams	Raw almonds and walnuts
Whole grain pastas	Olive oil
Dried beans	Canola oil
Split peas	Popcorn
Lentils	Rice cakes
Brown rice	Frozen fruit
Oatmeal	Frozen vegetables

Seasonings:

Curry powder
Ground turmeric
Ground cumin
Chili powder
Garlic powder
Ground ginger
Salt
Black Pepper

Handy Kitchen Tools

Rice cooker
Crock Pot
Pressure cooker
Emersion blender
Food chopper
Tortilla press

The Daniel Fast Food List

After answering hundreds of questions about the Daniel Fast on the blog, I created the food guidelines you'll find below. Also, I used the statement "including but not limited to" as a way to communicate that even though "Asian pears" are not listed under fruits, it's allowed because it is a fruit.

Also, folks on the blog started kind of laughing at me when I started "shouting" to readers, "**READ THE LABEL.**" This was after answering hundreds and hundreds of questions about purchasing packaged, canned or bottled foods. When you consider a food item take a look at the ingredient list included on the label. It's usually near or under the nutritional information. The acceptable foods must be **sweetener-free, chemical-free** and **consistent** with the food lists below.

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 restrict 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 (most of which contains yeast and honey), pretzels, pita bread and other baked goods made with leavening agents.

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 to know all the ingredients included in prepared foods!

Recipes



Berry Smothered Crepes

I (Anna) have never truly appreciated crepes, probably because they just never had a chance next to my beloved waffles! That is until out of nowhere, while two weeks into the Daniel Fast (when all such foods like waffles are eliminated) my new found craving for berries stirred an image of . . . yep, crepes smothered in berries! Just like that, BAM! A masterpiece was created that I now serve all the time! Enjoy!

Ingredients:

- 1 cup Whole Grain flour (I often mix different variations of whole grain flours together).
- ½ cup unsweetened soy milk
- ½ cup water
- ¼ teaspoon salt
- 2 tablespoons vegetable or olive oil

Preparation:

1. In a large mixing bowl, whisk together the flour, salt. Gradually add in the soy milk and water, stirring to combine; add the olive oil; beat until smooth (add additional milk or water to get desired pouring consistency).
2. Heat a lightly oiled griddle or frying pan over medium high heat; pour or scoop the batter onto the griddle, using approximately 1/4 cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, flip and cook the other side.

Berry Topping Ingredients:

- 2 – 3 cups mixed berries (frozen or fresh- raspberry, blackberry, blueberry)
- ¼ corn starch
- ½ cup cold water

Preparation:

1. In a small-medium size sauce pan, heat berries at medium-med-high heat (if frozen until thawed and juicy) if fresh, until berries are cooked down and also juicy, stirring frequently.
2. In a small bowl or cup dissolve corn starch in ½ cup cold water. Gradually stir into berries, bring mixture to a bubble. Mixture should be thick enough to spread, if not add additional corn starch to desired thickness. Have fun and experiment with others fruit toppings such as peaches or apples with a sprinkle of cinnamon added.
3. Spread ¼ cup berry topping on open crepe, gently roll up placing seam on the bottom, top your crepe with additional berry topping. This is a delightfully cheery breakfast and even better when served alongside a platter of mixed fruit.

Makes 1 to 2 servings

Breakfast Home Fries

First of all, these delicious home fries (or breakfast fries) are not French fries. Instead they are meant to be eaten with a fork, are an excellent addition to most meals – especially breakfast – and a good way to feed a lot of people cheaply and easily. For a potato with a lower glycemic index, opt for a red skinned or sweet potato – these types have a similar texture and quality, but without the spiked insulin response. Serve this dish with unsweetened natural applesauce or try them with black bean chili and salsa!

Ingredients:

- 3 Russet potatoes, scrubbed and cubed to 1/2-inch
- 1 onion, thinly sliced
- 4 teaspoons soy sauce
- ¼ teaspoons black pepper
- ½ teaspoons paprika or chili powder
- 5-6 cherry tomatoes, cut into quarters (optional)
- 2 green onions, thinly sliced (optional)

Preparation:

1. Steam the potatoes over boiling water for approximately 10 minutes, or until tender when pierced with a sharp knife; remove from the heat and set aside.
2. In a large nonstick skillet, heat ¼ cup water over medium heat and add the onion. Cook, stirring frequently, until the water has evaporated and the onion begins to stick to the pan.
3. While scraping the pan, add another ¼ cup water. Cook until the onion begins to stick again, adding additional water as needed; continue cooking for approximately 15 minutes or until the onion is very brown and sweet.
4. Add the potatoes, soy sauce, black pepper and paprika or chili powder. Cook, turning gently with a spatula, until the potatoes are golden brown.
5. Garnish with the cherry tomatoes and the green onions.

Makes 4 servings

Breakfast Burritos

Breakfast burritos can be relatively quick to prepare and can be eaten on the go. Combining healthy protein with carbs for energy makes for a balanced meal, and you can always sneak some veggies in your burrito too, such as tomatoes or mushrooms. The great thing about this recipe is that it's basic and versatile. And you can use the simple method to create whatever degree of amped-up breakfast burrito you're in the mood for.

Ingredients:

- 6 whole grain tortillas (like La Banerito 100% Natural Corn Tortillas or Ezekiel 4:6 Whole Grain Tortillas)
- 4 tablespoons vegetable oil, divided
- 1 clove garlic, minced
- ½ onion, finely diced
- 1 cup vegetables of your choice, finely chopped (try green onions, tomatoes, mushrooms, bell peppers, celery)
- 1 cup cooked brown rice
- 1 cup black beans
- ⅛ teaspoon turmeric
- Salt and pepper, to taste
- Hot sauce, optional

Preparation:

1. Place the tortillas between two wet paper towels, wrap them in foil, and heat them in the oven for 5 to 10 minutes at 200°F.
2. In a large skillet, heat 2 tablespoons of the vegetable oil over medium heat.
3. Add the garlic and onion and sauté for 2 to 3 minutes. Add the black beans, rice, vegetables, turmeric, and salt and pepper and continue to cook over medium heat for 5 to 7 minutes.
4. Scoop the mixture into the tortillas, fold them up, and serve immediately.
5. Serve with hot sauce.

Makes 6 servings

Breakfast Fruit Smoothie

Created the right way, fruit smoothies can be an excellent, filling way to start your day. Much healthier than other "grab and go" options, drinking a fruit smoothie can energize you, and are a healthy morning meal because they can supply you with protein, fiber and many different vitamins and minerals you need for good health. Let's get started, be creative and make your own healthy smoothie masterpiece.

Ingredients:

- 1 cup unsweetened fruit juice, or plant-based milk
- 1 medium banana, cut into chunks and frozen
- ½ cup of your favorite fruit, frozen (raspberries, blackberries, blueberries, strawberries, peaches, pitted cherries)
- ½ cup dry oats
- Dash of cinnamon if desired

Preparation:

1. Place all ingredients in a blender and purée until smooth.
2. Enjoy as a great "liquid meal! "

Makes 2 servings

Brown Rice with Cooked Apple

This recipe was the brainchild of Daniel Fast friend Renee Hastings, a creative homemaker who enjoys creating new recipes that would be appropriate for the Daniel Fast. It's so good, nutritious and filling that I make it for breakfast whether I'm fasting or not! It's also a great way to use leftover rice.

Ingredients:

- 1 cup cooked brown rice
- ½ medium fresh apple, diced
- ¼ cup raisins
- ¼ teaspoon salt
- ½ teaspoon cinnamon
- 1 teaspoon 100% pure edible coconut oil (you can also substitute for lite olive oil)

Preparation:

1. Microwave method: Mix all the ingredients (except the oil) together in a microwave-safe bowl; heat for 2 minutes. Add oil, stir and serve.
2. Stovetop method: Heat oil in a small saucepan over medium heat; add the remaining ingredients and gently stir until everything is well-heated. Serve! It is delicious!

Makes 1 serving

Hot Cereal

Making hot cereal in the morning is really very easy. I like using a non-stick pan and offer a variety of toppings and spices to add flavors. By the way, old fashioned rolled oats (Quaker, generic, bulk) cost about \$1 per pound. That means a serving of cooked oats is just 10¢ each! Add another dime for toppings and about the same for milk and you have each breakfast serving at just 30¢. That's a pretty good deal! Not only a cost saver, but it's so good for your body!

Ingredients:

- 1 cup rolled oats (not instant)
- 1 $\frac{3}{4}$ cup water, juice or plant-based milk
- $\frac{1}{8}$ teaspoon salt

Preparation:

1. Bring salted liquid to boil in a medium sauce pan; stir in oats and return to boil.
2. Cover pan and reduce heat; simmer for about 5 minutes, stir occasionally.
3. Serve hot with unsweetened plant-based milk and a nuts, fruit, and/or spices.

Makes 2 servings

Hot or Cold Muesli

You can make your own muesli, which is a combination of whole grains, seeds, nuts and dried fruit. But you can also purchase muesli or seven-grain cereal in packages or in the bulk food area of the Natural Foods section of most grocery stores. The cost per serving is very low and it's quick and easy to prepare. I prefer using a non-stick pan and I also add a little more water than called for on the package instructions. My favorite brand is Bob's Red Mill, which is available in the natural foods section of most supermarkets.

Ingredients:

- ⅓ cup muesli
- ½ cup water

Preparation:

1. Combine muesli and water in a small saucepan; cover and heat over low for five minutes.
2. Serve with unsweetened plant-based milk.

Makes 1 serving

Fettuccine with Vegan Tomato Artichoke Alfredo

Unable to decide between topping pasta with tomato or Alfredo sauce, try combining them into one with this stick to your ribs, robust pasta dinner (and it is great for leftovers). Add a fresh green salad, and you're sure to have a new family favorite.

Ingredients:

- 1 1/2 pounds quartered artichoke hearts
- 1 can of large pitted olives
- 3-4 diced Roma tomatoes
- 1 cup chopped basil

- 1/4 cup olive oil
- 1 tablespoons minced garlic
- 1 medium diced white onion
- 1/4 cup whole grain flour
- 1 teaspoon salt
- 1/2 teaspoons white pepper
- 1 1/2 quarts soy milk
- 2 8 ounce packages of whole grain fettuccine
- 2 gallons water

Preparation:

1. Combine the first four ingredients and set aside.
2. Heat the olive oil in a heavy-gauge pot over medium heat. Add the garlic and onions and sauté for 5 minutes. Add the flour and salt and pepper and stir for 5 more minutes.
3. Add the soy milk, stirring constantly, and heat to a simmer.
4. Simmer for 10 minutes.
5. Bring the water to a rolling boil. Add the fettuccine and cook until tender yet firm.
6. Drain.
7. Ladle sauce over the hot fettuccine and lightly mix in artichoke hearts mix. Serve immediately.

Makes 8-12 servings

Pasta with Pesto Sauce

Another simple and delicious family favorite: The crunch of pine nuts combined with the nutty flavor of whole grain pasta in a heavenly pesto cream sauce. Just add a garden salad, some garlic flat bread and you're transported to another world!

Ingredients:

- 1 pound whole grain pasta
- 2 garlic cloves
- 2 cups packed fresh basil leaves
- ¼ cup olive oil
- ¼ cup hot water
- ½ cup pine nuts
- Salt to taste

Preparation:

1. Cook the pasta according to the package directions.
2. Combine the garlic and basil leaves in a blender and process on low speed. With the blender running, slowly add the olive oil, followed by the hot water. Add salt to taste and continue processing until the pesto is smooth and creamy.
3. Drain the pasta, place in serving bowl; toss with the pesto sauce.
4. Sprinkle pine nuts on the top and serve.

Makes 4 to 6 servings

Fettuccini with Walnuts and Avocado

The tang of sun-dried tomatoes combined with the delightful blend of flavors from this dish overshadows the nutritional value of this heart healthy meal. Avocado, hmm.....let's see, rich in minerals such as copper, magnesium, manganese and great for digestion, healthy skin and hair, and heart health. This is one food you definitely want to incorporate into meals and then into the regular meal rotation whenever possible. Combine this dish with a Spinach salad and you are set!

Ingredients:

- ¼ cup coarsely chopped sundried tomatoes
- 1 cup hot water
- 2 tablespoons olive oil
- ¼ cup wine vinegar
- ¼ cup chopped basil
- 2 tablespoons chopped green onions
- ¼ cup diced green bell pepper
- 2 tablespoons chopped walnuts
- 1 avocado, diced
- 12 ounces whole grain fettuccine noodles, cooked according to package directions

Preparation:

1. Reconstitute the sundried tomatoes in the hot water for 5 minutes. Drain.
2. In a large bowl, thoroughly but gently toss the sundried tomatoes, olive oil, vinegar, basil, green onions, bell pepper, walnuts, and half of the avocado. Immediately toss the dressing and vegetable mixture with the hot pasta and serve, garnished with the remaining avocado.

Makes 3-4 servings

Broccoli and Bowties

This is a standard and simple Italian dish, healthy with wonderful flavors and yep...another great way to use broccoli: 'B' for Broccoli and 'B' for bliss for health. You cannot go wrong with this great meal, your family will be asking for it again!

Ingredients:

- 1 pound dry whole grain pasta (bowtie shaped)
- 2 cups broccoli florets
- 3 tablespoons extra virgin olive oil
- 1 minced clove garlic
Juice and zest of 1 lemon
- 2 teaspoons salt
- 1 teaspoons pepper
- ¼ cup toasted pine nuts (or substitute with sliced almonds)

Preparation:

1. Bring a large pot of salted water to a rapid boil, and then add the dry pasta. Cook according to package directions, drain, and set aside.
2. In a medium saucepan, bring about 4 cups of water to a boil. Add the broccoli and cook about 2 minutes. Drain and set aside.
3. Place a small sauté pan over medium-low heat. Add the oil and garlic and sauté for 1 minute. Remove from heat and add the lemon juice, zest, salt, and pepper.
4. In a large mixing bowl, combine the cooked pasta, broccoli, lemon-olive oil sauce, and toasted pine nuts. Toss until well coated and season with additional salt and pepper if desired.

Makes 8 servings

Spaghetti with Chunky Tomato Sauce

This is a family “must have” standard in our house, a year round favorite that never gets old. Toss together a leafy green salad and serve with some garlic flat bread . . . and all is well!

Ingredients:

- ¼ cup water or olive oil
- 1 ½ cups diced onion
- ¾ cup chopped celery
- ½ cup chopped green bell pepper
- 2 cups sliced mushrooms
- 2 cloves minced garlic
- 4 cups chopped tomatoes
- 3 cups tomato sauce
- 2 cups tomato paste
- 1 teaspoon dried oregano
- 1 ½ teaspoons dried basil
- 1 bay leaf
- Salt and pepper, to taste
- 1 pound uncooked whole grain spaghetti

Preparation:

1. Heat the water or olive oil in a large saucepan over medium heat. Cook the onions for 5 to 6 minutes, then add the celery, green pepper, mushrooms and garlic and cook for an additional 5 minutes. Add the tomatoes, tomato sauce and tomato paste and stir until the sauce is well blended. Add the herbs, salt, and pepper and simmer, uncovered, for 30 minutes.
2. Cook the pasta according to package directions. Remove the bay leaf from the sauce and serve with the pasta.

Makes 6- 8 servings

Garden Minestrone Soup

What actually is the difference between minestrone and a tomato-based vegetable soup? Well thanks to Wikipedia in short: the term "*minestrone*" is Italian for "one soup" or "the big soup", any variety of thick Italian soups made with veggies. Basically, there is no set recipe because people use whatever veggies are in season. So here we incorporate and put to great use any squash you like including the zucchini, Enjoy!

Ingredients:

- 4 cups vegetable broth
- 4 cups diced tomatoes
- 1 tablespoon chopped basil
- ½ teaspoon oregano
- 1 cup chopped carrots
- 1 cup chopped celery
- ½ onion, chopped
- 1 cup cubed zucchini
- 1 cup cubed yellow squash
- 1 cup chopped green beans
- 2 minced garlic cloves
- 1 bay leaf
- Salt and pepper, to taste
- 1 ½ cups uncooked whole- grain macaroni pasta

Preparation:

1. In a slow cooker, combine all the ingredients except the pasta. Cook on low for 6 to 8 hours, or until the vegetables are tender.
2. Add the pasta and cook on high for 15 to 20 minutes, or until the pasta is tender.

Makes 6 to 8 servings

Anna's Old World Minestrone Soup

As quick as the autumn chill turns to winter, the change just demands foods that are warm, filling and comforting. It is definitely the season for soup. This is another of our family's favorites as it blends all the best components of minestrone and the spiciness of chili. Combine this with a warm batch of cornbread and you'll find yourself celebrating winter again!

Ingredients:

- 1 cup finely minced carrots
- 1 cup finely minced celery
- ½ finely minced onion
- ¼ cup vegetable oil

- ½ cup garbanzo beans
- ½ cup kidney beans
- ¾ cup sliced carrots
- ¾ cup coarsely chopped onion
- ¾ cup sliced celery
- ¾ cup chopped bell pepper
- ½ cup brown rice or barley
- 1 cup whole grain pasta (macaroni, shells, penne' or fusilli (corkscrews)
- 2 tablespoons minced parsley
- 1 teaspoon oregano
- 1 teaspoon basil
- 2 teaspoons soy sauce
- Pepper to taste

If you like your soup spicy:

- 1 tablespoon of crushed red pepper seeds
- 1 tablespoon of cayenne pepper
- 1 teaspoon of red curry

Preparation:

1. Sautee' minced celery, onion and carrot in oil until very brown.
2. Add beans and about 3 quarts of water. Cook slowly until beans are almost done (check garbanzos – they will take the longest) about 2-2 ½ hours.
3. Add the remaining vegetables, rice (or barley) and spices and more water if necessary and cook another hour. About 20 minutes before serving time add the pasta and more water if needed.

Makes 6 to 8 servings

Slow Cooker Taco Soup

This was the recipe that made a new best friend of my crock-pot. I think the longer you cook this soup, the better it gets, so no worries about over cooking. Perfect for freezing, packing for lunches and I'm sure if one varied the toppings and dippers (flat bread, corn bread, chips, etc), you could eat it for a whole week of lunches without getting bored..... Ever! I'm resourceful that way.

Ingredients:

- 1 chopped onion
- 1 (16 ounce) can chili beans
- 1 (15 ounce) can black beans
- 1 (15 ounce) can drained whole kernel corn
- 1 (8 ounce) can tomato sauce
- 2 cups water
- 2 (10 ounce) cans diced tomatoes with green chilies with juices
- 1 tablespoon chili powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon crushed red pepper flakes
- ¼ teaspoon dried oregano
- ½ teaspoon paprika
- 1 ½ teaspoons ground cumin
- 1 teaspoon sea salt
- 1 teaspoon black pepper

Preparation:

1. Crushed baked corn tortilla chips (optional - Corn tortillas chips can be easily made by brushing corn tortillas with vegetable oil, slicing into strips and baking at 350 until crisp), set aside.
2. Place the onion, chili beans, black beans, corn, tomato sauce, water and diced tomatoes in a slow cooker. Add seasoning, and stir to blend. Set slow cooker for low heat, cover, and cook for 5 – 7 hours.
3. Serve topped plain or with crushed tortilla chips, if desired.

Makes 6 to 8 servings

Any Time Lentil Tomato Soup

I consider lentils an “unsung hero” in the line of foods we can use. First of all, lentils are easy and quick to prepare. But they are also packed with fiber, which is essential to reduce cholesterol and the legume also digests slowly making it an excellent choice to stabilize blood sugar levels. This recipe is great all year long PLUS it’s so easy to double this recipe! You can also use leftovers for other meals or serve the lentils over rice or even with pasta!

Ingredients:

- 4 cups water
- 1 cup chopped onion, about 1 medium onion
- 4 medium-sized carrots, sliced or diced
- $\frac{2}{3}$ cup dried brown or green lentils, rinsed and drained
- 1 6 ounces can tomato paste
- 1 15 ounces can diced tomatoes
- 1 tablespoon white balsamic vinegar (or another variety you may have on hand)
- 1 teaspoon garlic salt
- 1 teaspoon Italian herbs (or $\frac{1}{2}$ teaspoon dried thyme + $\frac{1}{2}$ teaspoon dried tarragon)
- $\frac{1}{4}$ teaspoon freshly ground black pepper

Preparation:

1. Using a large saucepan combine the water, onion, carrot and lentils; heat over medium-high heat and bring to a boil; cover pan and reduce heat to simmer for 20-25 minutes or until the lentils and vegetables are tender.
2. Add the tomato paste, diced tomatoes, vinegar, garlic salt, Italian herbs and pepper, stirring to combine all the ingredients; return to boil and then reduce heat to a simmer uncovered for 5-10 minutes to allow the flavors to merge. Serve hot.
3. To learn more about the benefits of lentils, check out this website:
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=52>

Makes 6 servings

Susan's Vegetarian Chili

I have been making this recipe for more than 20 years and still enjoy it. The chili is quick to make, colorful and packed with flavor. It keeps well so consider making a double recipe to serve a couple times during the week or freeze for later

Ingredients:

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons vegetable 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 ounces cans tomatoes, including liquid
- 2 16 ounces cans pinto beans, including liquid
- 2 16 ounces cans black beans, including liquid
- 1 4 ounces can mild green chilies, including liquid
- 1 4 ounces can of tomato paste

Preparation:

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

Makes 6 servings

All beans, both dried and canned, are high in protein, fiber, vitamins and minerals. If you use canned beans, be sure to read the label to make sure the manufacturer hasn't added sugar/additives. Also, dried beans are often lower in sodium, plus about half the cost of canned beans! If you cook dried beans, consider a large batch and freeze the leftover in zip-lock bags. They'll keep for up to a year in the freezer!

Red Lentil Curry with Brown Rice

The rich flavors in this curry are matched by the great nutrition it embodies! The dish is very satisfying and a great meal with a green salad. Don't let the long list of ingredients discourage you. It's so much easier than it looks. Also, it's very fast! I like adding the celery and carrots for a little extra nutrition and texture, but it would be okay to leave those out if you don't have them on hand.

Ingredients:

2 cups red lentils, rinsed until the water runs clear	1 teaspoon chili powder
1 large onion, diced	1 teaspoon ground turmeric
2 medium carrots, diced	1 teaspoon salt
2 stalks celery, diced	½ teaspoon dried ginger
2 tablespoons vegetable oil	½ teaspoon garlic powder
2 tablespoons curry paste	1 6-ounce can tomato paste
1 tablespoon curry powder	¾ cup water
1 teaspoon ground cumin	4 cups of hot cooked brown rice

Instruction:

1. Place the rinsed lentils in a large pot; add enough water to cover by about 1 inch; bring to a boil and then reduce heat to simmer; cover the pan and cook lentils until they are tender. You can add more water if needed.
2. While the lentils cook, heat the oil over medium-high heat in a large skillet; add the diced onion, carrot and celery and cook until the onions begin to caramelize.
3. While the vegetables cook, combine in a medium mixing bowl the curry paste, curry powder, cumin, chili powder, turmeric, salt, ginger and garlic powder; stir until well mixed.
4. In another small bowl, mix the tomato paste with the water and stir until smooth.
5. Once the onions are caramelized, add the curry mixture to the pan and heat over high heat stirring constantly for about 2 minutes.
6. Add the tomato mixture to the pan and stir until well blended and heated.
7. When the lentils are tender, drain excess water if necessary and then add the tomato-curry mixture to the pan and stir gently until well blended.
8. Serve the red lentil curry over hot cooked brown rice (about ½ cup rice per serving).

Makes 8 servings

Creole Style Vegetarian Gumbo

This vegetarian vegetable gumbo recipe has the traditional celery, onions, and bell peppers as well as tomatoes and okra, making this a Creole style vegetarian gumbo (rather than Cajun). We all know Gumbo calls Louisiana home, but now you can make a vegetarian vegetable gumbo at your home and bring a bit of the old south into your kitchen.

Ingredients:

- 7 cups okra
- $\frac{3}{4}$ cup whole wheat flour
- 1 cup vegetable oil
- 1 medium onion, minced
- 1 large bell pepper, minced
- 4 stalks celery, minced
- 3 tomatoes, diced
- 10 cups water
- 1 tablespoons paprika
- 1 tablespoons salt
- 1 teaspoons Creole seasoning (use prepared or the recipe on page 51)
- $\frac{1}{4}$ teaspoons cayenne
- Creole seasoning to sprinkle on each serving

Preparation:

1. In a dry skillet, fry the okra until lightly browned and set aside.
2. In a separate skillet, brown the flour, then add the oil and stir constantly, until it is a very dark brown (almost burnt). When this mixture (called the "roux") is dark enough, add the onion, bell pepper, celery, and tomatoes and sauté for 10 minutes, stirring constantly.
3. Add the okra, water (hot water mixes more easily with the roux), and spices, bring to a boil, lower to medium heat, and cook for 45 minutes.
4. Serve over brown rice, and sprinkle each serving with about $\frac{1}{4}$ teaspoons Creole seasoning

Makes 6 to 8 servings

Speedy Black-Bean Burritos

When these spicy black beans and rice are wrapped in a whole grain flour tortilla, they make a quick, reduced-fat, satisfying meal that packs a good dose of protein. They are also easy to prepare in bulk in advance (minus the lettuce, unless you're ok with soggy lettuce), and store well for a grab n' go meal.

Ingredients:

- 2 cups black beans, cooked (or 1- 15 ounces can, drained)
- ¼ cup salsa
- Cayenne pepper, additional spices to taste
- 1 cup cooked brown rice
- 4-6 flour whole grain tortillas
- 1 cup shredded lettuce
- 1 tomato, diced

Preparation:

1. In a saucepan, combine the black beans, salsa, and rice simmer gently for 5 minutes, stirring occasionally. Remove from the heat, cover, and let stand for 5 minutes.
2. In an ungreased skillet, heat each tortilla until warm and soft, and then spread a line of the bean mixture down the center. Top with the lettuce, tomato, and additional salsa if desired. Roll to form a burrito.
3. Repeat with the remaining ingredients.

Makes 4-6 servings

Spicy Bean Tacos

This is a fun meal for your family and a great option for packed lunches. You'll want to find corn tortillas that are acceptable for the Daniel Fast. My favorite is La Banderita 100% Natural Corn Tortillas, which is available at most grocery stores, WalMart and Mexican grocery stores. The only ingredients in the tortillas are yellow corn, water and lime.

You'll need to plan ahead for this meal by preparing the beans in advance. This is a great time to use those beans you've cooked ahead in large batches and then stored in your freezer (see page 11). You can also use canned beans, but the meal will be more expensive.

Ingredients:

- 2 cups cooked black beans, rinsed, drained *
- 2 cups cooked pinto or kidney beans, rinsed, drained *
- 1 jalapeno pepper, seeded, minced
- 2 garlic cloves, minced
- 1/4 cup minced red onion
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/2 teaspoon chili powder (or more to taste)
salt and freshly ground black pepper to taste
- 1/4 cup minced fresh cilantro
- 2 tablespoons olive oil
- 8 natural corn tortillas (try La Banderita 100% Natural Corn Tortillas), warmed
Radish sprouts or shredded cabbage or lettuce

Preparations:

1. In a large bowl, combine beans, jalapeno pepper, garlic, onion, cumin, coriander and chili powder, stirring until well-blended; roughly mash ingredients using a potato masher or the back of a fork.
2. Season the mixture with salt and pepper and stir in cilantro; adjust the amount of chili powder to your liking.
3. Heat the olive oil in a large skillet over medium heat; add the bean mixture; heat the mixture stirring occasionally.
4. Spoon the bean mixture into the warmed corn tortillas; serve with a variety of toppings such as sprouts, cabbage, lettuce, tomatoes, onions and chopped olives.

* You can also use 1 15-ounce can of beans, rinsed and drained

Skillet Cornbread

This is a great recipe and tastes better, I think, when cooked in a cast iron skillet and served hot tableside. I have also served this recipe for breakfast, brunch, lunch and dinner. Remember, without the leavening agents, this will be more of a flatbread version of what you're used to when you think of a cornbread, but one of your soon to be discovered favorites.

Ingredients:

- 1 ½ cups unsweetened soy milk
- 2 teaspoons lemon juice
- 1 ⅔ cups whole grain flour
- 1 cup cornmeal
- 1 teaspoons sea salt
- 2 minced jalapeño peppers (optional)
- 1 cup frozen corn kernels, thawed
- ½ cup vegetable oil (or melted coconut oil)

Preparation:

1. Preheat the oven to 375°F. Lightly oil a 10-inch iron skillet or a 9- x 9-inch metal pan and line the bottom with parchment paper. Place in the oven to warm.
2. Mix the soy milk and the lemon juice to make "buttermilk-looks more like sour milk to me."
3. Combine the flour, cornmeal, and salt in a large bowl. Add the jalapeños. Set aside.
4. In a food processor, purée the corn kernels. Add the oil, milk mixture and process until well-incorporated.
5. Mix with the dry ingredients and stir until combined.
6. Pour into the prepared pan and bake for 25 to 30 minutes, or until browned.

Makes 8-10 servings

Basic Green Salad

During the Daniel Fast you will serve a lot of soups, stews and pasta dishes. So adding a nice green salad to your meal will provide the fresh vegetables and satisfying flavors that go so well with your main course. And that's why we're including this basic recipe here.

Use ingredients you and your family enjoys. Also, read the "Ten Tips for Saving Time" on page 11 to learn how to make a salad in minutes! Making your own salad dressing is a significant cost saver, plus it's nice and fresh and so very easy!

Ingredients:

- 1 head lettuce of your choice, torn or chopped
- 2 plum tomatoes, seeded and diced
- ½ red onion, chopped
- ½ cucumber, seeded and diced or sliced
- 1 carrot, peeled and shredded

- 4-6 tablespoons homemade salad dressing (see page 42)

Preparation:

1. Place the salad greens in a salad bowl; top with the other vegetables.
2. Prepare the salad dressing and first add just 4 tablespoons to the salad and toss (best done with hands). Don't overdress your salad – you only need enough dressing so the leaves glisten. If necessary, add more dressing.

3. Serve on individual salad plates or family style in the bowl.

Make 4 servings

Note: Remember, you can add all sorts of other ingredients you might enjoy and have on hand to your salad. Consider raisins, pineapple, fresh fruit, other vegetables, slivered almonds or sunflower seeds. Be creative! This is a great way to involve your children and to encourage them to eat fresh foods.

Basic Homemade Salad Dressing

Salad dressing can be pretty expensive. And finding bottled dressings for the Daniel Fast can be challenging since so many of the prepared varieties include sugar, dairy products and/or artificial flavorings and chemicals. The truth is, making your own dressing is so easy and they really can taste better, too. Just remember 3 to 1. That means 3 parts oil to 1 part acid. Olive oil is the most common oil used. But the acids can be vinegar, lemon juice, lime juice or other liquids with high levels of acidity.

After you have these two basic ingredients let your creativity take you on a ride to wonderful flavors using herbs, mustards, spices or other ingredients. Here is the recipe for a very basic salad dressing.

Ingredients:

- $\frac{3}{4}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup fresh squeezed lemon juice (about 1 lemon)
- salt
- freshly ground black pepper

Preparation:

1. In a small bowl, whisk together the oil and the lemon juice; if desired, add fresh or dried herbs or other ingredients and whisk again.
2. Finally, add salt and pepper to taste and whisk again.
3. Drizzle the dressing over the leaves and use the tips of your fingers to gently mix the salad together. Be careful not to overdress the salad. Use just enough dressing until the leaves glisten!
4. Store in air-tight container in the refrigerator. To use again, be sure to remove from the fridge about an hour before your meal time.

Makes 1 cup dressing

Fresh Ginger Fruit Salad

This is a huge hit every time with its great mixture of fruit, that most of us wouldn't have thought to put together. Then the ginger kick gives this salad a delightful addicting flavor!! Everyone loves it, so best to double the recipe because they can't get enough!

Ingredients:

- 1 tablespoon minced fresh ginger
- 1 orange, juiced
- 1 lime, juiced
- 1 large peeled and diced mango
- 1 peeled and cubed pineapple
- 2 large peeled and diced Asian pears
- 1 pint raspberries
- ½ cup sliced almonds

Preparation:

1. In a large bowl, mix ginger with juices, set aside for 10 minutes to blend.
2. Combined prepared fruit together, gently as to not crush the berries.
3. Drizzle juice mixture over fruit, lightly mix and chill for 2 hours.

Makes 8-10 servings

Italian Potato Salad

I like to create new dishes..... Well, actually I like to take really good recipes and add in some “me-isms” and well make them healthier, and tastier, and....just overall "Better". Also, (and this will explain a lot) I'm what's known in the taste bud world as an 'under-taster', which simply means that I like really 'Robust' spices, seasonings and 'Flavor'! Here is my makeover of the 'wonderful' traditional potato salad that I grew up with (Mom, please forgive what I've done to your potato salad recipe, I think you'll like it though). Enjoy!

Ingredients:

- 6 medium baked potatoes
- ½ cup diced red onions
- ½ cup diced celery
- ½ cup diced red bell pepper
- ½ cup diced green bell pepper
- ½ cup sliced olives
- 1 tablespoon Italian herbs
- 1 cup or so, *Newman's Own Oil and Vinegar Salad Dressing*
Salt and pepper to taste

Preparation:

1. *Cool baked potatoes, leaving potato skins on, cut into about 1 inch cubes.*
2. *Combines all prepared ingredient.*
3. *Fold in dressing and mix well, salt and pepper to taste.*
4. *Let set in refrigerator for 1 hour. Stir together before serving, adding additional salad dressing as needed.*

Makes 8-10 servings

Herbed Pasta Salad

Pasta salads are sturdy, colorful, economical, and should taste as good as they look. So, here is a simple recipe for a cold pasta salad flavored with fresh herbs, and inspired by the traditional Italian pesto flavors of garlic, and basil. Use this chilled pasta salad recipe as a base and add your own favorite veggies or pasta salad add-ins such as olives, peppers or tomatoes. It's also delicious as is, as the fresh herbs really shine in this simple pasta salad.

Ingredients:

- 10 ounces whole wheat rotini pasta
- 2 cloves garlic, minced
- $\frac{1}{3}$ cup extra virgin olive oil
- $\frac{1}{4}$ cup parsley, chopped
- $\frac{1}{4}$ cup basil, chopped
- 1 tablespoons lemon juice
- Salt and pepper, to taste

Preparation:

1. In a large pot, bring salted water to a rapid boil and cook the rotini until al dente. Drain and then let cool to room temperature.
2. In a small pan, cook the garlic in one tablespoon of the olive oil for 30 seconds to 1 minute. Remove from the heat and let cool to room temperature. Add the remaining oil and the parsley, basil, and lemon juice and stir.
3. In a large mixing bowl, combine the pasta and the herb mixture and toss until all the pasta is coated. Season well with salt and pepper and chill for one hour.
4. Stir again before serving.

Makes 6-8 servings

Sicilian Couscous Salad

Many versions of this pasta salad recipe are served as part of a traditional Christmas Eve dish in regions of Sicily, or for other special occasions and celebrations. The recipe is very versatile, and when you add this blend of ingredients together you get a sweet nutty tasting dish that is easy to make.

Ingredients:

- 2 cups water
- ⅓ cup currants or raisins
- ¾ teaspoons salt
- 4 tablespoons olive oil
- 1 ½ cups whole wheat couscous
- 2 large garlic cloves, minced
- 1 small onion, finely chopped
- 2 tablespoons red wine vinegar
- 3 red bell peppers, roasted and chopped (jarred or roast your own)
- ½ cup pimento-stuffed green olives, thinly sliced
- 2 tablespoons drained capers
- ½ cup pine nuts, toasted lightly (or, sliced almonds)
- ½ cup finely chopped fresh parsley leaves (preferably flat-leafed)
- Salt and pepper, to taste

Preparation:

1. Place the water, currants or raisins, salt, and 1 tablespoons of the oil in a small saucepan and bring to a boil. Stir in the couscous and let stand, covered and off the heat, for 5 minutes. Fluff with a fork and transfer to a bowl.
2. In a small skillet, cook the garlic in 2 tablespoons of the oil over moderate heat, stirring, until pale golden. Add the onion and cook, stirring, until softened. Add to the couscous along with the vinegar, bell peppers, olives, capers, pine nuts, parsley, and remaining 1 tablespoons of oil. Season with salt and pepper.
3. The salad may be made 1 day ahead and chilled, covered. Bring to room temperature before serving.

Makes 6 to 8 small servings

Cucumber-Tomato-Basil Salad

Cucumbers, tomatoes, basil, red onion with a splash of olive oil make for an exceptional side salad that is even better served on a bed of arugula. Cucumbers are thirst quenching and anti-inflammatory; tomatoes are ultra-rich in lycopene. Basil is a potent anti-oxidant, and is believed to have anti-cancer and anti-viral properties. Simple and refreshing, this tomato cucumber salad is a great accompaniment to any meal.

Ingredients:

- 1 cucumber, peeled
- 4 medium basil leaves, finely chopped
- 2 small tomatoes cut into wedges
- 1 tablespoons extra virgin olive oil
- A few rings of red onion, salt and pepper to taste

Preparation:

1. Using a vegetable peeler, slice the cucumber from end to end into long thin ribbons, stopping once you reach the center of the cucumber and the seeds.
2. Place the sliced cucumber, the basil, and the tomato wedges in a small mixing bowl.
3. Drizzle with olive oil and toss very gently. Top with separated onion rings.
4. Season with salt and pepper to taste.

Makes 4 small or 2 medium servings

Black-Bean Quinoa Salad

“This is a very flavorful alternative to black beans and rice”. Quinoa, though technically a seed in the herb category, has traditionally been considered a valuable member of the grain family, and it has been enjoying a new popularity here in the United States. This dish provides a complete protein and can stand alone as a luncheon or light supper entrée.

Ingredients: *For the Dressing:*

- 2 tablespoons fresh lime juice
- 2 tablespoons olive oil
- 1 teaspoons salt
- ½ teaspoons ground black pepper

For the Dressing: Whisk all the dressing ingredients together and set aside.

Ingredients: *For the Quinoa:*

- 1 cup dry quinoa
- 1 tablespoons olive oil
- ½ cup chopped red onion
- 2 cloves garlic, minced
- 1 bay leaf
- 2 cups water or vegetable stock
- 1 12-ounce can black beans, drained
- 1 large tomato, diced
- ¼ cup fresh chopped cilantro
- Salt and pepper, to taste

Preparation: Place the quinoa in a sieve and rinse under cold running water. Drain and set aside.

1. Heat the oil in a saucepan over medium-low heat and add the onion. Sauté until translucent. Add the garlic and sauté for an additional minute.
2. Add the rinsed quinoa, the bay leaf, and the water or stock. Cover and bring to a boil. Reduce the heat and simmer for approximately 20 to 30 minutes, or until the quinoa is tender and fluffy. Remove from the heat.
3. Add the black beans, tomato, cilantro, and dressing, and then stir gently. Add additional salt and pepper, if necessary.

Serves 4 to 6 as an entrée or 8 as a side dish

Oven Baked Fries

An American classic made healthy, great taste, very easy. Serve this popular choice with your favorite -- whatever. Fries seem to go with everything . . . almost! You need to watch the fries closely though as cooking time will vary for each batch.

Ingredients:

- 8 cups raw fries (about 5 medium potatoes)
- 1-2 tablespoons olive oil
- 1 teaspoons salt
- 2 teaspoons onion powder
- ½ teaspoons garlic powder

Preparation:

1. Wash and scrub the potatoes, leaving on the skins.
2. Slice the potatoes lengthwise 1/4" thick. Cut the slices in half lengthwise.
3. Put in a bowl, coat with olive oil and sprinkle with seasonings. Mix well.
4. Spread on an oiled cookie sheet. Bake at 400°F for 40 minutes turn potatoes; continue baking for 20 minutes or until desired level of crispness.

Spicy Oven Fries:

Prepare fries as above in steps 1 and 2. In step 3, add to seasonings: 1/2 teaspoon turmeric, and 1/4 teaspoon ground red pepper (cayenne). Add potatoes and toss to coat. Complete recipe.

Makes 4-6 servings

Roasted Potatoes with Fiery Sauce

This is sure to become a new crowd pleasing favorite for family and guest alike. The spicy sauce is poured over oven-roasted potatoes for a delicious side or a great appetizer. Yum!

Ingredients:

- 8 potatoes, scrubbed and cut into wedges
- 3 tablespoons extra-virgin olive oil, plus extra for brushing the potatoes
- 1 large white onion, chopped
- 1 bay leaf
- 1 jalapeño, chopped*
- 3 tablespoons crushed garlic
- 2 tablespoons tomato purée
- 1 tablespoons tamari or soy sauce
- 1 15-ounce can tomatoes, chopped
- 6 ounces water
- Salt and black pepper, to taste

Preparation:

1. Brush the potatoes with olive oil and place on a baking sheet. Roast at 450°F for 15 to 20 minutes, until golden.
2. Meanwhile, heat the 3 tablespoons of olive oil in a pan over medium heat. Add the onions and bay leaf. Cook until the onions are translucent.
3. Add the jalapeño, garlic, tomato purée, and tamari. Lower the heat and cook for 5 minutes.
4. Add the chopped tomatoes and water and while stirring constantly, raise the temperature to medium; bring to a boil. Lower the heat and simmer for 12 minutes.
5. When the potatoes are finished, season with salt and pepper. Place in a serving dish and pour the sauce on top. Serve immediately.

**Note:* For a milder sauce, seed the peppers. Be sure to wear gloves when chopping the peppers.

Makes 6 to 8 servings

Creole Blend Seasoning

This Creole seasoning blend is a great addition for brown rice, soups, stews, salads, and just about anything that could use a flavor boost.

Ingredients:

- 2 tablespoons onion powder
- 2 tablespoons garlic powder
- 2 tablespoons dried oregano
- 2 tablespoons dried basil
- 1 tablespoon dried thyme
- 1 tablespoon black pepper
- 1 tablespoon white pepper
- 1 tablespoon cayenne pepper
- 5 tablespoons paprika
- 3 tablespoons salt

Preparation:

1. In a small bowl, combine onion powder, garlic powder, oregano, basil, thyme, black pepper, white pepper, cayenne pepper, paprika and salt..
2. Store in an airtight container.

Makes 1 ¼ cups (about 20 tablespoons)

Homemade Seasoning

Use this recipe as your “base” and then adjust it to your liking. You can purchase small amounts of spices and herbs in the bulk foods section of most supermarkets or at natural foods stores. Just buy what you need and then make your own mixture. Use the seasoning on potatoes, steamed or stir fried vegetables and other meals during your Daniel Fast.

Ingredients:

- 1 tablespoon ground dried bay leaves
- 2 teaspoons celery salt
- 1 ½ teaspoons dry mustard
- 1 ½ teaspoons ground black pepper
- 1 teaspoon paprika
- 1 teaspoon ground celery seeds
- ¾ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ¼ teaspoon crushed red pepper flakes
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground mace
- ⅛ teaspoon ground cardamom
- ⅛ teaspoon ground allspice

Preparation:

1. Combine all the ingredients until well blended.
2. Store in an airtight container or shaker and use as needed.

Makes about ¼ cup of seasoning

Cost Effective Menu Ideas

Breakfast

- Cold Cereal topped with sliced bananas, berries or raisins with a unsweetened, plant-based milk (soy, rice, almond, coconut, etc.) that's free of chemicals or other additives. Shredded wheat and Zoom are popular for many people on the fast.
- Oatmeal or muesli (hot or cold) with any sliced fruit, berries, raisins, nuts, cinnamon and an unsweetened plant-based milk
- Breakfast burrito, seasoned rice and black beans rolled in a whole grain tortilla
- Whole grain tortilla or a rice cake with peanut butter, sliced bananas, sunflower seeds and raisins on top
- Fresh fruit
- Smoothies (a liquid meal, not a beverage) made with frozen banana chunks or berries and orange juice or plant-based milk (add uncooked oatmeal, peanut butter or unsweetened plant-based protein powder for an additional boost)

Lunch and Dinner

- Veggie tortilla wrap made with cucumber, tomato, lettuce, sprouts, and mustard or hummus
- Bean burrito (just wrap some beans, veggies, rice, and hot sauce in a tortilla)
- Vegetarian chili or a hearty soup
- Beans, rice, and vegetables with corn tortillas or baked chips
- Whole grain pastas with Italian seasoned tomato sauce, or a Pesto sauce and sautéed veggies
- Tacos with beans, rice, and veggies
- Brown rice with steamed vegetables and soy sauce
- Baked potato topped with salsa, sautéed or steamed vegetables, or chili
- Veggie burgers (top with chili or baked beans for variety)
- Fresh salad - add some zing by tossing in raisins, unsweetened dried cranberries or cherries, mandarin orange slices, or diced apples, almonds, walnuts
- Stir-fry vegetables and serve with brown rice, or whole grain pastas (add garlic, oil/water, and soy sauce for extra flavor)

Snacks

- Homemade corn chips and salsa
- Original Triscuit crackers and hummus
- Rice cakes with peanut butter, bananas and/or raisins

- Celery, apples, or carrots topped with peanut butter
- Popcorn (old fashioned popped on the stovetop or air popped (spray with olive oil and sprinkle with salt). Spice it up with cayenne pepper
- Raw vegetable plate: carrot sticks, tomato wedges, and celery, hummus as a dip
- Potato wedges (sliced, baked, and topped with spices and salt, vegetable oil)
- Trail mix (make your own with nuts, raisins, and sunflower seeds)

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Your Daniel Fast Weekly Meal Planning Sheet

Monday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Saturday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Tuesday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Sunday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Wednesday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Shopping List

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Thursday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Friday Date: _____

Breakfast

Lunch

Dinner

Side

Side

Side

Notes/Reminders:
