



# Fast Cooking

For eating well  
while on the Daniel Fast



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## Hello amazing saints of God!

Pastor Dawna and I are asking you to join us, beginning January 10th, on a 21-day corporate fast to seek and honor God in January for the New Year. "I beseech you therefore; brethren, by the mercies of God, that you present your bodies a living sacrifice, holy, acceptable to God, which is your reasonable service" (Romans 12:1). By starting the year with a corporate fast, we will find that God meets with us in very unique and special ways.

Corporately fasting in January is much the same precept as praying in the morning to establish the will of God for the entire day. I believe that, if we will pray and seek God and give Him our best at the first of the year, He will bless our ENTIRE year! "But seek ye first the kingdom of God and His righteousness, and all these things shall be added to you" (Matthew 6:33).

Fasting is a principle that God intended for everyone to be able to enjoy. It's not a punishment; it's a privilege! By making fasting a way of life, you can get closer to God and grow in your spiritual walk like never before. Fasting is one of the most powerful weapons God has given us for our daily lives. Through fasting, you can experience a release from the bondage of sin ... restoration in your relationships ... financial blessings ... spiritual renewal ... supernatural healing and so much more!

We have assembled some helpful tips and information regarding the fast on the following pages. Let's do this!!

*Pastor Eddie*

## Foods Pregnant & nursing moms should eat

- ~Eat plenty of fruit and vegetables, beans, lentils, and legumes. They provide vitamins, minerals and fiber.
- ~Eat whole meal bread and whole grain cereals.
- ~Iron is essential for adequate blood supply to the growing baby and the placenta. For your iron requirement, eat foods high in iron such as green leafy vegetables, dried fruit, and nuts.
- ~For your requirement of Vitamin C, include citrus fruits, tomatoes, broccoli, and potatoes in your diet. They help absorb iron.
- ~Depending on your age, you may include 1000 mg - 100 mg of calcium and 200IU of Vitamin D in your diet.
- Dairy products, bread, nuts, fish, and green vegetables are rich in calcium. Milk, cheese and yogurt (all low-fat or skim varieties) contain calcium and other nutrients needed for your baby's growth.
- ~The diet should contain proteins like paneer, cereals, lentils, fresh fruits, vegetables, *fish, chicken*, etc.
- ~Eat cumin as it is believed to increase lactation and reduce nausea in pregnancy.

## Risky Foods During Pregnancy

- ~Cut down fatty foods.
- ~Avoid drinks like coffee, tea, coca colas and other drinks with caffeine. Too much caffeine may affect the growth of baby during pregnancy and at birth.
- ~Avoid white breads and foods prepared with white flour.
- ~Avoid too much sugar and foods containing sugars.
- ~ Nutmeg Spice in large quantity to pregnant women may result in miscarriage.
- ~Avoid high-mercury sea-foods such as fish, especially Swordfish, Shark, King Mackerel and Tilefish.
- ~Avoid raw or smoked or frozen seafood such as oysters, sushi, sashimi, smoked oysters and smoked salmon. But canned seafood is safe to eat.
- ~Soft cheeses like ricotta without heating or uncooked.
- ~Avoid raw meat such as seafood, sushi, uncooked beef, raw eggs or poultry

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*I hope this little cookbook is a blessing to you as you join with us in the Daniel Fast. You may even decide to add these recipes to your regular*

*menu!!  
Enjoy!!  
Pastor Dawna*

## Here are some food supplements to help expand your options:

**Ezekiel Bread:** (found at most grocery stores)

The original for sandwiches or the cinnamon raisin w/ fruit spread or natural peanut butter or almond butter for a snack.

**Flaxseed tortilla chips** (found at Trader Joe's)

I think these taste like Doritos!

**Fresh Salsa** (found pretty much anywhere, or make it yourself. Also, Trader Joe's has a salsa kit in the produce section)

Just check the ingredients. I have been using a mango salsa as a sweeter option. It goes great on salad.

**Fully Cooked Brown Rice** (found at Trader Joe's)

for those of you who are like me and can't cook rice to save your life!!

**Almond Butter** (found at any natural food store)

make sure it is raw & unsalted

\*\*this goes great with celery, or put on the Ezekiel bread for a BP&J or for Peanut butter toast

**100% Fruit Spread** (found at most grocery stores, but for sure at natural food stores)

**Lara Bar** (found at many health stores)

This is a snack bar for those who need a "candy bar" every now and then. These bars are 100% fruit and nuts

**Kelp flakes** (found at Clarks nutrition)

For those who need a little saltiness on their food. Just be careful not to use too much, or you will feel like you are eating off of the bottom of the ocean. :)

Sea Salt

**Steel Cut Oatmeal** (found in the frozen food section of Trader Joe's)

Just pop in the microwave for a great for a hearty breakfast. Add some 100% fruit spread too if you need to sweeten it up.

**Hummus** (found at most grocery stores)

Be sure to check the ingredients. You don't want sugar or salt in the ingredients (sea salt is allowed).

\*\* Trader Joe's has a great Cilantro & Jalapeno Hummus (it's not spicy) that goes great with the veggie and flax chips listed at the top of the list.

**Amy's (food brand) Vegetarian Organic Refried Beans** (most natural food stores)

Great for those who don't know how to cook pinto beans

\*\*See recipes for a great "bean burrito"

**Almond Cheese** or Soy Cheese (found at Clarks natural food stores or Henrys)

If you *need* to have cheese, although, it doesn't really melt, and it isn't the best tasting, but it does help if you are craving cheese.

\*\*Amy's (food brand) has many vegetarian items, just check out the ingredients.

Some contain wheat and/or dairy. Check out their freezer items as well.

## Fasting for Pregnant & Nursing moms

During pregnancy nursing, the body requires extra calories, protein, vitamins, and minerals in order to support the baby's growth and to allow for changes in the mother's body. Important considerations include calories, protein, vitamin B12, iron, calcium, vitamin D, zinc, DHA, and folate.

### Protein

Some examples of protein-rich foods are plain, enriched soymilk; tofu; tempeh; cooked beans; and nuts and nut butters. Eating a wide variety of nutritious foods will help women get the additional protein they need.

### Vitamin B-12

Some good sources of vitamin B12 are vitamin B12 fortified soymilks and fortified tofu, and some fortified ready-to-eat cereals.

### Iron

Eat foods rich in iron, such as green leafy vegetables, dried beans and legumes, and dried fruits. Eating iron-rich foods with citrus fruits can increase iron absorption.

### Calcium/Vitamin D

Eat 4 or more servings of calcium-rich foods daily, including some green leafy vegetables, and calcium-fortified tofu, soymilk, and orange juice. Calcium supplements, on days your appetite is poor, are also an option. Vitamin D is found in fortified soymilk and fortified breakfast cereals.

### Zinc

Good sources of zinc include peas, beans, brown rice, spinach, nuts, tofu, and tempeh.

### Folate

Dark leafy greens, whole grains, and orange juice are rich sources of folate. Vegan diets are often high in folate.

### DHA

DHA is a fatty acid which appears to be important for eye and brain development. It is found primarily in animal derived foods. However, babies can make DHA from another fatty acid called linolenic acid which is found in breast milk if the mother's diet includes good sources of linolenic acid (flaxseed oil, ground flaxseed, canola oil, soy oil).

## Salad Dressings

### OooLaLa Salad Dressing

¼ cup extra virgin olive oil  
1 teaspoon Herbs de Provence  
¼ cup balsamic vinegar  
1 teaspoon Dijon Mustard  
1 clove garlic crushed  
Fresh ground pepper 2 taste

### Herb Vinaigrette

1/3 cup fresh lemon juice  
1/2 tsp. dried basil (if using fresh, use twice as much)  
1 tsp. dried oregano  
1/4 tsp sea salt  
1/2 tsp dry mustard (optional)  
1/2 cup fresh Italian parsley, minced  
1 cup olive oil 1 garlic clove, peeled and minced  
Combine all ingredients in a jar and shake.

### Italian Dressing

1/2 cup olive oil  
1/4 cup fresh lemon juice  
1-2 garlic cloves, peeled  
1 tsp. whole grain mustard seed (optional)  
1/2 cup distilled water  
1 green onion, chopped  
1 tsp. honey  
Dash Cayenne  
Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1 tsp. oregano and 1/2 tsp. basil.  
Mix well.

### Rosemary/Italian Dressing

Extra Virgin Olive Oil ( I used Bertolli brand)  
Balsamic Vinegar (use one part vinegar to two parts of olive oil)  
Italian Seasoning (dry seasoning) (I used Adams brand)  
Garlic (fine chopped garlic in jar) season to taste  
Rosemary,  
Basil (small amount to taste) or any other dry herbs of your choice  
Mix or whisk before serving

## 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, cannelloni 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, syrups, molasses, and cane juice.

All leavened bread 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, carbonated beverages, energy drinks, and alcohol.

Remember, READ THE LABELS!

## Breakfast

### Yummy Smoothie

1 cup cold water  
1 mango (I use frozen mango from Fresh & Easy)  
1 whole banana  
handful of spinach  
blend together for a nice smoothie!

### Honey and Oat Cereal

Prepare Oatmeal with Soy Milk or Water. Sweeten with Honey and a dash of cinnamon. You can also mash up a banana to mix in.

### Apple Blueberry Oatmeal Cereal

2 sweet apples, 3/4 cup rolled oats, 1 cup blueberries, 1/2 cup almonds, 1 cup apple juice. Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

## Snacks

### Apples and Peanut Butter

#### Toasted Nut Snack

Pre-heat oven to 400 degrees. Place raw walnuts, almonds, cashews or other desired nuts on a baking sheet. Bake for 15 minutes or until slightly browned. Cool completely and mix in a bowl with unsweetened raisins. We keep this on the counter for a quick snack.

#### Microwave Popcorn

Microwave popcorn?? I must say it is (relatively) delicious and very easy. No oil, no dirty pan. You just put 1/4 cup of popcorn seeds in a brown paper bag. Shake some sea salt in the bag. Role the bag down three or four times and pop it in the microwave for 2 minutes. Stop it when you hear it stop popping.

Shake the bag before you pour it in the bowl to get the salt on the popcorn.

#### Guacamole

Blend ripe avocados in a food processor with juice from 1 large lime, 2 cloves garlic, 1 roma tomato and a dash of salt. If you like spice, you can add 1/4 of a jalapeno pepper seeded.

Serve on black beans, Portobello mushrooms or use as a dip with vegetables.

## Salads

### Kale Salad

I love this, but it may be an acquired taste. I get this pre-made at Luscious Lorraine's, but started making it at home to save money, and I love it!

Kale, cut into small pieces

For dressing:

in separate bowl, avocado-smashed, a few dashes of olive oil, sea salt and pepper, some lemon juice, mix all together.

Pour the dressing over the kale and you have a very healthy and tasty treat.

### Orange Vinaigrette Brown Rice Salad

1½ cups uncooked brown rice

3 cups water

2/3 cup orange juice

2 tablespoons olive oil

2 teaspoons orange zest

1½ cups spinach leaves, packed

2 large orange, peeled, sectioned, and cut into bite-size

1/3 cup slivered red onion

### Something Different Fruit Salad

Yield: 20 Servings

1/2 cup and 1 teaspoon fresh lime juice

1/3 cup and 1 tablespoon honey

1 tablespoon and 1-1/4 teaspoons sea salt

1 teaspoon ground cayenne pepper (optional)

2 pounds fresh strawberries, hulled and quartered lengthwise

6-1/4 cups cubed seedless watermelon

2 fresh pineapple - peeled, cored and cut into 1 inch chunks

Stir together the lime juice, honey, salt, and cayenne pepper in the bottom of a large salad bowl. Toss the strawberries, watermelon, and pineapple with the dressing.

Chill the fruit salad until ready to serve.

#### Diced Fruit Salad

1 kiwi

1 pint strawberries

1 mango

2 bananas

1/2 pint blueberries

Slice and mix.

### **Vegetable Barley Soup**

Choose your vegetables. Really, anything can work depending upon your taste.

My picks:

3 cups chopped celery

2 cups chopped white onion

3 cups chopped carrots

3 cups chopped green/yellow/red pepper

3 cups thin sliced mushrooms

2 cups chopped roma tomatoes (peeled and seeded)

2 32oz. boxes vegetable broth

Use your favorite spices. I choose 2 cloves garlic, sea salt to taste, 2 teaspoons marjoram flakes, 2 teaspoons oregano flakes, 1 bay leaf and 1 teaspoon parsley. Pour ¼ cup vegetable broth in a soup pot. Add all of the vegetables and sauté them until tender. Add the spices and stir to mix. Add the remaining vegetable broth. Bring to a boil and add 1 cup Natural Whole Grain Barley. Boil for 15-20 minutes until the barley is tender.

Serves 6

For thicker soup, just blend 1/2 of the vegetable mixture (prior to putting in the barley) in a blender. Add it back to the soup pot and then add the barley.

### **Gazpacho**

6 med. tomatoes, quartered

2 large cucumbers

1 small red onion

1 med. zucchini, chopped

3 med. garlic cloves, smashed

1 med. green bell pepper

chopped fresh herbs: parsley, basil, chives

2 Tbsp. lemon juice

2 Tbsp. extra virgin olive oil

1 tsp. sea salt

1 tsp. cayenne pepper

1 tsp. ground cumin seed

2 cups vegetable stock or tomato juice

1. In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped.

2. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more bursts. Blend in stock or tomato juice.

3. Transfer to large bowl. Refrigerate at least 1 hour before serving.

Serves 4. Preparation Time: 10 minutes.

### **Baked Apples or Pears**

Slice a pear or apple in half. Use a grapefruit spoon to scoop out the seeds and the tough, center portion. Place halves, skin side down, in a glass baking dish. Brush with ½ teaspoon pure maple syrup and sprinkle with cinnamon. Microwave for 10 minutes or until tender. Serve warm.

### **The Breaker's Granola**

5 cups raw oatmeal

1 cup finely chopped walnuts

1 cup slivered raw almonds

1 cup finely chopped cashews

1 cup unsalted sunflower seeds

1/2 cup flax seed

1 cup finely chopped dry figs

1 cup finely chopped apricots (unsweetened if possible)

1/4 cup chopped coconut

2 cups unsweetened raisins

2 Tablespoons cinnamon

Mix together in a large bowl. Keep in tightly sealed container such as Tupperware in the pantry. To serve cold, soak 1/2 cup granola in unsweetened plain soy milk for a few minutes. To serve warm, you can prepare with water or unsweetened soy milk in the microwave. Use 1 cup liquid to 1/2 cup granola. Warm for a minute on high or more if desired.

Note: Chop the nuts and fruits in a food processor individually and then add them to the oats.

### **Peanut Butter & Jelly Sandwich**

Natural Peanut Butter (should only contain peanuts)

100% Fruit Spread

Ezekiel Bread

### **Baked Sweet Potatoes – for breakfast or anytime**

### **Fruit Smoothies**

Frozen fruit (with no sugar)

Juice (100% juice) – any kind

Blend together juice and fruit

### **Mixed Nuts**

### **Fresh Fruit and Vegetables**

## Main Dishes & Sides

### Pastor Eddie's Favorite Potato Extravaganza

With this recipe, just add the amount of each ingredient as you like. You can even get creative and add some of your favorite veggies.

6 large boiled potatoes, cut into bite sized cubes

2-3 tablespoons olive oil

1 tsp minced garlic

1 med. onion, chopped

1 red bell pepper, chopped

1 yellow bell pepper, chopped

(you can also find in the freezer section onion, red, yellow, & green bell pepper mix)

sauté the above ingredients until the potatoes are getting a little golden around the edges

#### add:

1 1/2 c frozen corn (Trader Joe's has frozen roasted corn which is yummy!)

1 cup cooked black beans

about 1/2 c pico de gallo

about 1/3 c med or hot salsa to taste (I use a roasted pepper salsa because it has a lot of flavor to it.

Cook this just until the corn is hot. You don't want it all to get mushy.

Serve with a nice salad (add a mango salsa as a salad dressing and you have a really great meal)!

### Chris & Lana's Vegan Tacos

Filling:

3 potatoes (diced into small cubes)

3 oz. Soyrito

1/3 grilled onion

(Sea Salt or Mrs. Dash to taste. Fry it all together then add the following ingredients to your tacos.)

Organic Black beans

Almond cheese (pepper jack flavored) or Soy Cheese (we like the Almond cheese better)

Salsa

Put it all in Yellow corn tortillas (make sure the ingredients are only yellow corn and water) ENJOY!

### Thick and Creamy Corn-Potato Soup

6 ears corn (cut off the cob)

6 medium-large red potatoes (chopped in 1/2 inch pieces)

6 carrots (finely chopped)

1 medium-large onion (finely chopped)

2 green peppers (finely chopped)

2 bay leaves

3 teaspoons thyme

2 teaspoons marjoram

3 teaspoons cumin

2 teaspoons sea salt

2 teaspoons pepper

3 32oz. boxes of vegetable broth

water

Put vegetables and spices in a large soup pot. Cook on medium heat, stirring occasionally for 15 minutes. Add broth and maintain a light boil. Cook 45 minutes to 1 hour. Remove from heat. Blend 3/4 of the soup mixture in a blender in batches. Put blended soup in a large bowl or container until the blending process is complete. Pour the blended soup back into the pot. Add water to thin and obtain the desired consistency. Heat through and serve. Serves 8-10 generously.

### Tomato Basil Soup

12 Vine Ripe Tomatoes

1 Package Cherry Tomatoes

2 1/2 Cups Fresh Carrot Juice (or Odwalla available in juice section)

1 Large Ripe Avocado

2 Yellow Onions (chopped)

4 Cloves Garlic (chopped)

5 Stems Fresh Basil

2 Tablespoons Pure Honey

1 Bay Leaf

1 teaspoon Oregano

1 teaspoon Sea Salt

1 Tablespoon Red Pepper Flakes

2 Tablespoons Olive Oil

Cook onion and garlic in olive oil until tender. Cut tomatoes and avocado in quarters and place all ingredients in blender and blend on low speed for one minute. Continue to blend on high for an additional minute until creamy. Pour into large soup bowl or crock pot and cook on medium low for 2 to 3 hours.



## Soups

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

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.

Add the beans and cook for 2 minutes.

Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.

Add the sea 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.

With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.

To serve, ladle a generous cup of the soup into each of 6 bowls.

Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

**Yield:** six servings

### Pastor Dawna's Burritos

Any type of leaf lettuce

Refried Beans (you can make your own, but leave out the lard, or Amy's Organic Vegetarian Refried Beans will work)

Brown Rice

Tomatoes, chopped

Fresh cilantro

Salsa

Other filling options:

Guacamole

Jalapenos

Onions

Almond Cheese (or Soy Cheese-only if you *Need* to have cheese, but try to go without)

Put a couple of spoonfuls of refried beans in a lettuce leaf. Add your choice of fillings. Roll the lettuce leaf up like a tortilla. Enjoy your burrito.

### Portobello Steaks

6 Portobello mushroom caps

1/2 cup fresh squeezed lemon juice

2 tablespoons apple cider vinegar

2 tablespoons Pure Maple syrup

2 teaspoons fresh grated ginger

1/2 teaspoon marjoram

Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through.

Serve with baked sweet potatoes and grilled squash and asparagus.

### Grilled Vegetables

Toss yellow squash, zucchini, and asparagus with 2 tablespoons extra-virgin olive oil. Salt and Pepper to taste. Grill indoors or out until tender.

### Baked Sweet Potatoes

Wash sweet potatoes, prick with a fork several times and place in a 400 degree oven for an hour and a half. Less time may be needed if potatoes are small.

### Green Beans and Potatoes

Fresh or frozen green beans Potatoes (diced), onions. Combine beans, diced raw potatoes and onions. Add water if fresh or frozen. Season to taste. Boil until potatoes are tender.

## **Vegetarian Spaghetti**

**\*\*** This recipe uses Spaghetti Squash. If you have never tried it, it is a treat!! Once cooked, the meat of the squash is just like spaghetti. Use a vegetarian spaghetti sauce, or use the recipe below.

Slice Spaghetti squash in half lengthwise. Scoop out the seeds with a spoon as you would a pumpkin. Then completely submerge both halves in boiling water and cook for about 20 to 25 minutes, or until the inside is tender to a fork and pulls apart in strands. (It is better to undercook if you are not sure). Remove, drain, and cool with cold water or an ice bath to stop the cooking. Then use a fork to scrape the cooked squash out of its skin, and at the same time, fluff and separate the squash into spaghetti-like strands. Discard the skin. Reheat the squash strands by dipping with a strainer in boiling water just before serving. You can also bake the spaghetti squash in the oven. Just scoop seeds out as described above and prick outside skin with a fork. Place skin side up in a baking pan with 1 inch water. Bake 45 minutes or until tender in a 400 degree oven. Remove and allow to cool for a few minutes until they can be handled. Scrape with a fork as mentioned above and serve with stir fried sauce.

### **Stir Fried Sauce**

10 Roma tomatoes, peeled, seeded, and chopped coarsely  
2 cups thinly sliced mushrooms  
2 cloves garlic  
2 cups chopped broccoli florets or 1 package baby spinach  
2 teaspoons oregano (powdered or flakes)  
Sea salt to taste

Sauté mushrooms and onion with garlic and oregano. Add tomatoes and other vegetables. Cook until tender and heated through. Toss in a large bowl with spaghetti squash strands. Serve hot. 6 servings

## **Brown Rice with Edamame and Vegetables**

2 cups brown rice  
4 cups water or vegetable broth  
1 cup fresh squeezed orange juice  
1 package frozen, shelled Edamame  
1 cup shredded carrots  
1 cup sliced white mushrooms  
½ teaspoon cumin  
1 clove garlic minced  
½ cup chopped green onion

Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside.

Drain, and set aside.

Place the 4 1/2 cups water and vegetable bouillon cubes in a pot. Bring to a boil, and cook until bouillon cubes have dissolved. Remove from heat, and set aside.

Heat the olive oil in a large pot. Sauté the onion and garlic until tender. Season with chili powder, cumin, and seasoned salt. Mix in the potatoes, carrots, and celery. Cook and stir about 2 minutes, until heated through. Mix in the water and dissolved bouillon cube mixture, hominy, and diced tomatoes with green chilis. Bring to a boil, reduce heat, and simmer 45 minutes. Season with sea salt and pepper to taste.

## **Spicy Green Beans**

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

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

## **Herb-Roasted Idaho Potato Fries**

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

Preheat the oven to 425°F. Coat a heavy baking sheet with cooking spray. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet. In a cup, mix the oil, thyme, rosemary, sea salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

### **Bean and Rice Casserole**

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

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.

Add rice; cook while stirring until parched and slightly opaque.

Add beans, tomatoes, chilies and 3 1/2 cups of water to rice and onion in Dutch oven and bring mixture to boil.

Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).

Add peas and corn, adjust seasonings, and return to oven until heated through.

**Yield:** four servings

### **Vegan Mexican Stew**

#### **Ingredients:**

5 medium potatoes, peeled and cubed

2 carrots, chopped

1 stalk celery, chopped

4 1/2 cups water

4 cubes vegetable bouillon

1 tablespoon olive oil

1 large onion, diced

4 cloves garlic, minced

1 tablespoon chili powder

1 tablespoon cumin

1 1/2 tablespoons seasoned salt

1 (29 ounce) can hominy, drained

1 (28 ounce) can diced tomatoes with green chili peppers

Sea salt and pepper to taste

Place the potatoes, carrots, and celery in a pot with enough lightly salted water to cover, and bring to a boil. Cook about 10 minutes, until slightly tender.

While rice is cooking, prepare Edamame according to package directions but without salt. Drain in a sieve. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the Edamame and other vegetables. Top with chopped green onion.

Servings:4-6 entrée size

Serve with orange slices and celery sticks.

### **Vegetarian Tacos**

I cut up three colors of bell peppers, peppercinnis, avocado, cucumber, soy cheese, a bag of already shredded veggies (broccoli, carrots, etc), Amy's refried beans, corn, and or course salsa. Put these all together in either a corn & water corn tortilla or an Ezekiel Bread sprouted grain Corn tortilla.

### **Cuban Black Beans & Rice with Tomato Salsa**

1 package dried black beans

Vegetable broth (1- 32oz. box)

Chili powder

Chipotle powder

2 cloves garlic

Soak beans overnight in water (cover w/2 inches above beans). Drain and rinse beans. Place beans in sauce pan and add vegetable broth. Add water to cover if needed. Add spices and boil for 1 hour and then simmer until tender (follow package direction if available). Prepare brown rice according to package directions.

Salsa

Roma Tomatoes quartered

Lime

Cilantro

Green onion (1 bunch)

Chili powder

Cumin

Garlic

**DIRECTIONS**

In a food processor, chop tomato, cilantro, green onion with chili powder, garlic, cumin and lime juice by pulsing the blade several times to desired texture.

We prefer chunky.

Place rice on individual dishes and top with beans and salsa.

Serves: 6 entrée size

Serve with sliced mango and papaya and lime juice.

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

Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.

Add green onions and ginger. Sauté for 5 minutes.

Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.

Add greens and toss for about 2 minutes or until greens are wilted.

Stir in water chestnuts, brown rice, soy sauce, peas and almonds.

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.

### **Potatoes & Vegetables in a Crock Pot**

Combine diced potatoes and any vegetables you like. Toss with extra virgin olive oil and seasonings. Cook on high for 3 hours. If you don't have a crock pot, cook on the top of the stove on low-medium heat until potatoes are tender. You may need to add water.

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

Prepare the brown rice according to package directions so you have enough for 8 servings.

Heat the oil in a large pot over medium heat, and cook the onion until tender. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.

Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with sea salt and pepper.

Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

**Yield:** eight servings

### **Cabbage Stir Fry**

Very easy to make and no science to the measuring. Amount you use depends on what vegetables you like the most. All seasoning is to taste

2 cups of shredded cabbage  
¼ cup of chopped or sliced yellow onion  
¼ cup of chopped or sliced green onion  
sliced almonds sliced  
2-3 tbsps. of chopped garlic  
1 cup olive oil

Place ½ cup of olive oil in stir fry skillet or pan and heat. Place almonds and garlic in hot oil and stir until begins to brown. Add all vegetables, remaining oil and season to taste with sea salt and pepper. Continue to stir mix until desired crunch.