

# RECIPES FOR THE DANIEL FAST

## **BREAKFAST:**

### **Plain Oatmeal with fruit and nuts:**

This simple breakfast also works great as a snack! Here are a few good combinations:

Raisins and chopped walnuts

Banana and chopped pecans

Strawberries and macadamia nuts

Apple, walnut and raisins

### **Sweet Potato Porridge**

Bake medium sized sweet potato at 350 degrees for 75 minutes. Mash sweet potato well.

Stir in chopped walnuts, raisins and cinnamon. Can be served hot or cold.

*TIP:* Bake several sweet potatoes at once to simplify breakfast throughout the week.

### **Peanut Butter and Banana Taco**

Spread unsweetened peanut butter on a whole grain tortilla. Top with sliced banana. Fold in half like a soft taco. Serve with a sliced apple on the side.

### **Potato and Green Onion Frittata**

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

Preheat the oven to 350°F.

¼ cup olive oil

1 onion, finely chopped

4-5 green onions, chopped with the green and white parts separated

4 cloves garlic, minced

2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)

2 teaspoons salt, divided

½ teaspoon pepper, divided

2 pounds firm tofu

2-3 tablespoons soy sauce, to taste

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

### **Strawberry Banana Smoothie:**

1 cup orange juice  
½ avocado  
1 cup frozen strawberries  
1 banana  
1 handful spinach (optional).  
¼ cup oatmeal, raw or cooked (optional).  
Blend in blender until smooth.

### **Tropical Smoothie:**

1 cup Apple juice  
1 banana  
1/2 avocado  
1 cup frozen mango  
½ cup frozen pineapple  
½ cup frozen strawberries  
1-3 chopped kale leaves (optional).  
¼ cup oatmeal, raw or cooked (optional).  
Blend in blender until smooth.

### **Whole Wheat Tortillas**

These are made with no baking powder. They are easy to make and also work well as veggie wraps.

#### Ingredients:

2 ½ cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket)  
2 tablespoon olive oil  
1-2 cups water (or enough to make a soft dough)  
1 pinch salt

#### Preparation:

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

## **LUNCH / DINNER:**

### **Bean and Rice Casserole**

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast. Preheat oven to 375.

#### *Ingredients:*

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

#### *Preparation:*

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

### **Black Bean Fajita (or Bowl)**

#### *Ingredients:*

½ red onion, 1 green bell pepper, ½ can black beans, drained and rinsed; 1 cup cooked corn, ½ can diced fire roasted tomatoes, chopped cilantro, chopped avocado, 1 cup cooked brown rice, \*½ cup unsweetened salsa\* Whole grain tortillas (optional) \*Check salsa and tortilla ingredients!

#### *Cooking:*

Sautee red onion and green pepper until tender. Add in cooked brown rice and remaining vegetables except avocado and salsa. Season with coriander, salt and pepper to taste. Reduce heat and cook 5-7 minutes. Chop avocado, and mix with salsa. Serve in a bowl, or on whole grain tortilla. Top with avocado/salsa blend.

### **Veggie Spaghetti**

#### *Ingredients:*

1 zucchini squash, chopped; 1 yellow squash, chopped; 1 onion, chopped; 3 cloves garlic, crushed; 2 cups mushrooms, chopped; 2 cups chopped spinach; 1 can fire roasted diced tomatoes; 1 can fire roasted crushed tomatoes; ½ table spoon olive oil, whole wheat pasta.  
\*Check pasta ingredients!

### *Cooking:*

Cook whole wheat pasta\* according to package directions.

In a large frying pan, add olive oil and sauté onion over medium heat. Once onions are translucent, add in remaining chopped vegetables except spinach. Sautee until all vegetables are tender. Add canned tomatoes, chopped spinach and cooked spaghetti. Reduce heat to low, cover and simmer for 7 minutes.

## **SALADS:**

### **Strawberry Pecan Salad**

2 handfuls spinach greens, 1 cup sliced strawberries, 1/8 cup chopped pecans for crunch.

Season with salt, pepper and garlic powder to taste.

Dress with 2 teaspoons olive oil, 1/2 teaspoon balsamic vinegar OR Newman's Own Oil and Vinegar salad dressing. Toss well.

### **Mediterranean Style Salad**

2 cups cooked brown rice, 1 can chick peas (garbanzo beans), drained and rinsed, 1/2 can diced tomatoes, 1 teaspoon dried oregano, 1 teaspoon dried basil, 1/2 tablespoon vinegar, 2 tablespoons olive oil, salt and pepper to taste. Serve over fresh baby spinach OR

\*swap brown rice with whole grain pasta for a filling pasta salad. Great for lunch or dinner.

### **Dressing**

2 teaspoons olive oil, 1/2 teaspoon balsamic vinegar. Season to taste with salt, pepper, garlic powder, basil, oregano.

**Store bought dressing:** *Newman's Own Oil and Vinegar Salad Dressing*. It's one of the few bottled dressings that includes only acceptable ingredients.

## **SNACK:**

### **Quick Trail Mix**

Combine your favorite nuts, seeds and dried fruit. Then, sprinkle with sea salt to taste. That's it! Store in an air tight container. Serve 1 cup trail mix with 1 piece of fresh fruit for a quick breakfast or snack.

### **Fruit Bowl**

Mixture of your favorite fruit!

You could find more recipes at: <http://danielfast.wordpress.com/category/daniel-fast-recipes/>