



WHAT IS THE DANIEL FAST?

The Daniel Fast is an opportunity for you to draw closer to God through fervent, focused prayer. It involves a 21-day or 40-day commitment to a partial fast, which means you restrict commonly enjoyed foods as an act of worship and consecration to the Lord.

The Daniel Fast is not a diet, although some people do lose weight as they make healthier food choices. The Daniel Fast is a unique, life-changing experience. Participating in the Daniel Fast can result in many wonderful spiritual and physical benefits.

The Daniel Fast was first observed by the prophet Daniel in the Bible. Scripture (Daniel 10:2-3) gives us some insight into what Daniel ate and didn't eat; however, we don't know his complete menu. On one occasion, Daniel was greatly concerned for his people and sought the Lord's wisdom during a time of prayer and fasting.

“At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips; and I used no lotions at all until the three weeks were over.” These three weeks refer to the observance of Passover and the Feast of Unleavened Bread, which take place during the first month of the year (Exodus 12:1-20).

Most commentaries believe “choice food” would have been bread and sweets. The Message paraphrase sums up Daniel’s eating habits during that time: “I ate only plain and simple food.”

Some also may cite the example in Daniel 1:8. However, in this verse Daniel did not want to eat the king’s delicacies because it would have included food that was forbidden by the Mosaic Law (Leviticus 11); to eat it would be defiling his body. Another reason would have been because the king’s meats had probably been dedicated to the false Babylonian idols as was their practice. Daniel believed to do so would have been to acknowledge their idols as deities, against God’s commandments.

You’ll find some variation in the specific guidelines for the modern-day Daniel Fast, as far as what foods are included and which ones are restricted. The intention of the modern-day Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel’s passion for the Lord caused him to hunger and thirst more for spiritual food than for physical food, which should be the desire of anyone choosing to participate in this type of fast.

Try not to get too hung up on food portion of the fast. The guidelines are given to help you form boundaries, not to push you into legalism. Your fast may look a little different than someone else’s, and that’s fine. Some people may need to be stricter than others in their food choices so that their fast is a sacrifice for them. The most important part of the Daniel Fast is that you deny yourself physically so that you may seek the Lord in prayer and grow closer to Him.

While the Daniel Fast is cleansing your body by omitting certain foods for a limited time, the deeper and true basis of intent is for spiritual connection. The purpose of Christian fasting is to seek a more intimate relationship with God while ridding your physical body of unnatural, self-gratifying food and drink. Your focus is to be on God, not on the fleshly things of the world.

Too often, the focus of fasting is on the lack of food. Instead, the purpose of fasting should be to take your eyes off the things of this world to focus completely on God. During the Daniel Fast you will want to concentrate on prayer, Bible study, and reflection. The Daniel Fast is a great way to enter into preparation for growing in the Lord.

If you have a medical condition or are undergoing any medical treatments it is advisable to first consult your physician. You may also want to pray, consult a mature Christian or your pastor before fasting. Remember, fasting should be periodically and for limited days.

The basic guidelines for the Daniel Fast include eating:

- fruits, nuts
- vegetables
- water only to drink (to flush out toxins) Some say natural fruit juices may be included, if they contain no preservatives, sugars, etc., but even those juices should be very limited. Coffee and tea are not permitted.

The Daniel Fast should eliminate all meats, pastries, chips, breads, and fried food. Breads contain yeast, baking powder and so on; those are leavening agents and should be avoided. Leaven is symbolic of sin in certain scriptures (1 Corinthians 5:6-8).

With these things listed, it is concluded that any food having artificial additives, chemicals, or that is processed should be totally avoided during the fast. Fruits and vegetables are the mainstay of the Daniel Fast and can be acceptably prepared in a variety of ways.

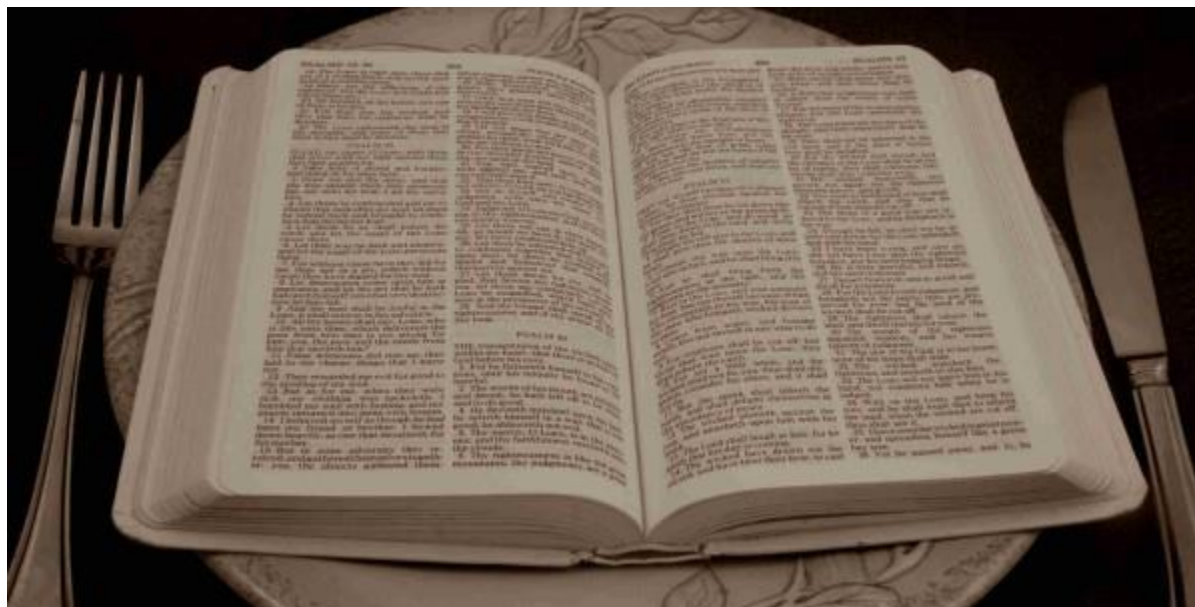
The Daniel Fast is a powerful spiritual discipline. With the coupling of fasting and prayer, one can open themselves to God's Holy Spirit. Having a sincere desire to seek God, you can come to Him with a contrite and repentant heart and He will minister to you in a

powerful way. God's awesome power is transformative and you will know that with God, all things are possible.

It is important to note that the Bible nowhere commands believers to observe a Daniel fast. As a result, it is a matter of Christian freedom whether to observe a Daniel fast. At the same time, the Bible presents fasting as something that is good, profitable, and beneficial. The book of Acts records believers fasting before they made important decisions (Acts 13:2; Acts 14:23). Fasting and prayer are often linked together (Luke 2:37; Luke 5:33).

“Now, therefore,” says the Lord, “Turn to Me with all your heart, with fasting, with weeping and with mourning” (Joel 2:12).

PREPARE FOR THE DANIEL FAST



The Daniel Fast is a unique type of fast, because you can actually *eat*, unlike a liquid fast where only water or juices are consumed. But just because you can have food doesn't mean the Daniel Fast is easy.

Fasting, in any form, is difficult because you're doing battle physically and spiritually. However, there are steps you can take to strengthen you for the fight.

One of the most important elements of The Daniel Fast is preparation. You invest in yourself and your spiritual life when you take the time to learn about the fast, the guidelines, and how to experience a successful fast. You'll want to prepare your spirit, your soul, and your physical body for the Daniel Fast beginning about a week before your start date.

Spiritual Preparation

1. Pray

Begin praying for your fast even before it begins and seek the Lord's input to decide your purpose and special focus for the fast. Perhaps there is a habit to break or a new discipline to embrace. Ask the Lord to reveal any unconfessed sin, unforgiveness,

or rebellion. When He reveals it to you (and He will), confess your sin quickly and repent. Are there relationships that need healing or financial pressures that need fixing? Start preparing your spirit now so when you begin your fast you are primed and ready.

Clear as many distractions as you can. Distractions can come in many forms including busyness, attitudes, fears and other emotions that are not consistent with God's ways.

Allow God to get your heart ready for what He wants to do in your life.

2. Read verses on fasting.

Take time to study passages in the Bible that have to do with fasting. It will help you gain insight on people who fasted, the ways God responded to their prayers, and what God requires of His people on a fast. Suggested passages are Isaiah 58, 2 Chronicles 20:1-4, Ezra 8:21-23, Nehemiah 1:1-4, Esther 4:15-17, and Matthew 4:1-11.

3. Buy a journal or use a notebook.

Use a journal or notebook for prayer requests, praises, and answers to prayer. Record what the Lord shows you through His Word.

4. Write down prayer requests.

What do you want to see God do during your fast? Take time to identify your primary motivations for fasting. Record your prayer requests in your journal or on a separate piece of paper. Keep the list visible and pray over those needs throughout your fast. Make sure you include requests for others and not just your own requests.

5. Find a prayer partner.

It's important to have a trusted friend or family member who can be your prayer

partner during your fast. Ideally, you should choose someone who is doing the fast with you, but it's certainly not a requirement. The key is to ask someone who will lift you up and keep you accountable.

Physical Preparation

1. Ease into the fast.

Start cutting back on restricted foods about a week before the fast begins.

Reduce your intake of caffeine (coffee, tea, soda, chocolate), meat (beef, pork, poultry, fish, bison, lamb), dairy (milk, yogurt, cheese, ice cream), sugar (candy, soda, desserts), and processed foods. Doing so will help your body adjust to the Daniel Fast and also reduce the severity of any unpleasant side effects. Trust me, the temptation to eat everything you can't have on the fast will be strong, but splurging will only make the transition much more difficult. Also, it's a good idea to increase your water consumption before your fast begins.

2. Plan your meals for the first week.

The key to success with the food portion of the Daniel Fast is proper planning. It will save you time in the long run and help prevent the frustration of trying to decide at the last minute what to eat. Having a plan will also keep you from indulging in foods that don't fall within the Daniel Fast guidelines.

3. Make a grocery list for the first week.

Putting a list together before you go to the grocery store will make your shopping much more efficient.

4. Get your kitchen ready.

Make sure you have the proper appliances (ex. blender, cutting board, food processor, etc.) and utensils (ex. knives, spatula, garlic press, etc.) before embarking on this adventure. When preparing recipes, having the tools you need will make everything much easier.

5. Prepare food ahead of time.

Look at the first week's recipes on your meal plan to find ways you can speed up food preparation and make it more efficient.

6. Cook and freeze meals.

Every time I do the Daniel Fast, I carve out a few hours the weekend before the fast begins and make a few meals. Then I freeze half of each recipe. That way I have food when I don't have time to cook or need a quick go-to meal. You'll really appreciate this step when you reach the third week of your fast!

Proper preparation is the key to making your fast successful. When you do your part in getting ready, God will do the rest!

FOOD LISTS



The Daniel Fast is based on the fasting experiences of the Old Testament prophet and typical Jewish fasting principles. Only food grown from seed is allowed and the only beverage is water.

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

Foods to include in your diet during the Daniel Fast

All fruits. These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi,

lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

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

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

All nuts and seeds, including but not limited to almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sunflower seeds, and sesame seeds. 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, great northern beans, garbanzo beans (chickpeas).

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

Beverages: spring water, distilled water, filtered water, fresh fruit or vegetable juices.

Other: unsweetened almond milk, coconut milk, rice milk, soy milk; tofu, soy products, vinegar, seasonings, salt, pepper, herbs and spices, unsweetened coconut flakes.

Foods to avoid on the Daniel Fast

All meat and animal products including but not limited to beef, bison (buffalo), lamb, pork, poultry, fish, and eggs.

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

All sweeteners including but not limited to sugar, raw sugar, honey, syrups (maple, brown rice), molasses, agave, stevia and cane juice.

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

All refined and processed food 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.

RECIPES BREAKFAST

APPLE-CINNAMON HOT CEREAL

1 (14.5-ounce) can coconut milk
2 cups cooked brown rice
1 apple, chopped, unpeeled (about 1 1/2 cups)
1 banana, mashed (about 1 cup)
1 cup roughly chopped dates
1½ teaspoons cinnamon
Pinch nutmeg
½ cup toasted pecans or walnuts

Add coconut milk, brown rice, apple, banana, dates, cinnamon, and nutmeg to a medium saucepan. Cook over medium-low heat about 10 minutes or until heated through. Stir frequently to prevent burning on bottom of pan. Sprinkle 1 tablespoon pecans or walnuts over each serving.

Yield: 8 servings (serving size: about ½ cup)

Recipe Notes

- Store chopped dried figs or raisins for the dates.
- Add 1 tablespoon flaxseed meal.
- Makes a great snack or dessert!
- Store unused portion in refrigerator or freeze for later use.

APRICOT-NUT BREAKFAST BARS

1 ½ cups old-fashioned rolled oats
2 tablespoons flaxseed meal
½ cup unsweetened apple juice
1 tablespoon extra-virgin olive oil
¼ cup almond butter
¼ cup date honey

½ cup diced dried apricots (unsulfured)
¼ cup chopped macadamia nuts
2 tablespoons raw sunflower seeds

Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes

- Store in an airtight container 3-4 days.
- Substitute your favorite dried fruit for the apricots: blueberries, cherries, dates, figs, or raisins. Make sure, though, that the fruit doesn't contain any added sugar or preservatives.

BAKED OATMEAL

1 ½ cups old-fashioned rolled oats
1 ½ cups unsweetened almond milk
½ cup unsweetened applesauce
¼ cup chopped dried apricots
¼ cup chopped dates or raisins
¼ cup chopped pecans or walnuts
½ teaspoon cinnamon
¼ teaspoon salt

Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top.

Yield: 6 servings (serving size: 2 squares)

DANIEL FAST BANANA BREAD

Ingredients

1. 2 ½ cups almond flour
2. ½ teaspoon cinnamon
3. ½ teaspoon nutmeg
4. ½ teaspoon salt
5. 3 large overripe bananas, mashed
6. 1/3 cup coconut oil, melted
7. 2 flaxseed “eggs” (see instructions below)
8. ½ cup chopped pecans

Instructions

1. Preheat oven to 350 degrees. Use about 1/2 teaspoon coconut oil to grease a 9” x 5” x 2 ½” loaf pan.
2. Make flaxseed “eggs” by putting 2 tablespoons of flaxseed meal and ¼ cup + 2 tablespoons of water in a small bowl. Stir, and let sit for about 10 minutes.
3. In a large bowl, mix dry ingredients (except pecans). Add mashed banana, coconut oil, and flaxseed “eggs.” Stir well. Pour in pecans and stir again until thoroughly combined.
4. Pour mixture into prepared loaf pan. Bake for 40 minutes or until toothpick in center comes clean.
5. Let bread cool in pan 10 minutes. Remove bread from pan and let cool completely on a wire rack. Store tightly wrapped in aluminum foil or plastic for up to 3 days or freeze up to 3 months.

Notes

1. Substitute chia seed meal for flaxseed meal.
2. If allergic, you can omit the pecans and use a whole grain flour instead of almond flour.
3. Use walnuts instead of pecans.
4. Add 1 teaspoon of alcohol-free vanilla extract, if you like.
5. Top a piece with a spread of date honey.

6. If you substitute coconut flour, you will need to add a little more oil and/or water if the mixture is too dry. Coconut flour is more absorbent than many other types of flours.

BANANA MILK

2 very ripe bananas, peeled
1/2 cup water
1/2 cup ice
1/4 teaspoon cinnamon

Mix all ingredients in a blender until smooth. Use immediately.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

- Substitute water with unsweetened almond or rice milk.
- Serve with Nutty Fruit Cereal for breakfast.
- Pour over Gimme More Granola for a snack.
- Mix in a smoothie instead of using water.
- Dip Oatmeal Raisin Cookies in it!

BERRY BLAST SMOOTHIE

1 cup water or any unsweetened non-dairy milk (such as almond, coconut, rice or soy)
1 cup frozen blackberries, blueberries, and raspberries
1 banana, peeled

Yield: 1 serving (serving size: about 8 ounces or 1 cup)

Recipe Notes

- Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).
- Add 1 tablespoon flaxseed meal for a fiber boost.

BLUEBERRY MANGO SMOOTHIE

1 cup water or unsweetened almond milk, coconut milk, rice milk, or soy milk
1 cup fresh or frozen mango chunks
1 fresh or frozen banana, peeled, sliced
1/2 cup fresh or frozen blueberries
1 tablespoon flaxseed meal, optional
1 tablespoon unsweetened coconut flakes

Mix all ingredients in a blender until smooth.

Yield: 1 serving (serving size: about 8 ounces or 1 cup)

Recipe Notes

- Make sure at least one fruit is frozen to have a chilled smoothie. You can also use ice.
- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- Pour into popsicle molds for a tasty treat!
- Make this recipe into a “green” smoothie by adding 1 cup chopped kale or spinach leaves.

BROILED PINEAPPLE SLICES

6 fresh or canned pineapple slices
1 tablespoon date honey
1 tablespoon fresh lime juice
1 tablespoon unsweetened coconut flakes

Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix Date Honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with ½ teaspoon coconut flakes. Broil for 2 minutes and serve.

Yield: 6 servings (serving size: 1 slice)

Recipe Notes

- Cut slices into chunks and mix in with oatmeal.
- Omit the coconut flakes and just spread Date Honey and lime juice on top.

CINNAMON BAKED APPLES

2 cups thinly-sliced apples, unpeeled (about 2 apples)
1 cup unsweetened apple juice
1/8 teaspoon cinnamon

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

Yield: 4 servings (serving size: about 1/2 cup)

Recipe Notes

- Pour over Baked Oatmeal.

- Add sliced bananas, raisins, and chopped nuts.

COCONUT BLISS

- *½ cup water*
½ cup unsweetened coconut milk
1 cup sliced fresh or frozen banana (about 1 medium banana)
1 cup fresh or frozen blueberries
1 cup frozen or fresh mango chunks
1 cup fresh or frozen sliced strawberries
- Place all ingredients in a blender, and process until smooth.
- Yield: 2 servings (serving size: about 8 ounces or 1 cup)

COCONUT FIG BARS

1/2 cup coconut flour
1/2 cup old-fashioned rolled oats
1 cup unsweetened applesauce
1/4 cup date honey
1 cup chopped dried figs
2 tablespoons chopped pecans
1 tablespoon flaxseed meal (optional)
1 tablespoon unsweetened shredded coconut
1/2 teaspoon cinnamon

Preheat oven to 350 degrees. In a large bowl, mix coconut flour, oats, applesauce, and *date honey* until well combined. Stir in figs, pecans, flaxseed meal (optional), coconut, and cinnamon.

Lightly rub an 8 by 8-inch baking dish with olive oil and press mixture into dish. Bake 15 minutes or until top is lightly browned. Cool 10 minutes at room temperature and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes

- Substitute almond flour, oat flour, or whole wheat flour for coconut flour. Increase shredded coconut to 1/4 cup to maintain the coconut flavor.

FALL HARVEST OATMEAL

*½ recipe [Cinnamon Baked Apples](#)
2/3 cup old-fashioned rolled oats
4 Medjool dates, pitted, chopped (about ¼ cup)
2 tablespoons chopped pecans*

Prepare Cinnamon Baked Apples as directed. When apples are done, cook oats on stovetop according to package directions. To serve, place ½ cup oatmeal in two bowls. Top with apples, dates, and pecans. Pour 2 tablespoons of apple juice over each serving and serve immediately.

Yield: 2 servings (serving size: about 1 cup)

Recipe Notes

- Use figs or raisins instead of dates.
- Since you only need half of the Cinnamon Baked Apples recipe, you can store the other half in an airtight container in the refrigerator and use the following day.

FRUIT PIZZA

Crust

*1 ½ cups almond flour (meal)
½ cup roughly chopped pitted dates
½ cup chopped pecans
¼ cup unsweetened apple juice*

Fruit Sauce

¼ cup date honey

½ cup sliced strawberries

Topping Ideas

Sliced apples, bananas, blueberries, grapes, kiwifruit, mangoes, oranges, peaches, pineapples, strawberries

Preheat oven to 350 degrees. Place almond flour, dates, pecans and apple juice in a food processor. Process until mixture forms a ball. Press dough into 10-inch circle, about ¼-inch thick, on an 11 x 17-inch baking sheet or pizza pan (rub a little olive oil on your hands if dough gets too sticky). With a fork, poke holes all across crust dough. Bake 10 minutes, or until edges are browned and slightly crispy. Remove from oven and let cool completely, about 45 minutes.

Put date honey and strawberries in a food processor or blender. Process about 30 seconds or until smooth and creamy. Spread fruit sauce onto cooled crust. Top with your favorite assortment of sliced fruit. Refrigerate 3 hours or until chilled.

Yield: 8 servings (serving size: 1 slice)

Recipe Notes

- Substitute oat flour for the almond flour.

GIMME MORE GRANOLA

1/4 cup chopped dried plums or Medjool dates

1/4 cup water

1 cup old-fashioned rolled oats

2 tablespoons unsweetened apple juice

1 tablespoon extra-virgin olive oil

1/4 cup raisins

2 tablespoons chopped almonds

2 tablespoons chopped walnuts

2 tablespoons sunflower seeds

2 tablespoons unsweetened shredded coconut

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

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

Yield: 8 servings (serving size: about 1/4 cup)

NUTTY FRUIT CEREAL

1 banana, peeled and sliced (about 1 cup)
1/3 cup fresh blueberries
1 tablespoon chopped almonds
1 tablespoon chopped walnuts
1 teaspoon unsweetened coconut flakes
½ cup unsweetened almond or rice milk

Place banana slices in a bowl and top with blueberries, almonds, walnuts, and coconut flakes. Pour in almond milk.

Yield: 1 serving (serving size: about 1 1/3 cups)

Recipe Notes

- Substitute chopped pecans for the almonds or walnuts.
- Enjoy as a fruit and nut snack without the almond milk.

PEACHY KEEN SMOOTHIE

1 cup unsweetened non-dairy milk (almond, coconut, rice, soy) or water
1 cup sliced fresh or frozen banana, peeled (about 1 medium banana)
1 cup sliced fresh or frozen peaches
1 cup fresh spinach or kale leaves

2 tablespoons finely chopped walnuts (about ½ ounce)
1 tablespoon flaxseed meal, optional

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

- If your smoothie is too thick, add a little more non-dairy milk or water.
- Make sure either the banana or peaches are frozen, so your smoothie is chilled.
- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

Nutrition Facts (calculated using almond milk and flaxseed meal)

PINEAPPLE CITRUS MUFFINS

1 cup old-fashioned rolled oats
1 cup oat flour (see Recipe Notes)
1 cup unsweetened applesauce
½ cup diced pineapples
¼ cup chopped pecans or walnuts
¼ cup date honey
¼ cup flaxseed meal
2 teaspoons unsweetened coconut flakes
2 teaspoons grated orange zest
½ teaspoon ground ginger

Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil and set aside.

Combine all ingredients in a large bowl and stir well to combine. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.

Yield: 8 servings (serving size: 1 muffin)

Recipe Notes

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (½ cup old-fashioned oats will yield about ½ cup ground oats).
- Spread almond butter or date honey on top.
- Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home by using a coffee or seed grinder.
- The zest is the outermost, colorful skin of citrus fruits. Zest is often used to enhance flavor in recipes. The pith, or white membrane underneath the outside peel, has a bitter, unpleasant taste and should be avoided while zesting.

PLUM GOOD SMOOTHIE

1 cup water
1 apple, unpeeled, chopped
1 frozen banana, peeled, sliced
1/4 cup dried plums (about 6)
1 tablespoon flaxseed meal
1 tablespoon unsweetened shredded coconut

Add all ingredients to a blender. Process about 1 minute or until completely smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

Recipe Notes

- To prepare banana ahead of time, remove peel and place in a plastic ziptop bag until frozen.
- Add chopped nuts to boost the protein content.
- Make it a green smoothie by adding 1 cup spinach or kale. You can also mix in 1 tablespoon of spirulina.

RASPBERRY-PECAN SMOOTHIE

*1 cup water or unsweetened almond milk
1 cup spinach or mixed greens
1 large frozen banana, peeled, sliced
½ cup fresh or frozen raspberries
2 tablespoons chopped pecans*

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

- You can also use unsweetened rice or soy milk.
- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag.
- If using fresh fruit, you can add chopped ice to make your smoothie cold.
- Add 1 tablespoon flaxseed meal.

STRAWBERRY-BANANA SMOOTHIE #2

*1 cup unsweetened almond milk
1 frozen banana, peeled and sliced (about 1 cup)
1 cup whole frozen strawberries (about 6 strawberries)
1 Medjool date, pitted*

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 1 cup or 8 ounces)

Recipe Notes

- To prepare banana ahead of time, remove peel and place in a plastic ziptop bag until frozen.

STRAWBERRY FIELDS SMOOTHIE

1 cup unsweetened almond milk, coconut milk, rice milk, or soy milk
1 cup sliced fresh or frozen banana, peeled (about 1 medium banana)
1 cup sliced fresh or frozen strawberries
1 cup fresh mixed greens (spinach, kale leaves, chard, etc.)
2 tablespoons flaxseed meal, optional

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

- Substitute water in place of non-dairy milk (or half of it).
- Make sure either the banana or strawberries are frozen so your smoothie is chilled.
- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

SWEET SPINACH SMOOTHIE

1 cup water or non-dairy milk (almond, coconut, rice, or soy milk)
1 Bosc pear, unpeeled, cored
1 cup fresh spinach leaves, packed
1 frozen banana
1 tablespoon flaxseed meal, optional
1/2 tablespoon kelp powder, optional
1/2 tablespoon spirulina powder, optional

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Recipe Notes

- To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.
- Substitute spinach with kale leaves.
- Use an Anjou, Asian, or Bartlett pear instead of a Bosc pear.
- Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.
- Kelp is a sea vegetable that is a concentrated source of minerals, including iodine, potassium, magnesium, calcium, and iron.
- Spirulina is a type of blue-green algae that is rich in protein, vitamins, minerals, and carotenoids (antioxidants that can help protect cells from damage). It contains B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid).

TROPICAL FRUIT SALAD

Ingredients

1. 2 cups sliced strawberries
2. 3 kiwifruit, peeled and quartered
3. 1 1/2 cups orange segments, cut into 1-inch pieces
4. 1 cup red seedless grapes, halved
5. 1 cup fresh pineapple chunks, cut into tidbits

Instructions

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

Notes

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

3. • Sprinkle lightly with toasted unsweetened shredded coconut.
4. • Other fruit choices are apples, bananas, blueberries, peaches, and/or mangoes. However, if you do use apples, bananas, or peaches, mix in a little lemon juice to prevent browning.

SNACKS

ALMOND BUTTER BITES

½ cup almond butter
¼ cup raw sunflower seeds
¼ cup raisins
¼ cup chopped almonds
2 tablespoons unsweetened shredded coconut
¼ teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a 1/2 tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8 by 8-inch baking dish and freeze until firm. Serve frozen or just slightly thawed.

Yield: 6-8 servings (serving size: 2-3 balls)

ALMOND COOKIES

1 cup almond meal or flour
1/3 cup almond butter
1/4 cup unsweetened orange juice
2 tablespoons flaxseed meal
1/4 cup + 3 tablespoons date honey
2 tablespoons sliced almonds

Preheat oven to 350 degrees. In a large bowl, mix almond meal, almond butter, orange juice, and flaxseed meal. Lightly rub an 11 x 17-inch baking sheet with olive oil. Place dough on baking sheet and flatten with your hands to about 1/8-inch thickness. Use a circle cookie cutter about the size of a 1/3 cup measuring scoop to cut out cookies (or use the measuring cup itself). Spread about 1/2 tablespoon Date Honey on each cookie, and top with 3-4 sliced

almonds. Bake 10 minutes. Remove from oven, and transfer cookies to a wire rack to cool.

Yield: 14 servings (serving size: 1 cookie)

Recipe Notes

- Use unsweetened applesauce as a topping instead of date honey.
- Omit the toppings, and crumble baked cookie over fresh fruit.

APPLE FRUIT ROLLS

4 cups unsweetened applesauce
1/2 teaspoon cinnamon

Mix applesauce and cinnamon in a large bowl and set aside. Place two fruit roll sheets on two dehydrator trays. Rub a little olive oil on trays to prevent sticking.

Pour 2 cups applesauce mixture onto first tray and spread to about 1/4-inch thickness. Repeat with second tray. Dry at 135 degrees 6-8 hours or until fruit has the consistency of leather. Use a small spatula or knife to remove fruit from trays while it is still warm. Cut into strips, roll, and enjoy!

APPLE RAISIN NUT COOKIES

2 cups chopped apples, unpeeled (about 2 apples)
1 cup brown rice flour
1 cup cashew halves and pieces
1 cup pecan halves
1 cup raisins

Preheat oven to 350 degrees. Add apples, brown rice flour, cashews, pecans, and raisins to a food processor. Process about 30 seconds for a smooth texture or 15 seconds for a nuttier cookie. Drop by spoonfuls, two inches apart, on an ungreased 11 by 17-inch baking sheet. Bake 15 minutes. Let cool on a wire rack.

Yield: 16 servings (serving size: about 1 cookie)

Recipe Notes

- Substitute walnuts or almonds for pecans.
- Use any whole grain flour in place of the brown rice flour.

BANANA-COCONUT ICE CREAM

2 (14-ounce) cans coconut milk
2 bananas, peeled, sliced
¼ cup date honey or 6-7 soaked dates, drained

Place ingredients in a food processor or blender. Mix until smooth. Place in a covered glass bowl in freezer 5-6 hours or until firm (but not solid). If the mixture gets too hard, set it out on the kitchen counter to thaw until soft enough to serve.

Yield: 12 servings (serving size: 1/2 cup)

Recipe Notes

- If using whole dates instead of Date Honey, soak dates in ¼ cup water. Let sit at room temperature 2 hours or until softened. Drain water and place dates in food processor with coconut milk and bananas. Process until smooth, and freeze.
- To add a strawberry flavor, mix in 2 cups sliced strawberries.

BANANA POPS

4 medium bananas (7-8 inches long), peeled and halved
8 wooden popsicle sticks

Yield: 8 servings (serving size: one banana pop)

Line an 11 x 17-inch baking sheet with parchment or wax paper. Insert a popsicle stick into one end of every banana half. Place bananas on sheet so they're not touching and put in freezer. Freeze at least two hours or until firm.

BANANA STACKS

2 large ripe bananas
¼ cup almond butter or all-natural peanut butter

Peel bananas and cut into ¼ to ½-inch slices (about 12 per banana). Spread about 1 teaspoon almond butter on half of the slices. Top with the remaining slices.

Yield: 4 servings (serving size: about 4 stacks)

Recipe Notes

- Great for an after-school snack for your children.
- Add a layer of date honey to each stack.
- Sprinkle each stack with cinnamon.
- Add chopped dates or raisins to tops of stacks.
- Put in freezer until firm (3-4 hours) for a cool treat!

BLUEBERRY MANGO SORBET

2 cups frozen blueberries
2 cups frozen mango chunks (1-inch cubes)

Mix blueberries and mango in a blender until smooth, or feed through a juicer with the blank attachment in place.

Yield: 4 servings (serving size: about ½ cup)

Recipe Notes

- To make a swirl or twist effect, alternate 1 cup blueberries and 1 cup mango. If you mix the fruit in one bowl and then feed through juicer, the ice cream will be dark blue in color.
- You can find frozen blueberries and mango chunks in the freezer aisle of most supermarkets. To make this recipe using fresh fruit that you freeze yourself, place blueberries and peeled, cubed mango in a single layer on an 11x17-inch baking sheet and freeze until firm.
- Substitute frozen peaches for the mango.

COCONUT FIG BARS

1/2 cup coconut flour
1/2 cup old-fashioned rolled oats
1 cup unsweetened applesauce
1/4 cup date honey
1 cup chopped dried figs
2 tablespoons chopped pecans
1 tablespoon flaxseed meal (optional)
1 tablespoon unsweetened shredded coconut
1/2 teaspoon cinnamon

Preheat oven to 350 degrees. In a large bowl, mix coconut flour, oats, applesauce, and date honey until well combined. Stir in figs, pecans, flaxseed meal (optional), coconut, and cinnamon.

Lightly rub an 8 by 8-inch baking dish with olive oil and press mixture into dish. Bake 15 minutes or until top is lightly browned. Cool 10 minutes at room temperature and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes

- Substitute almond flour, oat flour, or whole wheat flour for coconut flour. Increase shredded coconut to 1/4 cup to maintain the coconut flavor.

COCONUT-DATE COOKIES

½ cup unsweetened coconut milk
½ cup coconut flour
½ cup roughly chopped dates
¼ cup date honey
¼ cup whole almonds
¼ cup walnut halves and pieces

Preheat oven to 350 degrees. Place all ingredients in a food processor. Process about 10 seconds. Scrape sides of bowl and process another 15 -20 seconds or until thoroughly mixed. Some of the nuts should still be in large pieces (not finely ground).

Scoop out about two tablespoons of dough and shape into a ball. Place on an 11 x 17-inch cookie sheet. Repeat with remaining dough. Use the palm of your hand to flatten. Bake 15-20 minutes or until slightly browned on the bottom.

Yield: 14 servings (serving size: about 1 cookie)

Recipe Notes

- You can also make these cookies without a food processor. Chop the nuts and dates into smaller pieces and stir until well combined.

CORN MUFFINS

1 1/2 cups yellow cornmeal
1/2 cup unsweetened almond or rice milk
1/4 cup water
1 tablespoon date honey (optional)
1 tablespoon extra-virgin olive oil
3/4 cup fresh or frozen corn kernels
1/4 cup chopped green onions (green parts only)
1/2 teaspoon salt

Preheat oven to 400 degrees. Mix cornmeal, almond milk, water, Date Honey, and olive oil in a medium bowl. Stir until smooth. Add corn, green onions, and salt. Stir until well combined. Lightly rub a mini-muffin tin with olive oil. Fill all 24 cups

about 3/4 full. Bake 15 minutes. If using a regular muffin tin, fill all 12 cups about 3/4 full and bake 20 minutes.

Yield: 12 servings (serving size: 2 mini-muffins or 1 regular muffin)

Recipe Notes

- Use 1 1/2 tablespoons dried chives instead of green onions.

CRUNCHY KALE CHIPS

6 cups kale, ribs removed and torn into bite-size pieces

1 tablespoon extra-virgin olive oil or coconut oil

1/2 teaspoon garlic powder

1/2 teaspoon salt

Preheat oven to 400 degrees. Lightly oil an 11 x 17-inch baking sheet. Place kale in a large bowl, and add olive oil, garlic powder, and salt. Use your hands to incorporate into leaves so that they are well coated. Spread leaves on baking sheet. Bake 12-15 minutes or until crispy.

Recipe Notes

- You can also cook these chips in a dehydrator for 2-3 hours at 135 degrees (or until crispy).
- Use 1/2 teaspoon Taco Seasoning or chili powder instead of garlic powder; omit salt.
- Store unused portions in an air-tight container. To reheat, place in a 400-degree oven for about 5 minutes to make crispy.

DATE HONEY BANANA POPS

8 frozen Banana Pops

1/2 cup date honey

1/2 cup chopped nuts (almonds, pecans, walnuts, etc.)

2 1/2 tablespoons unsweetened shredded coconut

Once you've made the Banana Pops (follow recipe for directions) and allowed them to freeze about 2 hours, you're ready to add toppings. Remove pops from freezer. Using a butter knife, spread a thin layer of date honey on all sides of each banana piece.

Place chopped nuts and unsweetened shredded coconut on a plate. Roll banana pops in the toppings. Use your fingers to push toppings into the bananas, if necessary. Place the coated bananas on the parchment paper and freeze for 1-2 hours.

Yield: 8 servings (serving size: one banana pop)

Recipe Notes

- Other toppings ideas are chia seeds, dried fruit, hemp seeds, nut butter, and sunflower seeds.
- To cut down on the natural sugar content of this recipe, use half the amount of date honey.

FROZEN BANANA BARS

2 medium bananas, peeled, sliced (about 2 cups)

1 cup roughly chopped dates

1 cup roughly chopped raw cashews

Place bananas, dates, and cashews in a food processor or blender. Process about 30 seconds or until smooth. Transfer to an 8 x 8-inch baking dish. Place in freezer 3-4 hours or until firm. To serve, cut into 2 x 2 1/2 -inch bars and serve. Store in freezer.

Yield: 12 servings (serving size: 1 bar)

PUMPKIN SPICE BARS

1 cup cooked sugar pumpkin

1 cup almond meal

½ cup sliced banana (about 1/2 large banana)

¼ cup date honey
1 tablespoon flaxseed meal
1 teaspoon pumpkin pie spice
¼ cup finely chopped walnuts

Preheat oven to 350 degrees. Place pumpkin, almond meal, banana, Date Honey, flaxseed meal, and pumpkin pie spice in a food processor or blender. Purée until smooth. Stir in walnuts and pour into an 8 x 4 x 2 1/2-inch bread loaf pan (small size). Use a spatula to smooth mixture into an even layer. Bake 45-50 minutes. Remove from oven and let cool for about 5 minutes. Cut the loaf vertically down the middle, and then horizontally to make 16 bars (2 x 1-inch each).

To bake a sugar pumpkin: Preheat oven to 375°F. Remove stem from pumpkin and cut pumpkin in half. Scoop out pulp and seeds. Discard (or set aside if you want to keep the pumpkin seeds). Using a basting brush, rub olive oil across surface of pumpkin (use about ½ tablespoon total).

Place halves on a baking sheet, cut sides up. Bake about 1 hour, or until pumpkin is tender when pierced with a fork. Remove from oven and let sit on baking sheet until cool enough to handle, about 10-15 minutes.

Yield: 8 servings (serving size = about 2 bars)

Recipe Notes

- You can use 1 cup canned pumpkin instead of 1 cup cooked sugar pumpkin.
- If you don't have a food processor or blender, you can mix the ingredients by hand. Just make sure the pumpkin and banana are well mashed.
- You can also use an 8 x 8-inch pan. However, your bars will not be as thick, and the baking time will be 30-35 minutes.
- Substitute pecans for the walnuts.
- Add raisins or chopped dates.

SESAME SEED RICE CRACKERS

1 cup cooked wild rice
1 cup brown rice flour
¼ cup flaxseed meal
¼ cup water
2 tablespoons extra-virgin olive oil
1 teaspoon salt
1 teaspoon black sesame seeds
1 teaspoon sesame seeds

Preheat oven to 400 degrees. Add wild rice, rice flour, flaxseed meal, water, olive oil, and salt to a food processor bowl. Process about 30 seconds or until mixture forms a ball and sticks together. Transfer to a larger bowl and stir in both types of sesame seeds. Use your hands and/or a rolling pin to spread dough out on a lightly-oiled 11 x 17-inch baking sheet (you may need to coat your hands with a little flour). Press dough to edges of sheet. With a knife, score into 1 3/4-inch pieces. Bake 20 minutes. Remove crackers that are done (usually those on the outside edges brown more quickly). Flip remaining crackers and bake another 8 minutes or until crispy.

Yield: 6 servings (serving size: 9 crackers)

Recipe Notes

- Spread almond butter, peanut butter, or date honey on top.
- Use as a dip for Hummus, Confetti Hummus, Pumpkin Hummus, Green Salsa Bean Dip, or Spinach-Artichoke Dip.
- For a sweet-tasting cracker, add 1 teaspoon cinnamon.

SPICY PUMPKIN SEEDS

1/2 tablespoon extra-virgin olive oil
1 teaspoon Taco Seasoning or chili powder
1 cup pepitas (pumpkin seeds)

Preheat oven to 275 degrees. Combine the olive oil, Taco Seasoning or chili powder, and pepitas in a medium bowl. Mix thoroughly, and place on an 11 by 17-

inch baking sheet. Bake for 1 hour, stirring occasionally. Let cool on baking sheet before serving.

Yield: 4 servings (serving size: about 1/4 cup)

STRAWBERRY ICE CREAM

Ingredients

1. 2 cups of sliced frozen bananas
2. 2 cups of sliced strawberries
3. 1/2 cup unsweetened coconut cream

Instructions

1. Place bananas in a food processor or blender. Mix 30 seconds or until bananas are crumbly. Add strawberries and mix another 30 seconds. Scrape sides of processor or blender as needed.
2. Pour in coconut cream and mix until creamy and smooth (about 1 minute).
3. Store in a covered glass bowl in freezer 3-4 hours or until firm (but not solid). If the ice cream gets too hard to scoop, set it out on the kitchen counter to thaw until soft enough to serve (about 15-20 minutes).

Notes

1. Top with chopped pecans and/or unsweetened coconut flakes.
2. Use the remaining amount of coconut cream to make another batch or two of this recipe (the leftover cream will keep in your refrigerator for a few days if covered). Another idea is to add the coconut cream to a smoothie instead of using non-dairy milk.

SWEET & SPICY MIXED NUTS

1/2 cup raw almonds
1/2 cup raw pecans
1/2 cup raw walnut halves
1 tablespoon date honey

1 tablespoon water
1 teaspoon extra-virgin olive oil
½ teaspoon chipotle chile seasoning
¼ teaspoon salt

Preheat oven to 250 degrees. Line an 11 x 17-inch baking sheet with parchment paper or lightly rub with olive oil and set aside. Put nuts in a large bowl. In a separate smaller bowl, mix Date Honey, water, olive oil, chipotle chile seasoning, and salt. Use a fork or small whisk to combine. Pour over nuts and stir until well coated.

Spread nuts evenly on baking sheet. Bake 1 hour, stirring about halfway through cooking time. Cool and serve. Store in an airtight container.

Yield: 6 servings (serving size: about ¼ cup)

Recipe Notes

- Substitute any of the listed nuts with Brazil nuts, cashews, hazelnuts, or peanuts (not actually nuts at all, but legumes).
- Use red cayenne pepper in place of the chipotle chile seasoning (you may want to decrease the amount a little unless you like super spicy food!).
- This recipe can easily be doubled.

TRAIL MIX

1 cup whole raw almonds or Cinnamon-Roasted Almonds
1 cup cashew halves & pieces
1 cup walnut halves
1/2 cup golden raisins
1/2 cup raisins
1/4 cup raw sunflower seed kernels
1/4 cup raw pumpkin seeds (pepitas)

Mix ingredients together, and store in an airtight container for 2 weeks at room temperature or 1 month in refrigerator.

Yield: 12 servings (serving size: about 1/4 cup)

Recipe Notes

- Use as a topping for fresh fruit.
- Serve with unsweetened almond milk for a quick breakfast dish.
- Other dried fruit options are apricots, bananas, blueberries, dates, or figs.
- Add unsweetened coconut flakes.

VEGETABLES

BAKED POTATO CHIPS

2 pounds russet baking potatoes, peeled

1 tablespoon extra-virgin olive oil

1/2 teaspoon salt

1/8 teaspoon pepper

Preheat oven to 375 degrees. Cut potatoes into 1/8-inch thick slices by using either the slicing disc of a food processor, mandoline slicer, or by hand. Place potato slices in a large bowl. Add olive oil, salt, and pepper, and stir well to coat. Spread in a single layer on two large baking sheets. Bake 15 minutes. Flip potatoes, and cook another 10-15 minutes, or until chips are crispy.

Yield: 4 servings (serving size: about 1 cup)

BROILED BRUSSELS SPROUTS

Ingredients

1. 1 12-ounce package frozen Brussel sprouts
2. 1 tablespoon coconut oil
3. ¼ teaspoon salt
4. 1/8 teaspoon freshly ground black pepper

Instructions

1. Cook Brussels sprouts according to package directions. Drain.
2. Add coconut oil, salt, and pepper. Stir well to coat.
3. Place under oven broiler on top rack (a small toaster oven works well). Broil 15-20 minutes, depending upon the degree of broiling you prefer. Stir halfway through cooking time.
4. Transfer to a glass dish and serve warm.

Notes

1. When you mix the coconut oil with the salt and pepper, stir in 2 teaspoons of Date Honey to add a touch of sweetness.
2. Substitute coconut oil with a different oil (avocado oil, walnut oil, etc.).

Butternut Squash Fries

Ingredients

1. 2 pounds butternut squash, peeled, seeds removed, and sliced into fries about 3" L x ½" W (or to desired size)
2. 1 tablespoon coconut oil
3. ½ teaspoon garlic powder
4. ½ teaspoon salt
5. ½ teaspoon freshly ground black pepper

Instructions

1. Preheat oven to 450 degrees. Prepare an 11 x 17 baking sheet by coating it with a little coconut oil. You can also use a non-stick sheet.
2. Place fries in a large bowl. Stir in one tablespoon of coconut oil and toss until well coated. Add garlic powder, salt, and pepper. Stir again.
3. Pour fries onto baking sheet, making sure none of the pieces overlap. You may need to use two baking sheets to cook at one time (or cook in two batches).
4. Bake 20 minutes on a middle oven rack. Use a metal spatula to flip fries, and then bake another 15-20 minutes.
5. Turn over to broiler setting, and flip fries one more time. Move baking sheet to the top rack. Broil 5 minutes, or until desired crispness is reached.

Notes

1. 1. Substitute coconut oil with a different oil (avocado oil, sesame oil, etc.).
2. 2. Use a crinkle cutter to make restaurant-style fries.

GINGER-GARLIC BABY CARROTS

1 pound baby carrots or carrots, peeled & cut into 2-inch pieces
1/2 tablespoon extra-virgin olive oil
2 tablespoon minced onion
1 clove garlic, minced
1/2 teaspoon minced fresh ginger root or 1/8 teaspoon dried ginger*
1/8 teaspoon salt
Grated ginger root

Boil or steam carrots until tender crisp (15-20 minutes). While carrots are cooking, heat olive oil over medium heat in a small skillet. Add onions and cook until onions are translucent. Stir in garlic and ginger root. Cook for 30 seconds, stirring constantly so garlic doesn't burn. Add carrots and salt, and stir well to coat. Transfer to a serving dish and grate a little fresh ginger root on top.

**Ginger is the gnarled, bumpy root of the ginger plant. Its flavor is peppery and slightly sweet. Ginger root has a very thin, light brown skin that must be removed before using. Simply cut off the amount of ginger you need, and use a knife or vegetable peeler to remove the skin. Fresh ginger root can be stored in the refrigerator for up to three weeks if left unpeeled. Or, you can store it up to six months in the freezer.*

Yield: 6 servings (serving size: about 1/2 cup)

Recipe Notes

- You can easily adjust the intensity of the ginger taste in this recipe. I went on the conservative side so that the carrots contained more of a hint of ginger rather than an overpowering flavor.
- No ginger on hand? Make Garlic Baby Carrots instead!

GREEN BEANS WITH RAYS OF SUNSHINE

1 pound fresh or frozen green beans
1 yellow bell pepper, seeded and cored
1/2 tablespoon extra-virgin olive oil
1/4 cup minced onion
1/2 teaspoon dried dill
1/2 teaspoon salt
1/8 teaspoon pepper

Steam green beans 20-22 minutes or until tender crisp (you may also boil in a large saucepan 8-10 minutes). While green beans are cooking, shred yellow pepper in a food processor (use shredder attachment) or by hand. Drain any liquid and set aside.

When green beans are done cooking, heat olive oil in a large skillet over medium heat. Add onions and yellow pepper. Cook until onions are soft and translucent. Add green beans, dill, salt, and pepper. Stir well and serve immediately.

Yield: 6 servings (serving size: about 1/2 cup)

GREEN BEANS WITH TOASTED WALNUTS

1 pound fresh or frozen green beans
½ tablespoon extra-virgin olive oil
½ teaspoon salt
¼ teaspoon tarragon
1/8 teaspoon pepper
2 tablespoons finely diced toasted walnuts

Wash fresh beans thoroughly and trim ends. Cut into bite-size pieces. If using a steamer, cook 20-22 minutes. If boiling, cover the beans with cold water in a large saucepan, and bring to a boil. Reduce heat, and simmer until crisp tender, about 8-10 minutes. Drain green beans, and stir in olive oil, salt, tarragon, pepper, and walnuts. Serve immediately.

Yield: 6 servings (serving size: about ½ cup)

Recipe Notes

- Substitute the walnuts with pecans.

KALE WITH TOMATOES AND ONIONS

4 ounces curly kale, stems removed and coarsely chopped (about 6 cups)
1 tablespoon extra-virgin olive oil
1 cup thinly-sliced onions, sliced pole to pole (see Recipe Notes)
2 cloves garlic, minced
3 cups chopped tomatoes, unpeeled, unseeded
1 teaspoon dried basil
1 teaspoon dried oregano flakes
½ teaspoon salt
Pine nuts, optional

In a large skillet, heat olive oil over medium heat. Add onions and garlic. Put tomatoes in a large bowl, and squeeze with your hands so that some juice is extracted. Pour tomatoes with their juice into skillet with onions and garlic and cook 15 minutes. Stir in kale, tomatoes, basil, oregano, and salt. Cover, and simmer 5-7 minutes, or until the kale has softened. Sprinkle pine nuts on top, if desired. Serve immediately.

Yield: 6 servings (serving size: about ½ cup)

Recipe Notes

- To slice an onion pole to pole, or into half rings, think of the onion as a globe. Trim root end (South Pole) and stem end (North Pole). Peel off outer layers. Cut onion in half from North pole to South pole, making a series of vertical slices perpendicular to the equator of the onion.
- Serve over cooked beans, brown rice, lentils, or quinoa.

LEMON-PEPPER KALE

8 cups kale, ribs removed, torn into bite-size pieces, lightly packed
¼ cup chopped green onion (green parts only)

Lemon-Pepper Dressing:
¼ cup extra-virgin olive oil

2 tablespoons fresh lemon juice
1 clove garlic, minced
½ teaspoon salt
½ teaspoon pepper

Place kale and green onions in a large bowl. In a smaller bowl, whisk olive oil, lemon juice, garlic, salt, and pepper. Pour over kale and use your hands to massage the dressing into leaves. Let set at room temperature for 1 hour to allow flavors to blend. Serve. Store in an airtight container in refrigerator.

Yield: 8 servings (serving size: 1 cup)

Recipe Notes

- Sprinkle 2 tablespoons raw sunflower seeds over kale for a little extra crunch. Mix well.
- Add 2 cups chopped tomatoes.
- Use as a base for a salad.

LIMA BEANS WITH THYME

1/2 tablespoon extra-virgin olive oil
1/4 cup chopped onion
2 cups frozen lima beans
2 tablespoon chopped fresh parsley
1/2 teaspoon salt
1/4 teaspoon thyme

Cook lima beans on stovetop according to package directions. While beans are cooking, heat olive oil in a small skillet over medium heat. Add onion and cook until soft and translucent. Drain beans and mix in onions. Add parsley, salt, and thyme. Stir well and serve.

Yield: 4 servings (serving size: about 1/2 cup)

MASHED POTATO AND CORN CASSEROLE

2 pounds potatoes, peeled & cubed
1/4 cup unsweetened almond or soy milk
1 (14.5-ounce) can corn kernels, drained
2 tablespoons chopped fresh parsley
1 teaspoon salt
1/8 teaspoon pepper
1/2 tablespoon extra-virgin olive oil
1/2 cup diced onion
1/2 cup chopped green onions (green parts only)
2 cloves garlic, minced

Topping:

1/4 cup corn flour or corn meal
1/2 tablespoon extra-virgin olive oil
1/2 teaspoon garlic powder

Boil or steam potatoes until tender (about 20 minutes). Pour in almond milk, and mash until smooth. Put corn in a food processor and process about 10 seconds to break corn into smaller pieces. Mix corn with potatoes, and add parsley, salt, and pepper.

Preheat oven to 350° F. Heat olive oil over medium heat and cook onions until soft and translucent. Add green onions and garlic, and cook one minute, stirring constantly so garlic doesn't burn. Stir into potato-corn mixture. Lightly spray or rub a 9 x 13-inch casserole dish with olive oil and spread mixture into dish. In a small bowl, use a fork to mix corn flour, olive oil, and garlic powder until well blended. Sprinkle over top of casserole and bake 30 minutes.

Yield: 12 servings (serving size: about 1/2 cup)

Recipe Notes

- Substitute 1-2 tablespoons fresh chives or 1/2 tablespoon dried chives for the green onions.
- Stir in a cup of steamed chopped broccoli.
- Top with sliced olives.

- Add a little spice by stirring in a can of green chiles.

ROSEMARY RED POTATOES

2 pounds B-size new red potatoes (about 10-12 total)

1 tablespoon extra-virgin olive oil

1/2 teaspoon dried crushed rosemary

1/2 teaspoon salt

1/8 teaspoon pepper

Scrub potatoes well. Place in large saucepan, and cover with water. Heat to boiling. Reduce heat, and simmer 15 minutes. Drain, and allow to cool slightly. Preheat oven to 425 degrees. Cut potatoes into quarters and return to saucepan. Add olive oil, rosemary, salt, and pepper. Stir to coat. Place potatoes on an 11 x 17-inch baking sheet. Bake 30 minutes, turning potatoes about halfway through cooking time.

Yield: 4 servings (serving size: about 1/2 cup)

SPAGHETTI SQUASH WITH BASIL-WALNUT CREAM SAUCE

2 pounds spaghetti squash

Sauce:

1 cup unsweetened almond milk

1 cup walnuts

1 cup fresh basil leaves, lightly packed (about 10-12 large leaves)

1/2 cup fresh parsley, lightly packed

2 cloves garlic, minced

1/4 teaspoon salt

1/8 teaspoon pepper

Preheat oven to 375 degrees. With a fork, prick squash all over and place in baking dish. Cook 1 hour.

During last 10 minutes of baking time, put sauce ingredients in a food processor or blender. Process 15-20 seconds or until smooth (less time if you prefer a chunkier texture). Heat in a small saucepan over medium to low heat; do not boil. Cook 10-15 minutes, stirring occasionally.

While sauce is cooking, remove squash from oven, and let cool 10-15 minutes before cutting in half and removing the seeds. Discard seeds. Pull a fork lengthwise through the flesh to separate it into long strands. Place strands in a large bowl.

Pour sauce over spaghetti squash and stir well to coat. Serve immediately.

Yield: 8 servings (serving size: about ½ cup)

Recipe Notes

- Substitute whole grain pasta for the spaghetti squash.
- Add cooked broccoli and/or sliced olives.

SWEET POTATO HASH BROWNS

1 ½ pounds sweet potato, peeled, shredded

1 cup chopped onion

4 teaspoons extra-virgin olive oil, divided

Mix sweet potatoes and onions in a large bowl. Heat 2 teaspoons olive oil over medium-low to medium heat in a large skillet. Add about half of the sweet potatoes and onions and stir to coat. Press with a spatula to flatten. Cook about 7-8 minutes; do not stir. Flip, and cook another 3-5 minutes. Remove from skillet and set aside. Repeat to cook remaining vegetables. When done, combine the two batches in the skillet. Cook another 2-3 minutes, stirring occasionally. Serve immediately.

Yield: 8 servings (serving size: about ½ cup)

Recipe Notes

- To shred potatoes, it's best to use a food processor (shredding disc attachment), although you can do it by hand.
- Variation: Use a combination of sweet potatoes and Yukon Gold or russet potatoes.

SWEET POTATO PIE

2 pounds sweet potatoes
½ cup date honey
¼ cup unsweetened orange juice
1 cup oat flour (see Recipe Notes)
1 teaspoon grated orange zest
½ teaspoon cinnamon
1/8 teaspoon nutmeg
¼ cup unsweetened coconut flakes
¼ cup finely chopped pecans

Preheat oven to 350 degrees. Bake or steam sweet potatoes until tender. If baking, pierce each potato a few times with a fork and wrap tightly in aluminum foil, shiny side out. Bake at least 1 hour or until soft. Remove from oven and set aside until cool enough to handle. Peel and discard skins. If steaming, peel skins and cook 25-30 minutes or according to your steamer's directions. Cut potatoes into smaller pieces, and mash with a potato masher.

Put potatoes, date honey, and orange juice in a food processor or blender, and puree until completely smooth with no lumps. Add oat flour, orange zest, cinnamon, and nutmeg. Stir well.

Pour sweet potato mixture into a 9 by 2-inch pie plate that has been rubbed with olive oil. Spread coconut flakes and pecans over top. Bake 15-20 minutes, or until lightly browned. Serve immediately.

Yield: 8 servings (serving size: about 1 slice pie)

Recipe Notes

- Spread almond butter or date honey on top of each serving.
- Add ½ cup raisins when you mix the oats and pureed potato mixture
- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (½ cup old-fashioned oats will yield about ½ cup ground oats).

STIR-FRY VEGETABLES WITH BROWN RICE

Ingredients

- 1 tablespoon sesame oil
- 3 green onions (finely chopped)
- 3 tablespoons fresh ginger (minced)
- 4 cups fresh broccoli (chopped)
- ½ pound fresh green beans (chopped)
- 2 carrots (peeled and sliced on diagonal)
- 1 bell pepper (red, yellow, or orange)
- 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 ½ cups peas (if frozen run under water to thaw)
- ½ cup toasted sliced almonds

Instructions

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

Notes

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.

GARDEN VEGETABLE SOUP

Ingredients

- 4 tablespoons olive oil
- 2 cups chopped leeks (white part only (from approximately 3 medium leeks))
- 2 tablespoons finely minced garlic

- salt
- 2 cups carrots (peeled and chopped into rounds (approximately 2 medium))
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans (broken or cut into 3/4-inch pieces)
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn (kernels removed)
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed chopped fresh parsley leaves
- 1 – 2 teaspoons freshly squeezed lemon juice

Instructions

1. Heat the oil in a 4-quart saucepan over medium-high heat. Add the leeks and garlic and cook for 2 minutes or until tender-crisp, stirring often. Add the carrots, potatoes, and green beans; cook until tender-crisp.
2. Add the broth, tomatoes, and corn and heat to a boil. Reduce the heat to low. Cover and cook for 10 minutes or until the vegetables are tender. Season to taste with salt and pepper. Sprinkle with the parsley and brighten with a squeeze of lemon.

RED BEAN SOUP

Ingredients

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

Instructions

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.

3. Add the Special Seasoning (see recipe), canned mushrooms, 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.
4. Add the carrots, salt, and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

Very Berry Smoothie

Ingredients

- 1/2 cup frozen raspberries
- 1/2 cup frozen blueberries
- 1/2 cup hot water
- 1/2 cup unsweetened soy or almond milk
- 1/4 cup pecans or walnuts
- 1/4 cup pumpkin seeds
- 1 tablespoon almond butter

Instructions

1. Place all ingredients in the mixing container in the order as listed above. The warm water keeps the frozen fruit from becoming a block to your blender. By the way, I use a Magic Bullet, which is easy to use and quick to clean.
2. Blend until smooth. The smoothie is a little grainy because of the ground nuts and seeds. Serve in a glass with a spoon as the smoothie is thick.

SALADS

BLACKBERRY, AVOCADO, AND MANGO SALAD

4 cups mixed salad greens

1 cup blackberries

1 avocado, peeled, pitted, and cut into 1-inch cubes

1 cup mango, peeled, pitted, and cut into 1-inch cubes

1/2 cup pecan halves

In a large bowl, combine salad greens, blackberries, avocado, mango, and pecan halves. Toss, and serve with Orange-Poppy Seed Salad Dressing.

Yield: 4 servings (serving size: about 1 1/2 cups)

Recipe Notes

- Substitute mango with 1 cup peaches, peeled, pitted

APPLE, POMEGRANATE, AND KALE SALAD

Ingredients

1. 8 cups torn kale leaves, ribs removed, lightly packed
2. 2 cups chopped apples
3. 1 ½ cups mandarin orange segments (about 4 mandarins)
4. ½ cup chopped toasted chopped walnuts
5. ½ cup pomegranate arils

Dressing

1. ¼ cup unsweetened applesauce
2. 2 tablespoons extra-virgin coconut or olive oil
3. 2 tablespoon fresh lemon juice
4. ¼ teaspoon salt

Instructions

1. Place kale leaves in a large bowl and set aside. Whisk applesauce, olive oil, lemon juice, and salt in a smaller bowl (you can also mix in a blender).
2. Pour dressing over kale and use your hands to massage onto leaves. Add apples, oranges, walnuts and arils. Stir well to coat.

Notes

1. To toast walnuts, heat skillet over medium heat. Add walnuts to the hot, dry skillet. Cook about 5 minutes, stirring frequently so walnuts don't burn. When walnuts are slightly browned, transfer to a small bowl to cool.
2. Substitute apples with pears.

3. Use pecans instead of walnuts.
4. If you have a nut allergy, you can use sunflower or pumpkin seeds instead of walnuts.

CINNAMON-RAISIN CARROT SALAD

2 cups shredded carrots, peeled
1 cup shredded red cabbage
1 apple, cored, unpeeled, cut into 1-inch matchsticks (about 1 ½ cups)
½ cup raisins
¼ cup chopped pecans
2 tablespoons raw sunflower seed kernels

Dressing:

1/3 cup unsweetened apple juice
1 teaspoon cinnamon

Mix carrots, cabbage, apple, raisins, pecans, and sunflower seeds kernels in a large bowl. In a smaller bowl, add apple juice and cinnamon. Use a whisk to combine and pour over carrot mixture. Stir well to coat. Place in refrigerator 1-2 hours or until cool. Serve chilled.

Yield: 10 servings (serving size: ½ cup)

Recipe Notes

- Substitute raisins with golden raisins.
- Use walnuts instead of pecans.

COOL AS A CUCUMBER SALAD

2 cups sliced cucumber, peeled
2 cups halved cherry tomatoes
1/2 cup thinly-sliced red onion, sliced pole-to-pole
2 tablespoons extra-virgin olive oil
1/2 teaspoon dried dill
1/2 teaspoon salt

Place cucumbers, tomatoes, and onions in a 1-quart ceramic dish. Pour olive oil over all and stir well to combine. Add dill and salt and stir again. Cover, and marinate 2 hours in refrigerator. Serve cold.

Yield: 8 servings (serving size: 1/2 cup)

FIG, PEAR, AND WALNUT SALAD

4 cups torn romaine lettuce, loosely packed
1 Bosc pear, unpeeled, sliced thin
¼ cup diced dried figs
¼ cup chopped walnuts
2 tablespoons raw sunflower seeds
1 recipe Apple-Cinnamon Salad Dressing

Place 1 cup of greens on each plate. Arrange pear slices on top of each mound of lettuce. Sprinkle each salad with 1 tablespoon figs, 1 tablespoon walnuts, and ½ tablespoon sunflower seeds. Drizzle about 2 tablespoons dressing over each salad.

Yield: 4 servings (serving size: about 1 cup)

Recipe Notes

- Use an apple instead of a pear or try a combination of both.
- Serve with mixed greens or fresh spinach.
- Substitute walnuts with pecans.

FRUIT AND NUT SALAD

4 cups torn romaine lettuce, packed
3 kiwifruit, peeled and cut into half-moons
1 cup blackberries
1 cup raspberries
½ cup roughly chopped pecan halves
1 recipe Orange-Poppy Seed Salad Dressing

Place lettuce in a large bowl, and top with kiwifruit, blackberries, raspberries, and pecans. Toss lightly and serve with Orange-Poppy Seed Salad Dressing.

Yield: 4 servings (serving size: about 1 ½ cups)

Recipe Notes

- This salad is extremely versatile. Experiment with a variety of fruit and nut combinations.
- Use almonds or walnuts instead of pecans.
- Substitute blackberries and raspberries with blueberries and strawberries.

OZARKS SUNSET FRUIT SALAD

4 cups fresh spinach, torn into bite-size pieces
4 cups romaine lettuce, torn into bite-size pieces
4 kiwifruit, peeled & cut into half-moons
2 cups oranges, peeled and cut into 1-inch pieces
1 cup blueberries
1 cup sliced strawberries
1/2 cup sliced or slivered almonds, toasted

Combine ingredients in a large bowl and toss well.

Yield: 4 servings (serving size: about 1 1/4 cups)

Recipe Notes

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

PINEAPPLE-KIWIFRUIT SPINACH SALAD

6 cups fresh spinach leaves, torn, stems removed, lightly packed
1 (8-ounce) can pineapple tidbits, drained, juice reserved

5-6 kiwifruit, peeled, cut into half-moons
1/4 cup diced red onion

Wash spinach leaves well, and place in a large serving bowl. Top spinach with pineapple, kiwifruit, and red onion. Pour pineapple juice over all and toss gently.

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes

- Use fresh pineapple instead of canned, and top salad with Orange-Poppy Seed Salad Dressing.
- Substitute spinach leaves with romaine or red leaf lettuce.

ROASTED POTATO SALAD

1 pound B size red potatoes, unpeeled
1/2 pound Brussels sprouts, trimmed & halved
1 cup trimmed fresh green beans, cut into 1" pieces
1 1/2 tablespoon extra-virgin olive oil, divided
1/2 teaspoon tarragon
1/2 teaspoon salt
1/8 teaspoon pepper
1/4 cup chopped red onions
1/4 cup finely chopped pecans or walnuts
2 cups chopped romaine lettuce

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

Preheat oven to 425 degrees. Cut potatoes into quarters, and put in a large bowl, along with Brussels sprouts and green beans. Add 1 tablespoon olive oil, tarragon, salt, and pepper. Stir well to coat. Place vegetables on a baking sheet. Bake 10 minutes, and flip. Cook another 10 minutes, or until vegetables are slightly blackened. Place in a large bowl and set aside.

Heat 1/2 tablespoon olive oil in skillet over medium heat. Add onions and pecans and cook until onions are soft and translucent. Mix in with potatoes and vegetables. To serve, place 1/2 cup lettuce on each plate, and top with roasted potato-vegetable mixture. Drizzle a little olive oil over each serving, if desired.

Yield: 4 servings (serving size: about 1 cup)

STRAWBERRY SPINACH SALAD

8 cups torn fresh spinach, loosely packed
2 cup chopped strawberries
4 teaspoons sunflower seed kernels
1 teaspoon sesame seeds
1/2 teaspoon poppy seeds
Apple-Cinnamon Salad Dressing

For each serving, place 2 cups spinach and 1/2 cup strawberries on each salad plate. Sprinkle 1 teaspoon sunflower seeds, 1/4 teaspoon sesame seeds, and 1/8 teaspoon poppy seeds on top. Drizzle Apple-Cinnamon Salad Dressing over all and serve.

Yield: 4 servings (serving size: about 1 1/2 cups)

TACO SALAD

1 (14.5-ounce) can corn kernels, drained
1 (15.5-ounce) can pinto beans, undrained
1/4 teaspoon garlic powder
1/4 teaspoon salt
1 tablespoon extra-virgin olive oil
1/2 cup diced onion
1 (15-ounce) can black beans, rinsed and drained
1/2 tablespoon Taco Seasoning
2 cups torn romaine or iceberg lettuce
Garnishes: Avocado slices, chopped green onions, sliced olives, and/or diced tomatoes

Preheat oven to 425 degrees. Spread corn kernels out in one layer on a lightly oiled 11 x 17-inch baking sheet. Bake for 20-25 minutes, or until corn is browned and slightly crunchy.

While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans. Lower heat and continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.

Heat olive oil over medium heat and add onions. Cook until onions are soft and translucent. Add black beans, corn, and taco seasoning. Stir well to coat. Reduce heat to low and keep warm until pinto beans are done. To serve, place about 1/2 cup lettuce on each plate, and top with 1/4 cup pinto beans and a heaping 1/2 cup of black bean and corn mixture. Add desired toppings to salad.

Yield: 4 servings (serving size: about 1 1/2 cups)

SUMMER BREEZE SALAD

2 cups chopped romaine lettuce, packed
2 cups spinach leaves, stems removed, torn, packed
3 clementines, peeled, separated into segments, halved (about 2 ½ cups)
½ cup sliced celery
¼ cup chopped green onions
¼ cup slivered almonds
2 tablespoons raw sunflower seed kernels
Lemon-Parsley Salad Dressing (recipe below)

In a large bowl, combine lettuce, spinach, clementine segments, celery, green onions, almonds, and sunflower seed kernels. Toss, and serve with ¼ cup Lemon-Parsley Salad Dressing.

Yield: 4 servings (serving size: about 1 ½ cups)

Recipe Notes

- Substitute clementines with fresh mandarin or navel oranges.
- Another option is to use Orange-Poppy Seed Salad Dressing.
- Use raw pumpkin seeds (pepitas) instead of sunflower seeds (or use both!).

Lemon-Parsley Salad Dressing

1/4 cup extra-virgin olive oil
1 tablespoon fresh lemon juice
1 teaspoon dried parsley flakes (or 1 tablespoon chopped fresh parsley)
1/8 teaspoon salt

Place all ingredients in a glass bowl, and use a whisk to combine.

Yield: 4 servings (serving size: about 1 tablespoon)

ORANGE-POPPY SEED SALAD DRESSING

1/4 cup extra-virgin olive oil
1/4 cup orange juice
2 tablespoons fresh lemon juice
1 tablespoon diced red onion
1/2 teaspoon poppy seeds
1/4 teaspoon orange zest
1/8 teaspoon dry mustard
1/8 teaspoon salt

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

Yield: 8 servings (serving size: about 1 tablespoon)

APPLE-CINNAMON SALAD DRESSING

1/4 cup extra-virgin olive oil
1/4 cup unsweetened apple juice
1 tablespoon fresh lemon juice
1 tablespoon diced red onion
1/4 teaspoon cinnamon

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

Yield: 8 servings (serving size: about 1 tablespoon)

SOUP

BLACK AND WHITE CHILI

1 tablespoon extra-virgin olive oil
1 cup chopped onions
1 clove garlic, minced
4 cups Vegetable Broth or water (see Recipe Notes)
3 (15.5-ounce) cans black beans, rinsed and drained
3 (15.5-ounce) cans great northern beans, rinsed and drained
1 tablespoon chili powder
1/2 teaspoon cumin
1/2 teaspoon salt

Heat olive oil in a large saucepan over medium heat. Stir in onions and cook until soft and translucent. Add garlic, and cook one minute, stirring frequently so garlic doesn't burn. Add vegetable broth, beans, chili powder, cumin, and salt. Bring to a boil. Reduce heat, and simmer uncovered for 30 minutes.

Yield: 8 servings (serving size: 1 cup)

Recipe Notes

- Use navy beans instead of great northern beans.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

BLACK BEAN MINISTRONE

1 tablespoon extra-virgin olive oil
½ cup chopped onion
1 cup chopped carrots
2 stalks celery, sliced
2 cloves garlic, minced
4 cups water or Vegetable Broth (see Recipe Notes)

1 (15-oz) can black beans, rinsed and drained
1 cup fresh or frozen green beans, cut into 1-inch pieces
1 cup chopped tomatoes, unpeeled, unseeded
1 cup chopped fresh spinach or ½ cup frozen spinach, thawed
2 tablespoons chopped fresh basil or 1 ½ teaspoons dried basil
2 tablespoons chopped fresh parsley or 1 ½ teaspoons dried parsley
½ teaspoon salt
1/8 teaspoon pepper

Heat olive oil in a large saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, black beans, green beans, tomatoes, spinach, basil, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 20 minutes to allow the flavors to blend. Stir in parsley before serving.

Yield: 6 servings (serving size: about 1 ¼ cups)

Recipe Notes

- Add barley, brown rice, or whole grain pasta.
- Other vegetables to add: corn, peas, potatoes, squash, or zucchini.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

BLACK-EYED PEAS AND POTATO SOUP

1 tablespoon extra-virgin olive oil
1 cup chopped onion
1 cup sliced carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups Vegetable Broth or water (see Recipe Notes)
1 (15-ounce) can black-eyed peas, rinsed & drained
2 cups cubed potatoes
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley

1/2 tablespoon dried chives
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1/8 teaspoon pepper

Heat olive oil in a large stock pot over medium heat. Add onions, carrots, and celery. Cook until vegetables are softened. Stir in garlic and cook 1 minute. Add vegetable broth, black-eyed peas, potatoes, parsley, chives, cayenne pepper, salt, and pepper. Bring to a boil. Reduce heat, cover, and simmer 30 minutes.

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes

- For a chunkier soup with a little more texture, place half in a food processor or blender.
- Substitute black-eyed peas with great northern beans, cannellini beans, or navy beans.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

CAULIFLOWER KALE SOUP

Ingredients

1. 1 tablespoon extra-virgin olive oil
2. ½ cup diced red onion
3. 2-3 garlic cloves, minced
4. 4 cups Vegetable Broth or water (see Recipe Notes)
5. 4 cups cauliflower florets (about one small head or 12 ounces frozen florets)
6. 4 cups lightly-packed chopped kale (or about 2 1/2 cups frozen chopped kale)
7. 1 (15-ounce) can chickpeas, rinsed and drained
8. ½ teaspoon salt
9. ½ teaspoon pepper
10. ¼ teaspoon red pepper flakes

Instructions

1. Heat olive oil in saucepan over medium heat. Cook onions until softened. Stir in garlic, and cook for 30 seconds, stirring constantly so garlic doesn't burn.
2. Add broth or water and remaining ingredients. Bring to a boil. Simmer, uncovered, for 20 minutes, and serve.

Notes

1. Substitute spinach for kale.
2. You can omit the chickpeas if you'd like only vegetables in your soup.
3. One (10-ounce) bag of frozen riced cauliflower can be used instead of florets.
4. If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.
5. Cutting a head of cauliflower can be messy. I like to put it in a large bowl and break off the florets by hand, which prevents the cauliflower pieces from getting all over the kitchen counter.

CHIPOTLE CHILI

1 tablespoon extra-virgin olive oil
1 cup chopped red onions
2 cloves garlic, minced
2 cups Vegetable Broth or water (see Recipe Notes)
1 (15-ounce) can black beans, rinsed and drained
1 (15-ounce) can cannellini beans, rinsed and drained
1 (15-ounce) can dark red kidney beans, rinsed and drained
1 (15-ounce) can pinto beans, rinsed and drained
1 (14.5-ounce) can diced tomatoes
1 tablespoon lime juice
1 teaspoon chipotle chile pepper seasoning
1 teaspoon salt

Heat olive oil in a large, deep skillet or saucepan. Add onions and cook until soft and translucent. Stir in garlic, and cook for one minute, stirring constantly so garlic doesn't burn. Add broth, black beans, cannellini beans, kidney beans, pinto beans, tomatoes, lime juice, chipotle chile pepper, and salt. Bring to a boil. Reduce heat, and simmer, covered, for 30 minutes.

Yield: 8 servings (serving size: about 1 cup)

Recipe Notes

- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

CHUNKY POTATO SOUP

1 tablespoon extra-virgin olive oil
1/2 cup chopped onion
1 cup chopped carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups water or Vegetable Broth (see Recipe Notes)
3 large russet potatoes, peeled and cubed (about 5 cups)
1 bay leaf
1 teaspoon salt
1/2 teaspoon thyme
1/8 teaspoon pepper
1/2 cup almond, rice, or soy milk
2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley

Heat olive oil in saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer, covered, for 30 minutes or until potatoes are soft. Discard bay leaf. Add half of potato mixture to a food processor or blender, and process until smooth. Return to saucepan. Stir in almond milk, and parsley. Cook until heated through and serve.

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes

- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

CORN CHOWDER

½ tablespoon extra-virgin olive oil

½ cup diced onion

4 cups water or Vegetable Broth (see Recipe Notes)

1 pound Yukon Gold or Russet potatoes, peeled and diced (about 3 cups)

1 clove garlic, minced

1 teaspoon dried parsley flakes

½ teaspoon salt

1/8 teaspoon pepper

3 ½ cups fresh corn kernels

½ cup unsweetened almond, rice, or soy milk

Heat olive oil in a large saucepan and add onions. Cook until soft and translucent. Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender. Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes. Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan. Stir well and serve.

Yield: 8 servings (serving size: 1 cup)

Recipe Notes

- Substitute 2 (14.5-ounce) cans of corn kernels (drained) for fresh corn.
- Add ½ cup chopped carrots and celery (1/4 cup each).
- For a southwestern flair, stir in 1 cup of salsa.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

JAMAICAN CHILI

1 tablespoon extra-virgin olive oil
1 yellow bell pepper, seeded & chopped (1-1 1/2 cups)
1 cup chopped onions
2 cloves garlic, minced
1 cup Vegetable Broth or water (see Recipe Notes)
3 medium tomatoes, chopped or 1 (14.5-ounce) can diced tomatoes
1 (15-ounce) can black beans, rinsed and drained
1 (15-ounce) can cannellini beans, rinsed and drained
1 (15-ounce) can kidney beans, rinsed and drained
1 teaspoon ground cumin
1 teaspoon ground paprika
1/2 teaspoon salt

Heat olive oil over medium heat and cook until onions are soft and translucent. Add yellow pepper and garlic. Cook until pepper is tender. Add water tomatoes, beans, cumin, paprika, and salt. Bring to a boil. Cover, and simmer 30 minutes. Stir in parsley just before serving.

Yield: 4 servings (serving size = 1 1/4 cups)

Recipe Notes

- For a spicier chili, add a diced jalapeno pepper or hot chile powder.
- Use chickpeas instead of cannellini beans.
- Add more vegetables, such as carrots, celery, sweet potato, or zucchini.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

RICE, BEAN, AND SWEET POTATO SOUP

8 cups Vegetable Broth (see Recipe Notes)
1 pound sweet potatoes (about 3 cups), peeled and diced
1 (15-ounce) can black beans, rinsed and drained
2 cups cooked brown rice
1/2 cup chopped celery

1/2 cup chopped onion
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
1 bay leaf
1 teaspoon thyme
1 teaspoon salt
1/8 teaspoon pepper

Place all ingredients in a large stock pot. Heat to boiling. Reduce heat, and simmer 20 minutes. Discard bay leaf. Place half of soup in a food processor or blender, and process until smooth. (You may need to do this in two batches, because filling your processor or blender more than half full could cause the hot soup to pop the lid.) Return to stock pot and cook 10 more minutes.

Yield: 8 servings (serving size: about 1 1/4 cups)

Recipe Notes

- Use cannellini beans, navy beans, or great northern beans instead of black beans.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

SPICY THREE-BEAN CHILI

Ingredients

1 tablespoon extra-virgin olive oil

1/2 cup chopped red onion

2 cloves garlic, minced

3 cups Vegetable Broth or water

1 (15-ounce) can black or pinto beans, rinsed and drained

1 (15-ounce) can great northern beans, rinsed and drained

1 (15-ounce) can kidney beans, rinsed and drained

1 (10-ounce) can diced tomatoes and green chiles (mild, medium, or hot)

1 1/2 teaspoons ground cumin

1 1/2 teaspoons dried oregano

1/2 teaspoon salt

Pinch of ground cloves

Pinch of cayenne pepper

Chopped green onions (optional)

Instructions

1. Heat olive oil in a large saucepan over medium heat. Stir in onions and cook until soft and translucent. Add garlic, and cook for 30 seconds, stirring constantly so garlic doesn't burn.
2. Add broth or water, beans, Ro-Tel, cumin, oregano, salt, cloves, and cayenne pepper. Heat to boiling. Reduce heat, and simmer uncovered for 30 minutes.
3. To serve, sprinkle chopped green onions over each serving (if desired).

Notes

1. Use garbanzo beans (chickpeas) or navy beans instead of great northern beans.
2. Serve with a green salad.
3. If you use store-bought vegetable broth or stock, be sure to check the ingredients to make sure it doesn't contain added sugar (including honey).

SPINACH-ARTICHOKE-TOMATO SOUP

1 tablespoon extra-virgin olive oil

1 cup chopped onion

4 cups water or Vegetable Broth (see Recipe Notes below)

1 (15-ounce) can chickpeas, rinsed and drained

1 (14.5-ounce) can diced tomatoes, undrained

1 (14-ounce) can artichoke hearts, drained and chopped (about 2 cups)

1 (10-ounce) package frozen chopped spinach

1 (8-ounce) can tomato sauce
2 cloves garlic, minced
1 teaspoon dried basil
1 teaspoon dried oregano flakes
1 teaspoon dried parsley
1 teaspoon salt
1/8 teaspoon pepper
“Parmesan Cheese” (optional)

Heat olive oil in large saucepan over medium heat. Add onions and cook until soft and translucent. Add water and remaining ingredients. Heat to boiling, and then reduce heat. Simmer uncovered 30 minutes. Sprinkle with “Parmesan Cheese,” if desired.

Yield: 8 servings (serving size: about 1 cup)

Recipe Notes

- Eliminate the chickpeas for a vegetable-only soup.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

TACO SOUP

1 tablespoon extra-virgin olive oil
1/2 cup diced onion
4 cups Vegetable Broth or water (see Recipe Notes)
1 (14.5 ounce) can diced tomatoes
1 (15-ounce) can black beans, rinsed & drained
1 (15-ounce) can pinto beans, rinsed, drained, & mashed
1 (15-ounce) can corn, drained
1/2 cup dry polenta
1 tablespoon Taco Seasoning
1 teaspoon salt
1/8 teaspoon pepper

Heat olive oil in large saucepan over medium heat. Cook onions until soft and translucent. Add broth, tomatoes, black beans, mashed pinto beans, corn,

polenta, Taco Seasoning, salt, and pepper. Heat to boiling. Reduce heat and cook 30 minutes.

Yield: 8 servings (serving size: about 1 cup)

Recipe Notes

- Substitute 1 1/2 cups cooked brown rice for polenta.
- Place corn in a food processor and pulse a few times for a cream-style texture.
- Use kidney beans instead of black or pinto beans.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

VEGETABLE BEAN SOUP

1 tablespoon extra-virgin olive oil
½ cup chopped onion
½ cup chopped carrots
½ cup chopped celery
1 clove garlic, minced
6 cups water
1 (8-ounce) can tomato sauce
1 (14.5-ounce) can light red kidney beans, rinsed and drained
1 (15-ounce) can black-eyed peas, rinsed and drained
1 (14.5-ounce) can French-style green beans, drained
1 cup chopped yellow summer squash, unpeeled
½ tablespoon chili powder
1 bay leaf
1 teaspoon salt
1/8 teaspoon pepper
2 tablespoons chopped fresh parsley

Heat olive oil over medium heat in a large saucepan. Add onions, carrots, and celery. Cook until vegetables are softened. Add garlic, and cook for 1 minute, stirring constantly so garlic doesn't burn. Pour in water and all remaining

ingredients. Bring to a boil, and then lower heat. Simmer, uncovered, 30 minutes. Discard bay leaf and stir in parsley before serving.

Yield: 8 servings (serving size: about 1 ¼ cups)

Recipe Notes

- Use 2 cups chopped fresh haricots vert beans instead of canned green beans. Haricot vert beans resemble regular green beans. However, they are a bit more slender and long and they are also stringless (a nice benefit!). When lightly cooked, haricot verts are tender, crispy, and very tasty, with a hint of sweetness.

WHITE BEAN, KALE, AND VEGETABLE SOUP

1 tablespoon extra-virgin olive oil
½ cup chopped onion
1 cup chopped carrots, peeled
2 cloves garlic, minced
4 cups water or Vegetable Broth (see Recipe Notes below)
1 (15-ounce) can cannellini beans, rinsed, drained
1 (14.5-ounce) can diced tomatoes
2 cups chopped B-size red potatoes, peeled, cut into 1-inch pieces
2 cups fresh or frozen green beans, cut into 1-inch pieces
2 cups kale, torn into bite-size pieces, lightly packed
1 teaspoon dried basil
1 teaspoon dried parsley
½ teaspoon salt
1/8 teaspoon pepper

Heat olive oil in a large saucepan over medium heat. Cook onions and carrots until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, cannellini beans, tomatoes, potatoes, green beans, kale, basil, parsley, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 30 minutes to allow the flavors to blend.

Yield: 8 servings (serving size: about 1 cup)

Recipe Notes

- Remove ribs from kale before using.
- Substitute great northern beans for cannellini beans.
- Use russet potatoes instead of red potatoes.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

VEGETABLE BROTH

8 cups water
1 onion, quartered
2 carrots, unpeeled and sliced
2 celery stalks, leafy tops included
1 potato, unpeeled and sliced
4 mushrooms, sliced
1/8 cup fresh parsley or 1/2 tablespoon dried parsley
2 cloves garlic, peeled
1 bay leaf
1 teaspoon thyme
1 teaspoon salt
6 peppercorns

Place all ingredients in a large stock pot and bring to a boil. Reduce heat, and simmer for about 45 minutes. Strain, cool, and refrigerate. Use as a base for soup.

Yield: 8 servings (serving size: about 1 cup)

Recipe Notes

- Experiment with other herbs and spices, such as basil, cumin, oregano, or red pepper flakes.
- Place strained vegetables in a food processor, and purée until smooth. Add to soups to thicken them.

- Other vegetables to use: leeks, parsnips, spinach, tomatoes, turnips, and/or zucchini.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

MAIN DISHES

BLACK BEAN CHILI BAKE

2 (15-ounce) cans black beans, rinsed & drained
2 cups cooked brown rice
2 (8-ounce) cans tomato sauce
1 (14.5-ounce) can corn kernels, drained
1 cup chopped jarred roasted red bell peppers
1/2 cup diced onion
1 tablespoon chili powder

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

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes

- Spread on top of Broiled Polenta Squares.
- Additional topping ideas include avocado slices, cherry tomatoes, green onions, or black olives.
- To roast bell peppers, cut peppers in halves or quarters; remove seeds and membranes. Place peppers on a baking sheet, skin side up. Place the baking sheet on a rack in the oven about 4 inches from the broiling unit. Broil 20 minutes, or until skins are blackened. Immediately transfer the peppers to a paper or plastic bag; seal and let stand 20 minutes. The steam within the bag will help to loosen the skins. Remove from the bag. When cool enough to handle, remove peel with hands or a knife.

BROWN RICE STIR-FRY WITH ORANGE SAUCE

1 tablespoon extra-virgin olive oil
2 cups chopped broccoli (stems and florets) or ½ 16-ounce bag cut broccoli, cooked
1 cup chopped carrots
½ cup chopped onion
¼ cup Bragg's Liquid Aminos, Coconut Aminos, or soy sauce
¼ cup unsweetened orange juice
1 clove garlic, minced
1 teaspoon fresh grated ginger root or ¼ teaspoon ground ginger
3 cups cooked brown rice
¼ cup toasted chopped walnuts
2 tablespoons chopped green onion

Heat olive oil in a large skillet over medium heat, and add broccoli, carrots, and onions. Cook until vegetables are softened, about 5-7 minutes, stirring occasionally. Increase heat to medium high. Add Bragg's Liquid Aminos, orange juice, garlic, ginger root, brown rice, walnuts, and green onions. Cook another 5 minutes or until heated through and serve.

Yield: 4 servings (serving size: about 1 ¼ cups)

Recipe Notes

- Use a cheese grater for the ginger root.
- Add 1 cup canned chickpeas, drained.
- Bragg's Liquid Aminos is an alternative to soy sauce that has no added salt or preservatives. Bragg's Liquid Aminos is a Certified NON-GMO (not genetically modified) liquid protein concentrate, derived from healthy soybeans, that contains 16 essential and non-essential amino acids.

CAJUN RED BEANS AND RICE

½ tablespoon extra-virgin olive oil
½ cup chopped green pepper
½ cup chopped red onion
½ cup sliced celery
¼ cup water

2 teaspoons Creole Seasoning
1 (15.5-ounce) can red kidney beans, rinsed and drained
2 cups cooked brown rice

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Yield: 8 servings (serving size: ½ cup)

Recipe Notes

- Serve with sliced avocado and/or sliced green onions.
- Add 1 (14.5-ounce) can diced tomatoes.
- Stovetop directions using dry rice: Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and simmer about 45 minutes, or until rice is light and fluffy.

CHIPOTLE BLACK BEAN BURGERS

1 (15-ounce) can black beans, rinsed and drained
1 cup mashed cooked sweet potatoes (about 1 large sweet potato, peeled)
¼ cup oat flour (see Recipe Notes) or brown rice flour
½ tablespoon dried parsley
¼ teaspoon chipotle chile pepper seasoning
¼ teaspoon garlic powder
¼ teaspoon salt
1/8 teaspoon pepper

Preheat oven to broil setting. With a potato masher or fork, mash black beans in a large bowl, leaving about ¼ of the beans whole. Mix in sweet potatoes, oat flour, parsley, chipotle chile pepper seasoning, garlic powder, salt, and pepper. Scoop out 1/3 cup of bean mixture, and place on an 11 x 17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers.

Broil 4 inches from heat about 7-8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes and serve.

Yield: 6 servings (serving size: 1 burger)

Recipe Notes

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about 3/4 cup ground oats).

MEXICAN RICE AND BEANS

1 tablespoon extra-virgin olive oil

1 cup diced red onions

2 cloves garlic, minced

2 1/2 cups water

1 1/2 cups brown rice, uncooked

1 (10-ounce) can diced tomatoes and green chilies (Ro-tel)

1 teaspoon cumin

1/4 teaspoon cayenne pepper

1 (15.5-ounce) can black beans, rinsed and drained

1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley

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

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

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes

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

SICILIAN BEANS AND RICE

1/2 tablespoon extra-virgin olive oil
1/2 cup chopped onion
1 clove garlic, minced
1 (28-ounce) can crushed tomatoes
1 (15.5-ounce) can black beans, rinsed, drained, slightly mashed
1 tablespoon chopped fresh basil or 1 teaspoon dried basil
1 teaspoon fennel seed
1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley
1/2 teaspoon salt
1/8 teaspoon pepper
4 cups cooked brown rice

Heat olive oil in a large skillet and add onions. Cook until soft and translucent. Stir in garlic, and cook 30 seconds, stirring constantly so garlic doesn't burn. Add remaining ingredients, and cook, uncovered, over low heat for 30 minutes. To serve, place 1/2 cup rice in a bowl or on a plate, and top with 1/2 cup beans.

Yield: 8 servings (serving size: about 1/2 cup beans and 1/2 cup rice)

Recipe Notes

- Instead of brown rice, use quinoa or whole grain pasta.
- Top with sliced olives.

SPINACH ZUCCHINI CASSEROLE

1 (28-ounce) can diced tomatoes
2 cloves garlic, minced
1/2 tablespoon dried basil

1/2 tablespoon dried oregano flakes
1/2 tablespoon dried parsley
1 teaspoon salt
2-3 medium zucchini, sliced into 1/2-inch rounds (about 2-3 medium zucchini)
3 cups packed fresh spinach, stems removed
1 cup sliced onion, sliced pole-to-pole (see Recipe Notes)
Cooked brown rice, lentils, or quinoa

Preheat oven to 350 degrees. Pour tomatoes into small saucepan, and add garlic, basil, oregano, parsley, and salt. Heat to boiling. Reduce heat, and simmer about 10 minutes.

While sauce is cooking, prepare vegetables. Lightly coat a 9 by 13-inch casserole dish with olive oil. Place zucchini rounds on bottom of dish, stacking extra rounds to make a second layer, if needed. Spread spinach leaves and onion slices on top of zucchini. When sauce is done, pour sauce over all, making sure vegetables are coated with tomatoes and their juice. If using fresh tomatoes, chop tomatoes and place on top of spinach and onions. Mix tomato sauce, garlic, basil, oregano, parsley, and salt in a small bowl and pour sauce over all. Bake 25-30 minutes, or until zucchini is tender. Stir well before serving with cooked brown rice, lentils, or quinoa.

Yield: 6 servings (serving size: about 1 cup)

Recipe Notes

- Serve alone or as a side dish.
- Add 1/2 cup shredded carrots, mushrooms, chopped black olives, or yellow squash.
- To slice an onion pole-to-pole, think of the onion as a globe. Trim root end (south pole) and stem end (north pole). Peel off outer layers. Cut onion in half from north pole to south pole, making a series of vertical slices perpendicular to the equator of the onion.

WILD RICE AND ALMOND CASSEROLE

1 tablespoon extra-virgin olive oil
1 cup wild rice

1/2 cup chopped green onions
1/4 cup slivered almonds
2 cloves garlic, minced
1/2 teaspoon salt
3 cups Vegetable Broth or water (see Recipe Notes)

Preheat oven to 350 degrees. Heat olive oil in large skillet over medium heat. Add rice, onions, almonds, garlic, and salt. Cook 3-5 minutes or until the rice begins to turn slightly yellow, stirring frequently. Transfer to a 1 1/2 or 2-quart casserole dish, pour in broth, and cover. Bake 1 hour or until liquid is absorbed.

Yield: 6 servings (serving size: about 1/2 cup)

Recipe Notes

- Serve with Two-Bean Burger and a salad.
- Add chickpeas.
- If you don't have time to make your own vegetable broth, you can use a store-brought brand that's Daniel Fast friendly. I recommend Kitchen Basics Unsalted Vegetable Stock.

Sources:
daniel-fast.com
ultimatedanielfast.com