



The Daniel Fast Recipes

(compiled by Esther Hynes)

Breakfast

Tofu Breakfast Scramble

Ingredients:

1 box firm tofu
1 zucchini, diced small
1 tomato, diced
½ onion, diced
1 red bell pepper, diced
2 green onions, finely sliced
1 T. fresh cilantro, minced
1 clove garlic, minced

salt and pepper to taste
tomato paste if desired

Preparation:

1. spray pan with 100% olive oil spray
2. add all ingredients and fry until vegetables are soft and ready to eat
3. salt and pepper to taste
4. serve with tomato paste

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

Potato and Green Onion Frittata

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

Preheat the oven to 350 degrees.

Ingredients:

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

Preparation:

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp of the salt and ¼ tsp of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the onions over the fried potatoes and mix. Pour this mixture into a large oiled pie or tart pan.
6. bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving platter.

Yield: 4 servings

Apple and Oat Porridge

Ingredients:

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

Preparation:

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

Yield: 4 servings

Salads

Simple Orange and Red Onion Salad

Ingredients:

4 cups torn romaine lettuce
2 medium navel oranges, peeled and sectioned
1 small red onion, sliced and separated into rings
¼ cup olive oil
3 T. red wine vinegar
¼ tsp. salt
1/8 tsp. pepper

Directions:

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

Yield: 4 servings

Southwest Corn and Black Bean Salad

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

Ingredients:

1 ½ cups corn kernels (fresh or frozen)
1/3 cup pine nuts
¼ cup lime juice
2 T. extra virgin olive oil
¼ cup chopped fresh cilantro
2 (14.5 ounce) cans black beans, rinsed
2 cups shredded red or green cabbage
1 large tomato, diced
½ cup minced red onion

Preparation:

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

Yield: 4 servings

Beautiful Green Salad

Ingredients:

8 cups baby spinach leaves
½ medium red onion, sliced and separated into rings
1 cucumber, seeds removed and cut into ½" chunks
1 sweet orange, sliced into sections or triangles
1 ½ cups naturally sweetened dried cranberries
1 cup roasted sliced almonds
1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

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

Yield: 6 servings

Salad Dressings

Many salad dressings call for sugar or honey; however, many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you.

Lemon Olive Oil Dressing

½ cup fresh lemon juice (1 large or 1 ½ small lemons)
¾ cup olive oil (you can use a mixture of canola and olive oil)
1-2 T. tamari soy sauce
2 lg. cloves garlic, crushed
fresh ground black pepper to taste.

Shake all ingredients in a bottle. Toss with fresh salad greens

Tofu Mayonnaise

4 oz. tofu
1/3 cup olive oil
2 T. lemon juice
2 ts. Dijon mustard
1 tsp. grated lemon rind
salt and pepper, to taste

Puree the tofu with ¼ cup of water, oil, lemon juice and mustard until smooth. Add grated lemon rind and season with salt and pepper.

You can add 4-6 garlic cloves, mashed with ½ tsp. salt to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped white onion or scallion to zip it up.

Snacks

Snacks for the Daniel Fast

To have a successful Daniel Fast, it's a good idea to have several snack foods available for those times when you "need a little something." You might want to store these in "servings" so that you don't overeat on these high-calorie foods.

- Rice cakes, just plain old crunchy patties
- Rice cakes with peanut butter and raisins
- Almonds
- Dried fruit including apricots
- Apples dipped in nut butter
- Sliced fruit
- Veggies with dip
- Popped popcorn
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- Fruit kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas
- Whole wheat crackers (Daniel Fast friendly) with nut butter
- Hummus with flat bread

Homemade Crackers

Making crackers is quick, easy and fun. They can be made with various seasonings and many different kinds of grain. Try cornmeal with chili powder, rye with caraway or dill seeds, or whole wheat with garlic powder. If made from cornmeal, buckwheat or other non-gluten grains, they can safely be eaten by gluten-intolerant individuals. This recipe makes a semi-crisp, dense cracker.

Preheat oven to 400 degrees.

Ingredients:

- 1 ¼ cups whole wheat flour, divided (rye, buckwheat or cornmeal can be substituted)
- ½ tsp. salt
- 2 T. canola oil or olive oil, more as needed
- 4 T. water, add more as needed
- 1 tsp. seasoning such as dried herbs, chili powder, garlic powder, onion powder

Preparation:

1. Using a food processor to mix 1 cup of the flour, ½ tsp. salt and oil.
2. Add 3 T. water and mix well. Gradually add more water, mixing after each addition, until mixture forms a compact ball. If it seems too sticky to handle, add more flour.
3. Sprinkle your work surface (or a baking sheet-sized piece of parchment paper) with some of the remaining flour then press and roll the dough to about 1/8" thickness, trying to get it fairly uniform. If the dough is too dry to roll out, return it to the food processor and add a little more water. If necessary to prevent sticking, dust your hands and the rolling pin with a little more flour.
4. Place the rolled-out dough on a baking sheet dusted with a little flour or cornmeal (if you've used parchment paper, transfer dough and paper to baking sheet).
5. Bake for 10-15 minutes until light brown.
6. Cool and break into pieces. If making several batches, mix another while the first one bakes. You can re-use the parchment paper several times.

Makes about a pound of crackers.

Chapattis or Indian Flat Bread

Chapattis are similar to tortillas but made with no baking powder. They are easy to make and keep well if stored in an air-tight container. Chapattis are common in Southeast Asia and throughout Africa.

Ingredients:

2 ½ cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)

2 cups water (or enough to make a soft dough)

1 pinch salt

Preparation:

1. Mix flour and salt in a large mixing bowl.
2. Make a hole in flour and using your hand, mix in water to make soft dough.
3. Knead for 5 min. return to the bowl, cover with wet cloth and refrigerate for 1 hr.
4. Heat a cast iron skillet over medium high heat until very hot.
5. Roll out ½ a handful of dough into a flat round shape and place in pan, cooking for 1 min. on each side.
6. Once turned, press gently with a towel, until brown.
7. Repeat until all dough is used.

Yield: about 10 chapattis

Roasted Chickpeas

Ingredients:

1, 12 oz. can chickpeas (garbanzo beans), drained

2 T. olive oil

Seasoning of your choice (i.e., salt, garlic salt, chili powder, Spike, seasoning salt, or try the Moroccan spice blend below)

Preparation:

1. Preheat the oven to 450 degrees.
2. Drain and rinse the chickpeas and then lay them out on sheets of paper towel to absorb most of the water.
3. Place the chickpeas in a bowl and sprinkle with olive oil. Add seasoning to taste.
4. Spread the chickpeas on a cookie sheet (you might want to line with parchment paper for easy cleanup) and bake 35-40 minutes until they are crunchy. Check them frequently toward the end of the bake time to make sure they don't burn.

Yield: four servings

Moroccan Spice Mix:

2 tps ground cumin

1 tsp ground coriander

½ tsp chili powder

½ tsp sweet paprika

½ tsp ground cinnamon

¼ tsp ground allspice

¼ tsp ground ginger

1/8 tsp cayenne pepper

pinch ground cloves

Special Seasoning

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

Ingredients:

2 ½ T. paprika
2 T. salt
2 T. garlic powder
1 T. black pepper
1 T. onion powder
1 T. cayenne pepper
1 T. dried leaf oregano
1 T. dried thyme

Preparation:

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

Yield: about 2/3 cup

Homemade Dijon Mustard

Ingredients:

2 cups dry white wine vinegar
1 cup finely chopped onions
2 cloves garlic, minced
4 oz. dry mustard
1 T. vegetable oil
2 tsp. salt
Tabasco sauce

Preparation:

Combine vinegar, onion and garlic – heat to boiling and simmer 5 min. Pour into medium bowl to cool. Add dry mustard to small saucepan. Pour vinegar through strainer into saucepan, whisking until smooth. Heat slowly, stirring until thick.

Chill 2 days before using.

Main Course

Oven Roasted Vegetables

Ingredients:

- 1 # small potatoes
- 2 small fennel bulbs, tops removed
- 1/3 cup olive oil
- 1 # French cut green beans (can use green beans), trimmed
- 1 # thin asparagus, trimmed and cut into 3# pieces

Preparation:

1. Preheat oven to 425 degrees.
2. Cut the potatoes in half lengthwise; cut the fennel bulbs into 6 wedges and place everything in a large bowl.
3. Drizzle the potatoes and fennel with olive oil; sprinkle with salt and pepper. Toss well and then pour the contents onto a cookie sheet, spreading the potatoes and fennel bulb out so they are in one layer.
4. Roast the vegetables for 25-30 min. until the potatoes are tender, tossing once or twice during the cooking time.
5. Add the string beans and asparagus to the pan, toss and bake for an additional 10 to 15 minutes until the beans are tender.
6. Sprinkle with salt and pepper – serve hot.

Yield: 6 servings

Bean Curry and Rice

Ingredients:

2 T. olive oil
1 large white onion, chopped
½ cup dry lentils
2 cloves garlic, minced
3 T. curry powder
1 tsp. ground cumin
1 pinch cayenne pepper
1, 28 oz. can crushed tomatoes
1, 15 oz. can garbanzo beans, drained and rinsed
1, 8 oz. can kidney beans, drained and rinsed
½ cup raisins
salt and pepper to taste
8 cups cooked brown rice

Preparation:

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

Yield: 8 servings

Red Bean Soup

Ingredients:

1 T. olive oil
1 ½ cups chopped yellow onions
¼ cup chopped green bell peppers
1 T. minced garlic
4 bay leaves
2 cups dried red kidney beans, soaked overnight
1 T. Special Seasoning
2 quarts vegetable stock
1 tsp. salt
3 T. chopped parsley
1 cup diced carrots
1 ½ cups cooked long grain brown rice, warm
6 T. chopped green onions

Preparation:

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

Yield: 6 servings

Greek Vegetable Stew

Ingredients:

2 T. oil
2 onions, chopped
1 # green beans, broken in half
1 pkg. Frozen or fresh spinach
4 cups water
6 zucchini, chunked
4 yellow squash, chunked
2 cups celery leaves
4 tomatoes, quartered
1 tsp. salt
8 slices lemon
1 T. dried oregano
1 T. fresh basil
2 cloves chopped garlic
1 T. lemon juice

Preparation:

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

Yield: 8 servings

Garden Vegetable Soup

Ingredients:

4 T. olive oil
2 cups chopped leeks, white part only
2 T. finely minced garlic
salt
2 cups carrots, peeled and chopped into rounds
2 cups peeled and diced potatoes
2 cups fresh green beans, broken or cut into $\frac{3}{4}$ " pieces
2 quarts vegetable broth
4 cups peeled, seeded and chopped tomatoes
2 ears corn, kernels removed
 $\frac{1}{2}$ tsp. freshly ground black pepper
 $\frac{1}{4}$ cup packed, chopped fresh parsley
1-2 tsp. freshly squeezed lemon juice

Preparation:

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

Yield: 6 servings

Stir Fry Vegetables with Brown Rice

Ingredients:

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

Preparation:

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

Yield: 4 servings

Bean and Rice Casserole

Beans and rice combine to make a complete protein.

Ingredients:

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

Preparation:

1. In a 5-qt. Dutch oven over medium high heat, saute onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add rice, cook while stirring until parched and slightly opaque.
3. Add beans, tomatoes, chilies and 3 ½ cups of water to rice and onion in Dutch oven and bring mixture to a boil.
4. Cover tightly and place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice).
5. Add peas and corn, adjust seasonings and return to oven until heated through.

Yield: 4 servings

Louie's Baked Potatoes

Ingredients:

4 baking potatoes, scrubbed and pierced
2 T. olive oil, plus enough to rub on the potatoes
1-2 cloves garlic
1 small yellow onion, finely sliced
1 cup button mushrooms
dash of salt

Preparation:

1. Preheat the oven to 300 degrees. Scrub the potatoes and pierce the skin several times with a knife or fork. Rub the skin with olive oil, then with salt.
2. Place the potato in the preheated oven and bake for 90 minutes or until slightly soft and golden brown.
3. About 20 minutes before the potatoes are ready, heat 2 T. olive oil in medium skillet over medium heat. Saute the garlic until fragrant.
4. Add the sliced onion and sauté until just tender; add mushrooms and toss, cooking until the mushrooms are tender, about 3 minutes.
5. Cut potatoes down the center and lay open on individual dinner plates. Spoon onion and mushroom mixture on top; season to taste with salt and pepper.

Veggie Wraps

Ingredients:

1 pkg. broccoli slaw mix
1 T. olive oil
1 tsp. soy sauce
¼ tsp. each of thyme, rosemary, garlic powder
4 romaine lettuce leaves

Preparation:

1. Place oil in warm skillet.
2. Add seasonings; add soy sauce.
3. Cook vegetables until desired texture.
4. Remove from heat and place on lettuce leaves.

Stuffed Peppers

Ingredients:

- 1 qt. 100% vegetable or tomato juice
- 2 cups cooked black beans
- 1 cup cooked brown rice
- 2 medium green onions, chopped
- ¼ cup cilantro, chopped
- 2 T. extra virgin olive oil
- 2 T. lime juice
- 1 clove garlic, finely chopped
- 2-3 large bell peppers, cut in half lengthwise and seeded

Preparation:

1. Combine all ingredients except juice and bell peppers in bowl and mix well.
2. Place peppers in glass dish and stuff with the mixture.
3. Pour juice over the peppers and plenty of excess in the dish.
4. Cover and bake at 350 degrees for 45-60 minutes.

Herb Roasted Idaho Potato Fries

Ingredients:

1 # small baking potatoes
2 tsp. extra virgin olive oil
½ tsp. dried thyme
½ tsp. dried rosemary
¼ tsp. salt
1/8 tsp. black pepper

Preparation:

1. Heat oven to 425 degrees.
2. Coat baking sheet with cooking spray.
3. Cut potato in half crosswise; cut into 4 wedges.
4. Mix oil and rest of the ingredients; pour over the potatoes.
5. Toss to mix well and spread on baking sheet.
6. Cook for about 35 minutes.