



Daniel Fast
COOKBOOK

THE
PENTECOSTAL
CHURCH



BREAKFAST

APPLE AND OAT PUDDING

INGREDIENTS:

- 4 cups water
- 1 1/2 cups oat bran (not oatmeal)
- 1 large apple peeled/ cored and chopped into very small pieces
- 1/3 cup raisins
- 1/2 teaspoon ground caraway seeds
- 1/2 teaspoon cinnamon
- Soy milk for serving (optional)

PREPARATION:

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes stirring often.
3. After two 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

NOTES:

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.

INGREDIENTS:

- 1/4 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 lb. firm tofu

PREPARATION:

1. *Preheat the oven to 350°F. 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. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.*
4. *Blend the tofu in a food processor until it is creamy.*
5. *Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.*
6. *Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.*

Yield: 4 Servings

TOFU BREAKFAST SCRAMBLE

Tofu is a great source of protein. In this recipe, the tofu will pick up the fresh flavors from the vegetables. This recipe is perfect for a little ketchup, but most brands have sugar in them. So using a little tomato paste is a great addition.

INGREDIENTS:

- 1 box firm tofu
- 1 zucchini, dried small
- 1 tomato, diced
- 1/2 onion, diced
- 1 red bell pepper, diced
- 2 green onions, finely sliced
- 1 tablespoon fresh cilantro, minced
- 1 clove garlic, minced

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. Serve with tomato paste.

Yield: 4 Servings

NOTES:

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

OVERNIGHT OATS

INGREDIENTS:

- 1/3 cup of plain oats
- Almond mild (give or take on the liquid depending on your taste you can always add more)
- Honey to taste

PREPARATION:

1. Put everything in a Pyrex dish or mason jar and leave in microwave overnight. Can microwave in the AM or eat cold. Both ways are good.

BAKED OATMEAL

INGREDIENTS:

- 1 1/2 cups old-fashioned rolled oats
- 1 1/2 cups unsweetened almond milk
- 1/2 cup unsweetened applesauce
- 1/4 cup chopped dried apricots
- 1/4 cup chopped dates or raisins
- 1/4 cup chopped pecans or walnuts
- 1/2 teaspoon cinnamon

PREPARATION:

1. Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well.
2. Transfer to an 8 x 8-inch baking dish that has been lightly rubbed with olive oil.
3. 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)

APRICOT -NUT BREAKFAST BARS

INGREDIENTS:

- 1 1/2 cups old-fashioned rolled oats
- 2 tablespoons flaxseed meal
- 1/2 cup unsweetened apple juice
- 1 tablespoon extra-virgin olive oil
- 1/4 cup almond butter
- 1/4 cup date honey
- 1/2 cup diced dried apricots (unsulfured)
- 1/4 cup chopped macadamia nuts
- 2 tablespoons raw sunflower seeds

PREPARATION:

1. Preheat oven to 350 degrees.
2. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently.
3. 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.
4. Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil.
5. Bake 15-20 minutes. Let cool in a pan on a wire rack for about 5 minutes.
6. Cut into 2 x 2 1/2-inch bars and serve.

Yield: 12 servings (serving size: 1 bar)



SOUPS & SALADS

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
- 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

PREPARATION:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, and garlic and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 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 kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Serve immediately.

Yield: 6 Servings

NOTES:

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

GREEK VEGETABLE STEW

INGREDIENTS:

- 2 tablespoons oil
- 2 onions, chopped
- 1 pound green string beans, broken in half
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 2 cups celery leaves
- 4 tomatoes, quartered
- 8 slices lemon
- 1 tablespoon dried oregano
- 3 tablespoons fresh basil
- 2 cloves chopped garlic
- 2 tablespoons lemon juice

PREPARATION:

1. Lightly brown onions in a hot dry skillet in 2 tablespoons 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

NOTES:

The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

RED BEAN SOUP

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

INGREDIENTS:

- 1 tablespoon olive oil
- 1 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, (recipe follows on next page)
- 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

Yield: 6 Servings

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 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 ¼ cup of the rice and 1 tablespoon of green onions.

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 tablespoons paprika
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
- 1 tablespoon onion powder
- 1 tablespoon cayenne pepper
- 1 tablespoon dried leaf oregano
- 1 tablespoon dried thyme

PREPARATION:

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

Yield: about 2/3 cup

NOTES:

Play around with this recipe and make it your very own family spice!

ROASTED TOMATO BASIL SOUP

INGREDIENTS:

- 3 pounds ripe plum tomatoes, cut in half lengthwise
- 1/4 cup plus 2 tablespoons good olive oil
- 2 cups chopped yellow onions (2 onions)
- 6 garlic cloves, minced
- 1/4 teaspoon crushed red pepper flakes
- 1 (28-ounce) canned plum tomatoes, with their juice
- 1-2 cups fresh basil leaves, packed
- 1 teaspoon fresh thyme leaves
- 1 quart vegetable stock or water

PREPARATION:

1. Preheat oven to 400 degrees F. Toss together the tomatoes and 1/4 cup olive oil.
2. Spread the tomatoes in 1 layer on baking sheet and roast for 45 minutes.
3. In an 8-quart stockpot over medium heat, sauté the onions and garlic with 2 tablespoons of olive oil and red pepper flakes for 10 minutes, until the onions start to brown.
4. Add the canned tomatoes, basil thyme, and vegetable stock. Add the oven-roasted tomatoes, including the liquid on the baking sheet.
5. Bring to a boil and simmer uncovered for 40 minutes.
6. Pass through a food mill fitted with the coarsest blade. Taste for seasonings. Serve hot or cold.

FOR WARMING DRINK:

Heat cranberry juice, orange slice, lemon slices, and cinnamon or nutmeg (if desired). Drink while warm.

SOUTHWESTERN SOUP

INGREDIENTS:

- 2 teaspoons olive oil
- 1 medium onion, chopped
- 1 small green bell pepper, chopped
- 1 jalapeno pepper, seeded and minced
- 2 garlic cloves, minced
- 1 tablespoon chili powder
- 2 teaspoons ground cumin
- 2 (14.5 ounce) cans vegetable broth
- 1 (14.5 ounce) can diced tomatoes, drained
- 1 cup fresh or frozen corn kernels
- 1 tablespoon lime juice
- ½ Hass avocado, pitted, peeled, and cut into 8 slices
- ¼ cup lightly packed fresh cilantro leaves

PREPARATION:

1. Heat 1 teaspoon oil in Dutch oven over medium-high heat. Add onion, bell pepper, and jalapenos and cook, stirring often, until vegetables are softened, about 3 minutes.
2. Add garlic, chili powder, and cumin and cook, stirring constantly, until fragrant, about 30 second longer.
3. Stir in broth, tomatoes, and corn. Cover and bring to boil.
4. Reduce heat to low and simmer, covered, until vegetables are tender, about 8 minutes.
5. Remove from heat and stir in lime juice. Serve with topping of avocado and cilantro.

SOUTHWEST CORN AND BLACK BEAN SALAD

INGREDIENTS:

- 1 ½ cups corn kernels (fresh or frozen)
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 2 (14.5 ounce) cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 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, in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Yield: 4 Servings

NOTES:

This 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.

SIMPLE ORANGE AND RED ONION SALAD

INGREDIENTS:

- 4 cups torn romaine
- 2 medium navel oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar

PREPARATION:

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

Yield: 4 Servings

NOTES:

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes

BEAUTIFUL GREEN SALAD

INGREDIENTS:

- 8 cups baby spinach leaves
- 1/2 medium red onion, sliced and separated into rings
- 1 cucumber, seeds removed and cut into 1/2" chunks
- 1 sweet orange, sliced into sections or triangles
- 1 1/2 cups naturally sweetened dried cranberries
- 1 cup roasted sliced almonds

PREPARATION:

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

Yield: 6 Servings

NOTES:

This is a basic green salad with a little "zip" to it.

CORN SALAD

INGREDIENTS:

- 2 cups fresh corn kernels (about 4 ears)
- 1 green bell pepper, diced
- 1 tomato, diced
- 2 scallions, thinly sliced
- 1 jalapeno pepper, seeded and minced
- 2 tablespoons chopped fresh cilantro
- 2 tablespoons lime juice
- 2 teaspoons extra-virgin olive oil

PREPARATION:

1. Mix together corn, bell pepper, tomato, scallions, jalapeno, cilantro, lime juice, oil in serving bowl.

ROASTED POTATO SALAD

INGREDIENTS:

- 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
- 1/4 cup chopped red onions
- 1/4 cup fine chopped pecans or walnuts
- 2 cups chopped romaine lettuce

PREPARATION:

1. 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.
2. 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.
3. 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

SALAD DRESSINGS

LEMON OLIVE OIL DRESSING

INGREDIENTS:

- 1/3 cup fresh lemon juice
(1 large or 1 1/2 small lemons)
- 3/4 cup olive oil (or sometimes I mix canola and olive)
- 2 large cloves garlic, crushed
- Fresh ground black pepper to taste

PREPARATION:

1. Shake all ingredients in a bottle. Toss with fresh salad greens. Store leftover dressing in refrigerator.

TOFU MAYONNAISE

INGREDIENTS:

- 4 ounces tofu
- 1/3 cup olive oil
- 2 tablespoons lemon juice
- 1 teaspoon grated lemon rind

PREPARATION:

1. Puree the tofu with 1/4 cup of water, oil, lemon juice and mustard until smooth. Add grated lemon rind.
2. You can add 4-6 garlic cloves, mashed 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.

Yield: Just under 1 cup of finished mayo

SALAD DRESSINGS CONT.

ITALIAN SALAD DRESSING

INGREDIENTS:

- 1/2 cup extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- 1 teaspoon dried basil
- 1/2 teaspoon dried oregano

PREPARATION:

1. Combine all ingredients in a blender. Refrigerate until chilled.

Yield: 8 servings (serving size: 1 tablespoon)

ORANGE-POPPY SEED SALAD DRESSING

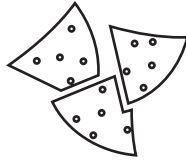
INGREDIENTS:

- 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

PREPARATION:

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

Yield: 8 servings (serving size: 1 tablespoon)



FLAT BREADS

PLANTAIN TORTILLAS

INGREDIENTS:

- 4 plantains
- Zest from 1 lime
- Water, as needed – probably around ¼ cup

PREPARATION:

1. Cut the ends off and cut the plantain into 3-inch pieces. You can leave the peel on. (tip: cut a thin slice into the peel on one side, this makes removing the peel later, super easy) Add the plantains to a large pot and cover with water. Bring to a boil and then boil for 15-20 minutes, until the plantains are soft, but not mushy. Drain the plantains. Once cool enough to handle, peel the skin off.
2. Add the plantains to a large bowl and start mashing. You can use a potato masher, a fork or you can add to your food processor. I always do this by hand with a potato masher. Keep going until most of the lumps are gone. Add lime zest and a small amount of water, as needed. I usually add around 1/4 cup or so, total. But go a little at a time, mash it up and then see if you need more. You'll know the mixture is good when you can form it easily into small balls or one large ball of the dough.
3. Using your hands roll the dough into approximately 2-inch balls. Place the ball between two sheets of plastic wrap and on your tortilla press. Press out your tortillas. Slowly and carefully peel off the plastic and place the tortillas onto a parchment paper lined baking sheet or cooling rack. Dampen your fingers and mend any tears that may happen and don't freak, they don't have to be perfect. Continue until all the dough is gone. I use a baking pan and just continue layering parchment paper on top, adding another layer of tortillas and this is a great option for storing. The uncooked tortillas will keep, covered well (cover the pan well, with plastic wrap) in the refrigerator for up to 3 days. I am sure they could also be frozen, but mine never make it that long.

TO COOK THE TORTILLAS:

Heat a non-stick pan OR seasoned cast iron skillet over a medium heat. If your cast iron skillet isn't well seasoned, add a very, very small amount of oil and rub it in well. We just don't want the tortillas to stick, but we don't want to fry them either. Heat for 2 to 3 minutes on the first side, carefully flip and heat the other side. You want the tortilla to be barely browned, cooked and still pliable. Be careful not to burn. Let cool a minute or two and then load up with your ingredients.

FILLING:

Cook mushrooms like ground meat and top with avocados, Tomatoes, corn, and anything else plant based that you would put on a taco.



SNACKS

SNACKS

- 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*
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit*
- Fruit kabobs*
- Frozen fruit including grapes, blueberries, strawberries and bananas*

NOTES:

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." I suggest you still take snacks in "servings," so you don't over eat on these sometimes high-calorie foods.



MAIN COURSE & SIDES

BEAN CASSEROLE

INGREDIENTS:

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

PREPARATION:

1. Preheat oven to 375°
In a 5-qt Dutch oven over medium high heat, sauté onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.
2. Add beans, tomatoes, chillies, onion and bring mixture to boil.
3. Add peas and corn, adjust seasonings, and cook until heated through.

Yield: 4 Servings

NOTES:

Beans make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

STIR FRY VEGETABLES

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
- 2 cloves garlic, minced
- 4 cups greens, chopped (kale, bok choy, spinach, collards, etc)
- 1 can sliced water chestnuts, drained
- 1 ½ cups peas (if frozen run under water to thaw)
- 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. Sauté 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, peas and almonds. Serve as complete meal.

Yield: 4 Servings

NOTES:

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.

BEAN CURRY

INGREDIENTS:

- 2 tablespoons olive oil
- 1 large white onion, chopped
- 1/2 cup dry lentils
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 pinch cayenne pepper
- 1 can crushed tomatoes (28 ounce)
- 1 can garbanzo beans, drained and rinsed (15 ounce)
- 1 can kidney beans, drained and rinsed (8 ounce)
- 1/2 cup raisins

PREPARATION:

1. Heat the oil in a large pot over medium heat, and cook the onion until tender.
2. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
3. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins.
4. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Yield: 8 Servings

NOTES:

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

SWEET ROASTED ROSEMARY ACORN SQUASH WEDGES

INGREDIENTS:

- 2 acorn squash
- 1/4 cup olive oil
- 2 tablespoons minced fresh rosemary
- 1/4 teaspoon chili powder

PREPARATION:

1. Preheat the oven to 400°
2. Cut the acorn squash in half from top to bottom using a sharp knife. Use a spoon to scrape out the stuff inside. Cut each half into 4 equal wedges, and then place the wedges, skin-side down, in a baking dish.
3. Combine the Olive oil rosemary and chili powder in a bowl and mix into a paste. Smear the paste all over the squash.
4. Roast in the oven for 20 minutes. Then baste with the butter mixture from the bottom of the pan and return to the oven for another 20 minutes.

BLACK BEAN HUMMUS

INGREDIENTS:

- 1 clove garlic
- 1 (16 ounce) can black beans, drained (reserve liquid)
- 2 tablespoons fresh lemon juice
- 1/2 tablespoons tahini (paste or sauce made from sesame seeds)
- 1 teaspoon ground cumin

- 1/4 teaspoon cayenne pepper

PREPARATION:

1. Crush garlic clove and place in food processor. Add black beans, lemon juice, tahini, cumin and cayenne pepper; process until smooth. Add enough of the reserved liquid (1 tablespoon at a time) from the beans to reach desired consistency, pulsing after each addition.
2. Serve with fresh Vegetables

Yield: 8 Servings

MEATLESS MEATLOAF WITH MUSHROOM GRAVY

INGREDIENTS:

Loaf:

- 1 pound Japanese eggplants (about 3)
- 1/2 cup walnuts
- 8 ounces shiitake or button mushrooms, stemmed
- 2 cloves of garlic, minced
- 1 cup wheat germ
- 1 cup old-fashioned oats
- 1/4 cup chopped flat-leaf parsley
- 1 tablespoon chopped fresh sage leaves
- 1 tablespoon chopped fresh thyme leaves
- 1/4 teaspoon red chile flakes

Mushroom Gravy:

- 2 tablespoons olive oil
- 6 ounces shiitake, cremini or button mushrooms
- 1 cup vegetable broth, homemade or low sodium canned
- 2 sprigs fresh thyme, plus 1 teaspoon leaves

PREPARATION:

For the loaf:

1. Over a gas burner or under an electric broiler, char the eggplants until the skin is black, turning as needed to cool all sides evenly. Wrap in foil and set aside to steam for 20 minutes. Remove from the foil and gently brush the skin off or rinse under warm water.
2. Preheat oven to 400 degrees F. Pulse the walnuts in a food processor until finely ground. Transfer to a large bowl. Pulse the eggplant and mushrooms into small pieces. Add mixture to the walnuts along with the remaining loaf ingredients. Mix together until evenly combined. Transfer the mixture into a 1 1/2-quart loaf pan or casserole dish and bake for 1 hour.

For the gravy:

3. Olive oil in a skillet over medium-high heat. Add the mushrooms and cook, stirring occasionally, about 8 minutes. Add the broth and bring to a boil, cooking about 2 minutes. Add fresh thyme leaves.
4. Unmold the meatless loaf, slice, and serve with the mushroom gravy.

VEGGIE CHILI

INGREDIENTS:

- 3 cloves Garlic
- Tomatoes
- 1 cup Chopped Carrots
- 1 cup Chopped Celery
- 1 cup Sliced Zucchini
- 1 cup Chopped Onion
- 1 cup Chopped Bell Pepper
- 1 Chopped Jalapeno (optional)
- 1 can Kidney Beans
- 1 can Pinto Beans
- 1 can Black Beans
- 2 TBSP Oregano
- ½ cup Veggie Broth
- ½ TBSP Olive Oil

PREPARATION:

1. Place garlic and tomatoes in a Food Processor and pulse until you've achieved a diced consistency.
2. Add olive oil to the bottom of a large stock pot and heat over medium heat.
3. Add onion, pepper, carrots, celery and zucchini to the pot and cook until tender. Add extracted tomato mixture, beans, broth and oregano and heat over medium heat while stirring all of the ingredients together for about 10 minutes. Turn heat to low and simmer for about an hour. Stirring occasionally.

SPAGHETTI SQUASH

1. Cut in half lengthwise, Spray with nonstick spray
2. Microwave for 15 minutes

ROASTED POTATO CUPS WITH LOADED GUACAMOLE

INGREDIENTS:

- 1.5 pounds baby red potatoes, or 1 small bag
- 1/2 teaspoon olive oil
- 1/2 teaspoon cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon garlic powder

LOADED GUACAMOLE

- 1 and 1/2 avocado
- 1/2 cup corn kernels, frozen, canned, or fresh
- 1/2 cup black beans
- 1/2 cup chopped tomato
- 1/4 cup diced red onion
- 1 clove garlic, minced
- Juice of 1/2 a lemon or lime
- 1 tablespoon chopped cilantro
- 1/2 teaspoon cumin

PREPARATION:

1. Preheat the oven to 400 degrees F. Cut each potato in half and using a melon baller or sharp teaspoon, scoop out the inside of the potato leaving about 1/4 inch border.
2. Put potatoes in a large bowl and drizzle with olive oil and season with spices.
3. Place potatoes on a large sheet pan and put in the preheated oven for about 30 minutes, flipping once, until potatoes are fork tender.
4. Let cool for a few minutes.
5. In a medium sized bowl add the avocado slices and mash them.
6. Then add the remaining guacamole ingredients and stir until combined.
7. Scoop a small spoonful of guacamole mixture into each potato cup.
8. Garnish with radish matchsticks and cilantro leaves, if desired.

MEXICAN POTATO SKINS

INGREDIENTS:

SOUR CASHEW CREAM

- ½ cup raw cashews, soaked in water for 8 hours
- lemon or lime juice, to taste

POTATO SKINS & BEAN

FILLING

- 6 large potatoes
- 3 cups of cooked black beans
- 2 shallots, finely chopped
- 1 large garlic clove, finely chopped
- 2 level tsp cumin
- 1½ tsp smoked paprika
- ½ tsp cinnamon
- ½ tsp hot chilli powder
- juice of ½-1 lime
- 1 avocado, sliced
- 1 spring onion, sliced
- a few cherry toms, chopped
- a handful of fresh coriander, to serve
- olive oil

PREPARATION:

See next page

MEXICAN POTATO SKINS CONT.

PREPARATION:

SOUR CASHEW CREAM

1. Rinse the cashews well and put them into a blender with a splash of water. Start blending. You will need a silicone spatula to scrape the walls of the blender regularly.
2. Add just enough water to make the cashew cream thick and smooth.
3. Season with lemon juice. It is best to make the cream in advance and put in the fridge for a few hours as this will thicken as it chills.

POTATO SKINS & BEAN FILLING

1. Scrub the potatoes well and parboil them for about 15 mins. Once parboiled, pour hot water out of the pot and fill it with cold water to stop the potatoes from cooking any further.
2. Heat up the oven to 175° C / 350° F and line a baking tray with a piece of baking paper.
3. Cut cooled-down potatoes into halves lengthwise (cut them so that the resulting halves are stable). Using a melon baller or an apple corer, scoop most of the flesh out leaving about ½ cm / 1/8" of flesh all over*.
4. Brush exposed potato flesh with a little olive oil. Bake them for about 20 minutes, then turn the oven up to 250° C / 480° F and move the tray with potatoes up one notch. Bake for another 10-15 mins, until the rims are nicely browned.
5. While the potatoes are baking, heat up 2 tbsp of olive oil in a pan. Fry shallots and garlic until shallots are translucent and garlic soft. Add all the spices (cumin, chilli, cinnamon and smoked paprika) and coat shallot and garlic mixture in them. Fry for another 2 minutes stirring frequently so that the spices do not burn. Smash half the black beans with a potato masher.
6. Add all of the black beans (whole and smashed) into the pan with a few splashes of water. Cook on a gentle heat for a few minutes until beans start bubbling gently (add a touch more water if the mixture is too thick). Season with salt and lime juice.
7. Fill baked potato skins with refried beans, sprinkle with chopped tomato, spring onion and fresh coriander. Serve with avocado slices and cashew cream on top.

MEXICAN QUINOA

INGREDIENTS:

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 jalapeno, minced
- 1 cup quinoa
- 1 cup vegetable broth
- 1 (15-ounce) can black beans, drained and rinsed
- 1 (14.5 oz) can fire-roasted diced tomatoes
- 1 cup corn kernels, frozen, canned or roasted
- 1 teaspoon chili powder
- 1/2 teaspoon cumin
- 1 avocado, halved, seeded, peeled and diced
- Juice of 1 lime
- 2 tablespoons chopped fresh cilantro leaves

PREPARATION:

1. Heat olive oil in a large skillet over medium high heat. Add garlic and jalapeno, and cook, stirring frequently, until fragrant, about 1 minute.
2. Stir in quinoa, vegetable broth, beans, tomatoes, corn, chili powder and cumin.
3. Bring to a boil; cover, reduce heat and simmer until quinoa is cooked through, about 20 minutes. Stir in avocado, lime juice and cilantro. Serve immediately.

BLACK BEANS

INGREDIENTS:

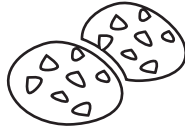
BLACK BEANS

- 2 (15 oz.) cans low sodium organic black beans, drained and rinsed
- 1 small red onion, chopped
- 2 garlic cloves, minced
- 2 cups vegetable broth (I use low sodium)
- 2/3 cup water
- 2/3 cup organic corn
- 1 teaspoon Italian seasoning
- 1 teaspoon cumin
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon paprika
- Cayenne pepper to taste

PREPARATION:

1. In a large saucepan sauté the diced onion and garlic in 1 Tablespoon broth until it begins to turn translucent.
2. Add more broth as needed. This will take about 5-7 minutes.
3. Once the onion begins to soften, mix in the seasonings and sauté for another minute.
4. Now add the broth, water, beans and corn to the saucepan.
5. Cover and let simmer for 15 min.
6. Taste and adjust seasonings.

*Optional: chipotle powder
for added flavor and heat*



DESSERT

COOKIES

INGREDIENTS:

- 2 cups Oatmeal
- 2 cups coconut flour
- 3 cups Raw Almonds
(sliced, chopped or whole)
- 1 cup Sunflower Seeds
- 1 cup Walnuts
- 1 cup Pecans
- 2 cups Agave Nectar or honey
- ½ cup Olive Oil
- ½ cup Honey
- Dried Fruit

PREPARATION:

1. Mix together & bake until brown

BANANA ICE CREAM

PREPARATION:

1. Slice Bananas and put them into the freezer.
2. Once frozen, put the bananas into the blender.
3. Add water until desired consistency.

RAW APPLE CRUMBLE

INGREDIENTS:

Crumble Topping:

- ½ cup walnuts
- 2 pitted Medjool dates
(or 4 Deglet Noor)
chopped

Diced Apple Filling:

- 4 apples, peeled and
diced
- 1 tablespoon lemon
juice

Applesauce

- 2 apples, peeled and
diced
- 2 tablespoons fresh
lemon juice
- 5 pitted Medjool dates
(or 10 Deglet Noor),
chopped
- ¼ cup raisins
- ¼ teaspoon cinnamon
- ¼ teaspoon ground
nutmeg

NOTES:

Use a good eating apple, such as Gala, Fuji, or Pink Lady.

PREPARATION:

To make the crumble topping:

1. Blend the walnuts and dates. In a food processor to make crumbly nuggets similar in size to Grape Nuts cereal. Spoon into a small bowl and set aside.

To make the filling:

1. Toss the 4 peeled, diced apples with 1 tablespoon of lemon juice, and set aside in a bowl
2. Next, blend all of the sauce ingredients in the food processor: 2 apples, 2 tablespoons of lemon juice, plus the dates, raisins, cinnamon and nutmeg. Toss this mixture with the sliced apples.

To serve:

Spoon into dessert dishes and sprinkle with the date-nut crumble topping

CINNAMON BAKED APPLES

INGREDIENTS:

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

PREPARATION:

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

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

NOTES:

Pour over Baked Oatmeal or Add sliced bananas, raisins, & chopped nuts.

BROILED PINEAPPLE SLICES

INGREDIENTS:

- 6 fresh or canned pineapple slices
- 1 tablespoon Date Honey
- 1 tablespoon fresh lime juice
- 1 tablespoon unsweetened coconut flakes

PREPARATION:

1. 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.
2. 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.
3. Remove from oven and sprinkle each slice with 1/2 teaspoon coconut flakes. Broil for 2 minutes and serve.

Yield: 6 Servings

NOTES:

Cut slices into chunks and mix in with oatmeal.

Omit the coconut flakes and just spread date honey and lime juice on top.

DATE HONEY

INGREDIENTS:

- 1 cup pitted dates
(about 6-8 Medjool or
18-20 Deglet Noor)
- 1 cup water
- 1/2 teaspoon cinnamon

PREPARATION:

1. Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat.
2. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes.
3. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth.
4. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.

*Yield: 12 servings (serving size: 1
tablespoon)*

NOTES:

Following are three of the most popular dates: 1) Medjool - largest, sweetest date that is soft and tender, 2) Deglet Noor - semi-dry chewy "bread" date with a nutty flavor; not as sweet as other dates; smaller than the Medjool, and 3) Pakistani - semi-dry date that is very similar to the Deglet Noor, but is slightly smaller.

