

Recipe-A-Day

Day One

Taco Soup- Lindsay Scarborough

2 cans Kroger Black Beans
1 can Kroger Corn (No sugar added)
2 cans water
1 Jar Pace Picante Salsa Mild
1/2 cup Uncooked Brown Whole Grain Rice
Spices: Salt, garlic powder, chili pepper, onion powder

Follow Rice directions and cook first. In separate pot, combine Beans and spices to taste. Then add all the other ingredients. Simmer 20-30 mins. Serve with 100% Whole Wheat Baked Corn Chips or Whole Wheat Tortillas.

Day 2

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Crispy Home Fries

Home Fries serve as a nice and healthy snack. You can play around with this recipe and use different varieties of potatoes and add various vegetables. Serve with salsa or tomato sauce dip.

Ingredients:

4 medium baking potatoes, thinly sliced
1 tablespoon garlic powder
1 teaspoon black pepper (or more to taste)
1 tablespoon paprika
1 tablespoon onion salt
1 tablespoon oregano
1 small onion, chopped (or more to taste)
1 small green bell pepper, chopped
1 small red bell pepper, chopped
1 cup thinly sliced mushrooms
4 tablespoons olive oil

Preparation:

1. Put the thinly sliced potatoes and the spices in a container with a tight-fitting lid. Shake for 30 seconds, until the potatoes are well coated. Set aside.
2. In a large frying pan, sauté the chopped onion, bell peppers, and mushrooms in olive oil

until the onion is translucent and slightly browned, about 7 to 10 minutes.

3. Add the spiced potato slices to the sautéed onions, bell peppers, and mushrooms in the frying pan. Toss well. Let sit for 10-15 minutes, browning over medium-low heat. Do not stir.

4. Flip over and let sit for another 10 minutes, or until both sides are crispy brown. Serve immediately.

Yield: two to four servings

Tip: If you just want spicy fried potatoes, just leave out the other vegetables.

Day 3

Spaghetti- Lindsay Scarborough

Whole wheat/whole grain Rotini or Spaghetti

Classico Tomato & Basil Spaghetti Sauce or Newman's Own Garden Pepper Spaghetti Sauce

Fresh Vegetables

McCormick Italian Seasoning (in Grinder)

Prepare whole wheat Rotini or Spaghetti. Sauté Peppers, Mushrooms, Zucchini, Squash, and Garlic in skillet with Olive Oil. Add to sauce. Mix in Italian Seasonings and serve on noodles.

Day 4

Breakfast Oatmeal - Ken Strautman:

1/2 cup rolled oats

fresh small apple- chopped up

Ground cinnamon

100% apple juice

Sprinkle chopped apples liberally with a good dose of ground cinnamon. Put the oats and the prepared apples in a medium bowl, then add 1 cup 100% apple juice and mix. Next microwave on high for 3-5 minutes depending on the power of your microwave. You may want to stir it about half way through once. Be careful to not let it boil over, a good medium size dish is a must, or you will have a mess in the microwave.

Day 5

Seba's Salsa

1 Can Whole peeled tomatoes

1/5 bunch Cilantro (without stem)

1-2 cloves garlic

1-2 jalapenos (seedless)

pinch salt

pinch cumin

1/2 red pepper-optional

Place ingredients in blender and combine until desired consistency. Serve with 100% whole wheat tortilla chips.

Day 6

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Stir Fry Vegetables with Brown Rice

You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetables as that's what makes this recipe unique and satisfying.

Ingredients:

1 tablespoon sesame oil

3 green onions, finely chopped

3 tablespoons fresh ginger, minced

4 cups fresh broccoli, chopped

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

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

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, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Yield: four servings

Tip: Serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango. This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

Day 7

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Vegetarian Chili

I have been making this recipe for more than 15 years. It was a family favorite when my now adult children were young. Make a big pot and serve it for a couple meals! So, so easy!

Ingredients:

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 2 tablespoons salad oil
- 2 tablespoons chili powder
- ¾ teaspoon salt
- ¼ teaspoon ground red peppers
- 2 cups corn kernels (fresh or frozen)
- 2 16 oz. cans tomatoes (juice and all)
- 2 16 oz. cans pinto beans (juice and all)
- 2 16 oz. cans black beans (juice and all)
- 1 4 oz. can mild green chilies
- 1 4 oz. can of tomato paste

[When I make this during non-fasting times, I also add 1 tablespoon of sugar with the other spices.]

Preparation:

1. Chop and sauté in oil the peppers and onions.

2. Add the sliced squashes, chili powder, salt, ground red peppers, and corn.
3. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended.
4. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking.

Yield: six generous servings

I featured this recipe in my book titled *Out of the Rat Race* published in 1994 by Servant Publications.

Day 8

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Fresh Guacamole

Use this recipe for your Veggie Wraps or serve with crisp whole wheat tortilla chips and sliced vegetables as a great snack plate.

Ingredients:

- 2 ripe avocados
- ½ red onion, minced (about 1/2 cup)
- 1-2 Serrano chilies, stems and seeds removed, minced (see note below)
- 2 tablespoons cilantro leaves, finely chopped
- 1 tablespoon fresh lime or lemon juice
- 1/2 teaspoon coarse salt
- dash of freshly grated black pepper
- 1/2 ripe tomato, seeds and pulp removed, chopped (optional)

Preparation:

1. Cut avocados in half, remove seed and scoop out avocado into a bowl. Mash into a thick and lumpy paste.
2. Add minced onions, minced chilies, chopped cilantro, and lime or lemon juice. Gently combine with the avocado until well mixed. Salt and pepper to tasted.
3. Refrigerate the guacamole in airtight container, first laying a piece of plastic wrap directly on the guacamole to prevent oxidation.
4. Just before serving, add tomatoes if desired.

Yield: two to four servings

Note: Please keep in mind that chilies come in varying degrees of spiciness (hotness). Also, carefully cut the chilies and remove the seeds, protecting your hands and eyes as the capsaicin can actually burn.

Day 9

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Red Potato Casserole

Easy, easy, easy! Mix everything in the same dish as you bake it! Great flavors, lots of protein, and nice textures.

Preheat oven to 350 degrees

Ingredients:

4 cups chopped fresh tomatoes
4 cups peeled, cubed red potatoes
1 cup diced red onions
½ cup olive oil
2 tablespoon chopped fresh basil
4 tablespoons finely chopped fresh parsley
4 teaspoons dried oregano
½ cup water
1 teaspoon paprika
1 ½ teaspoon salt
1 teaspoon freshly ground black pepper
4 cups diced baked or firm tofu

Preparation:

1. Combine all the ingredients in a casserole dish and mix well.
2. Cover with foil and bake for 45 minutes.

Yield: 4 servings

Day 10

Black Bean and Corn Salsa

Serve this Black Bean and Corn Salsa with crisp 100% whole wheat tortilla chips. You can also use this recipe as a salad or serve it in lettuce leaves as wraps! The flavors are great! The thing I

love about this recipe is that it's soooo easy!

Ingredients:

2 cans black beans, rinsed
1 bag frozen white corn, thawed and rinsed
1 large red bell pepper, finely chopped
1/2 red onion, finely chopped
1 small bunch cilantro, finely chopped

1 ½ limes, juiced
3 tablespoons olive oil
3 tablespoons balsamic vinegar
¾ teaspoon cumin
½ teaspoon seasoning salt

Preparation:

1. Combine all ingredients in large bowl.
2. Store in airtight container and chill for at least 1 hour.
3. Serve with 100% whole wheat tortilla chips, as a salad, or in lettuce leaves as a wrap presentation.

Yield: four to six servings

Whole Wheat Tortillas

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You can buy 100% whole wheat tortillas, but these are so easy and fun to make. Use these tortillas for a veggie wrap or for chips with salsa.

Ingredients:

2 cups whole wheat pastry flour
1 teaspoon baking powder
½ teaspoon salt
2 tablespoons olive oil
½ cup warm water

Preparation:

1. Mix flour, baking powder, and salt in bowl.
2. Add olive oil and stir until well combined.
3. Add warm water 1 tablespoon at a time until the mixture starts to pull away from the sides of the bowl.
4. Knead dough on floured board for about 3 minutes (20 folds).
5. Allow dough to rest for 15 minutes (this is called resting)
6. Roll dough into sausage-shape and then cut into 12 equal parts (cut in half, then in half again, then each part into thirds) and shape into little balls.
7. With a rolling pin, roll each little ball into a tortilla (for best results, roll out from the center and outward).
8. Heat a skillet over medium heat. Fry the tortillas for about 30 seconds on each side for soft tortillas or longer for crisp tortillas.
9. Keep tortillas warm by placing in a tortilla holder or wrap in a kitchen towel

Yield: Makes 12 tortillas

Day 11

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Hoppin' John

Here's a vegetarian adaptation of a traditional dish of the deep South. Serve it with tangy Cole slaw for a satisfying, down-home meal.

Ingredients

- 1 tablespoon light olive oil
- 1 cup chopped onions
- 2 cloves garlic, minced
- 2 cups chopped ripe, juicy tomatoes plus 1/4 cup water, or 16-ounce can diced tomatoes including liquid
- 1/2 teaspoon dried basil
- 1/4 teaspoon dried thyme
- 3 cups cooked brown rice (about 1 cup raw)
- 1 16-ounce can black-eyed peas, drained and rinsed, or 2 cups cooked (about 2/3 cup dried)
- salt and freshly ground pepper to taste

Preparation

1. Heat the oil in a very large skillet or a wok. Sauté the onions over medium heat until translucent.
2. Add the garlic and continue to sauté until the onions are golden.
3. Stir in the tomatoes, basil, and thyme; cook until the tomatoes have softened, about 5 minutes.
4. Add the rice and black-eyed peas, and season to taste with salt and lots of pepper.
5. Stir well, then simmer, covered, over low heat for 15 minutes. If the mixture seems dry, add water or cooking liquid from the peas. Serve at once.

Yield 4 to 6

Day 12

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Garden Vegetable Soup

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.

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

Preparation:

1. Heat the olive oil in 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 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. Season, to taste, with kosher salt. Serve immediately.
- Yield: 6 servings

Day 13

Thick and Creamy Corn and Potato Soup
by Charles & Shelby Scarborough

Ingredients:

6 ears of corn (cut off cob)
6-8 potatoes
6 carrots (finely chopped)
1 med-large onion (finely chopped)
2 green peppers-optional (finely chopped)
2 bay leaves
3 tsp thyme
2 tsp marjoram (spice)
2 tsp cumin
2 tsp sea salt

2 tsp black pepper
96 oz vegetable broth
water-optional

Instructions:

Put vegetables in large soup pot with a little olive oil. Add corn last. Cook on med heat, stirring often for 15 mins. Add broth and spices and maintain a light boil. Cook 45 mins to 1 hr. Remove from heat. Blend 3/4 (more or less depending on desired consistency) of the soup mixture in a blender in batches. Put blended soup in a large bowl until blending process is complete. Pour the blended soup back into the pot. Add water if needed to get desired consistency (may not need any). Heat thoroughly and serve. Makes 8-10 generous helpings.

Day 14

Brown Rice and Salsa/Beans

1 c brown rice

2.5 c water

Bring to rolling boil, reduce heat and steam for 45 mins. Half through cooking time add: 1/2 cup fresh salsa (Pace Picante Salsa)

1 c frozen corn

1/2 of chopped bell peppers

3/4 c cooked black beans

Pinch pepper

Stir and Cover.

Oven Brown Rice-

1 c brown rice

2 c vegetable broth

1 tsp garlic powder

1 tsp onion powder

Mix in casserole dish. Bake uncovered for 60 mins at 350 degrees.

Day 15

Tex Mex Rotini Salad

Ingredients:

8oz Whole Wheat Rotini
1 small can RoTel Diced Tomatos in Lime Juice and Cilantro
1 Garlic Clove, minced
1/3 cup Extra Virgin Olive Oil
15 oz can Black Beans, drained and rinsed
2 Tbsp fresh Cilantro, chopped
1/2 cup Red Bell Pepper
1 1/2 tsp Chili Powder
(2/3 cup corn and 1/3 cup green onion-optional)
Salt and Pepper to Taste

Directions: Cook Pasta, drain and set aside. Mix together RoTel, garlic and EVOO. Season with salt and pepper. In large bowl, combine pasta and other vegetables. Add chili powder. Pour dressing over pasta mixture and toss. Refridgerate at least 2-4 hours. Serve with Seba's salsa. Yum!

Day 16

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Mixed Green Salad with Baby Beets

This salad takes some extra effort, but it's all worth it! If you don't have access to fresh beets, use canned beets. The flavor is slightly different, but it's still very tasty. The result is a salad rich in color and full of flavor.

Ingredients:

6 - 8 baby beets (1 1/2-inch), peeled
and stems trimmed
1/4 cup olive oil
salt and pepper
8 ounces spring onions, tops and
stem ends trimmed
4 teaspoons minced shallots
1 teaspoon minced garlic
1 teaspoon Dijon mustard
1 cup fresh squeezed orange juice,
reduced to 1/2 cup
2 tablespoons white wine vinegar
1 cup extra-virgin olive oil
10 ounces mixed baby greens
1 cup small diced Granny Smith
apples
1/2 cup pine nuts, toasted

Preheat the oven to 400 degrees F.

Preparation:

1. Place the beets in a small bowl and drizzle with 2 tablespoons of the olive oil. Season the beets with a pinch of salt and a pinch of pepper. Place on an oven-proof platter and roast in the oven until tender, about 40 to 45 minutes.
2. Remove from the oven and allow to cool. Once cool enough to handle, slice into quarters and set aside.
3. Set a grill pan over medium heat. Set the spring onions in a small bowl and drizzle with the remaining olive oil and season with salt and pepper. Marinate the spring onions in the bowl with the olive oil for at least 1 hour, and up to 2 hours. Remove from the oil, slice in half lengthwise.
4. Set a grill over medium heat, and place the spring onions, cut side down, on the grill and cook for 3 minutes.
Rotate the onions a quarter turn and grill another 3 minutes.
6. Turn the spring onions over and grill on the second side for 3 minutes, then turn and grill a final 3 minutes.
7. Remove the spring onions from the grill and allow to cool completely. Once cool, roughly chop and set in a medium bowl with the shallots, garlic, Dijon mustard, orange juice and vinegar.
8. Use a whisk to blend and slowly drizzle in the extra-virgin olive oil until completely incorporated. Season the vinaigrette with salt and pepper.
9. To make the salad, combine the mixed greens, apples, pine nuts and the beets in a large bowl. Season with salt and pepper and add 1 cup of the vinaigrette to the bowl. Toss using your hands or tongs and serve immediately.

Yield: six servings

Day 17

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Red Onion, Orange and More Salad

This popular and colorful salad lends a festive note to meal. Some versions omit the red onion, or replace the raspberry vinegar with lemon juice. No matter which variation is served, however, this salad is tangy and refreshing when served with soups, stews or other Daniel Fast main dishes. The salad should always be served chilled.

Ingredients:

- 4 ripe medium oranges, peeled
- 1 small red onion, sliced fine
- 2 tablespoons raspberry vinegar
- 6 tablespoons extra-virgin olive oil
- salt and freshly ground pepper
- 4 tablespoons golden raisins, covered for 20 minutes in hot water, then drained
- 20 black olives, pitted
- 2 tablespoons sunflower seeds
- 2 tablespoons almonds, blanched and chopped fine
- Springs of fresh mint, to garnish

Preparation:

1. Remove the white pith from the oranges and cut the fruit crosswise into 1/4 inch slices.
2. Arrange on a serving platter and scatter over the sliced red onion.
3. In a small bowl, whisk together the vinegar, olive oil, salt, and pepper.
4. Spoon this dressing over the onion and oranges.
5. Sprinkle with the raisins, olives, sunflower seeds, and almonds.
6. Garnish with mint springs and serve chilled.

Yield: four servings

Day 18

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Winter Fruit Salad

Fruit salads are great all year around. This one centers on those fruits that are easily available in the wintertime, including pomegranates which are usually out of season by February. Use your creativity and intuition with this recipe!

Ingredients

- 1 pomegranate seeds and juice
- ½ pineapple, peeled and cut into chunks (or canned pineapple, packed in juice)
- 2 oranges, segment by removing membrane
- 2 grapefruit, segment by removing membrane
- 2 apples, cored and cut into bite-size pieces
- 2 pears, cored and cut into bite-size pieces
- 2 bananas, peeled and cut into bite-size pieces (add just before serving)

Preparation

1. Remove the seeds from ½ pomegranate and then crush the remaining seeds to extract the juice. Add juice to serving bowl. Reserve seeds for later addition.
2. Add pineapple, orange segments, grapefruit segments, apples and pears and mix.
3. Gently stir in pomegranate seeds.
4. Refrigerate several hours for flavors to blend.
5. Just before serving, add banana, mix and serve.

Yield: six servings

Tip: You can also add raisins, chopped dates, grapes or other fruits.

Day 19

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Wild Rice and Mushrooms

6 Servings

Whole grains, such as brown rice, quinoa, and oats, are a far better source of energy than the hunks of meat most Americans expect in the center of their plates. Grains supply complex carbohydrates, protein, vitamins, minerals, and fiber all wrapped up in tasty packages. Wild rice is a delicious grain that isn't really rice at all. It's actually a long-grain marsh grass that grows wild in the Great Lakes area and is cultivated commercially in California and the Midwest. I love this grain's chewy texture and nutty flavor. I mix it here with mushrooms and chopped nuts for a combination of colors, textures and luxuriant flavors. When you use wild rice, be sure to wash it thoroughly first. Set it in a bowl, cover it with water and let the debris float to the surface so you can pour it off. Don't cook it too long or you'll get starchy, wimpy grains that have lost much of their flavor.

Ingredients:

- 1 cup dried porcini or shiitake mushrooms
- 2 ½ cups water, approximately
- 1 cup wild rice
- 1/2 cup freshly squeezed orange juice
- 1/2 cup sliced carrots
- 2 tablespoon chopped fresh parsley
- salt or natural soy sauce to taste
- 1/2 cup finely chopped walnuts or pecans

Preparation

1. Soak the dried mushrooms in water to cover until they are soft. Squeeze them out, reserving liquid, and slice.
2. Wash the wild rice in cold water and place in pot with the mushroom-soaking liquid (minus any sediment) and enough additional cold water to total 2 cups.
3. Add the orange juice and carrots. Bring to a boil, reduce heat, cover and simmer for 30 minutes.
4. Add mushrooms and continue cooking until rice is tender and all the liquid is absorbed.
5. Add the chopped parsley and salt or soy sauce to taste. Stir in the finely chopped nuts (black walnuts, pecans or filberts).

Yield: two to four servings

Day 20

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Cooked Cabbage with Apples for the Daniel Fast

This recipe was offered by Vicki Muraoka, a Daniel Fast Blog friend and faster!

Ingredients

- 1/2 red cabbage, sliced

2 teaspoons garlic, minced
2 apples, peeled, cored, chopped
3 tablespoons red wine vinegar

Preparation

1. Heat skillet over medium heat. Add all ingredients and blend well.
2. Cover and allow cooking until it starts to steam.
3. Reduce heat to low and stir every 5-10 minutes until softened. Total cooking time is about 45 minutes.
4. Serve as a side dish.

Yield: four servings

Day 21

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Apple and Cranberry Stuffed Acorn Squash

This is a nice way to dress up acorn squash since butter and brown sugar are off the list for the Daniel Fast. If you like this recipe and want to prepare it in non-fasting times, you can add a little butter and brown sugar to sweeten the filling up a little more.

Preheat the oven to 350F.

Ingredients:

2 acorn squash
2 sweet apples, peeled and chopped
1/2 cup dried cranberries
1/4 cup pine nuts (optional)
1 tablespoon nutmeg

Preparation:

1. Slice the acorn squash in half and scrape out the seeds and the strings. Place both halves face down in a casserole pan filled with 1/2 inch of water. Bake in the oven for 10 to 15 minutes.
2. Put the peeled and chopped apples, dried cranberries, and pine nuts into a bowl and toss until well mixed.
3. Take the steamed acorn squash out of the oven. Empty the casserole pan of any water. Place the halves face up and fill with the apple mixture. Top with nutmeg. Cover the pan loosely with tin foil and bake until the squash, apples, and cranberries are soft, about 30 minutes.

Yield: four servings