

Daniel's Fast Cookbook

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What is the Daniel's Fast?

The concept of a Daniel fast comes from Daniel 1:8-14, "But Daniel resolved not to defile himself with the royal food and wine, and he asked the chief official for permission not to defile himself this way. Now God had caused the official to show favor and sympathy to Daniel, but the official told Daniel, "I am afraid of my lord the king, who has assigned your food and drink. Why should he see you looking worse than the other young men your age? The king would then have my head because of you."

Daniel then said to the guard whom the chief official had appointed over Daniel, Hananiah, Mishael and Azariah, "Please test your servants for ten days: Give us nothing but vegetables to eat and water to drink. Then compare our appearance with that of the young men who eat the royal food, and treat your servants in accordance with what you see." So he agreed to this and tested them for ten days. (NIV)

The background of the Daniel fast is that Daniel and his three friends had been deported to Babylon when Nebuchadnezzar and the Babylonians conquered Judah (2 Kings 24:13-14). Daniel and his three friends were put into the Babylonian court servant "training program." Part of the program was learning Babylonian customs, beliefs, laws, and practices. The eating habits of the Babylonians were not in complete agreement with the Mosaic Law. As a result, Daniel asked if he and his three friends could be excused from eating the meat (which was likely sacrificed to Babylonian false gods and idols).

So, simply put, fasting is sacrificing the flesh for the spirit... physical food for spiritual food, physical nourishment for spiritual nourishment. A basic Daniel fast consists of fruit, vegetables, whole grain breads, no sweets or meat, and water as a beverage over soft drinks and coffee.

Simple Guidelines

First, pray for wisdom on how you should fast. God honors your sacrifice. If it is a sacrifice to you, it is a sacrifice to God. Fasting is between you and God, not you and man, so do not compare your sacrifice to others. Seek God's leading and He will be honored and you will be blessed.

Second, fasting is always tied to prayer. Fasting alone, without intimate time spent with Him in prayer, reading, and studying the Bible is just a diet. It is important to increase your time with Him during the fast. Sometimes, we can get focused on the fasting... what we can and can't eat... that we lose sight of what we are fasting for. The best way to keep Him near is to stay near to Him by praying and reading the Bible. You will find added strength and comfort through scriptures and your prayer time with Him.

Third, keep in mind there is great significance in giving the first fruits of your year to Him, and are doing this in concert with the entire church body here at Forgiven Church. There is something about giving your firsts, and doing it in unity with other believers that is powerful.

Foods to Include

Fruits. These can be fresh, frozen, dried, juiced or canned (all natural).

Vegetables. These can be fresh, frozen, dried, juiced or canned.

Whole grains. Including but not limited to 100% whole wheat, brown rice, oats, whole wheat pasta, corn meal.

Dairy products. Including but not limited to milk, cheese, cream, butter, and eggs.

Nuts and seeds. Including all natural peanut butter.

Legumes. Include but are not limited to beans of all kinds.

Quality oils. Including but not limited to olive, canola, peanut, and sesame.

Beverages. Water, herbal teas, 100% fruit or vegetable juices.

Other. tofu, soy products, vinegar, seasonings, salt, herbs, spices, honey, pure maple syrup, natural jelly, and Stevia.

Foods to Avoid

Meat and animal products.

Sweeteners.

Breads. (except 100% whole wheat)

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.

Deep fried foods.

Solid fats. Including shortening, margarine, lard and foods high in fat.

Beverages. Including but not limited to coffee, tea, carbonated beverages, energy drinks, and alcohol.

Remember, *READ THE LABELS!*

Dressings, Salads, Sauces, & Soups

ALFREDO SAUCE

Ingredients:

1 1/2 c. Ricotta cheese	1 c. milk
1/2 tsp. freshly ground pepper	1 egg yolk
1/2 c. grated Parmesan cheese	2 Tbs. butter

Dash or more of nutmeg and garlic powder

Directions: In a blender, combine cottage cheese, milk, egg yolk, pepper, nutmeg, garlic. Puree until smooth. In a small saucepan, melt butter over low heat. Add puree and bring to a simmer, stirring often. Stir in all but 4 teaspoons of Parmesan cheese. Meanwhile, cook noodles according to directions and drain. Toss with prepared sauce. Sprinkle with remaining Parmesan cheese. Makes 4 servings.

APPLE SALAD

Ingredients:

4 apples, diced & unpeeled	1/2 c. pecan pieces
1 c. cheddar cheese, finely grated	1 egg
stevia or honey (equivalent of 1/2 c. sugar)	2 Tbs. whole wheat flour
1/2 can pineapple chunks or tidbits (in their own juice) undrained	

Directions: Cook juice, sugar, egg and flour until thickened. Let cool. Place apples, pineapple and pecans in 9x9 dish; pour cooked custard over top. Sprinkle cheese on top and refrigerate.

BENNIGANS ULTIMATE BAKED POTATO SOUP

Ingredients:

3lbs potatoes scrubbed & pierced all over	1 Tbs. butter
1 1/2 c. finely chopped onion	2 Tbs. minced garlic
1 can vegetable stock	3 c. milk
1 tsp. salt	1/4 tsp. pepper

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BENNIGANS ULTIMATE BAKED POTATO SOUP (cont'd)

Toppings: shredded colby cheese & chopped scallion

Directions: Preheat oven to 400. Bake potatoes 1 hr or until tender when pierced. Melt butter over low heat in a 6 quart pot Stir in onions, garlic and cover, cook for 10 min. Add 2/3 of the potatoes to the pot and mash with a potato masher. Add stock, milk, salt & pepper. Bring to a simmer. Dice remaining potatoes into small cubes & add to soup, stirring gently to reheat. Top with cheese and scallions and serve.

FRESH SALSA (option 1)

Ingredients:

8 large ripe tomatoes	1 garlic clove, pressed
1/2 medium onion, sliced	1 green pepper, if desired
1/2 bunch cilantro	1 medium jalapeno pepper

Directions: Use food processor or blender to puree ingredients, small batches at a time. Combine all into a large storage container. Refrigerate for 2 hours before serving.

FRESH SALSA (option 2)

Ingredients:

8 medium tomatoes, chopped	3/4 c. sliced green onions
1/3 c. finely chopped fresh cilantro	1/3 c. chopped onion
2 small jalapeno peppers, finely chopped (seeded if desired)	
1 can (2-1/4 ounces) sliced ripe olives, drained	
3-1/2 tsp. fresh lime juice	1 Tbs. cider vinegar
1 Tbs. vegetable oil	1 to 2 tsp. chili powder
1 to 2 tsp. ground cumin	1 tsp. garlic powder
1 tsp. dried oregano	1/4 tsp. salt

Directions: Combine all ingredients in a large bowl. Cover and refrigerate overnight. Keeps up to 1 week. Yields 8 cups

HOMEMADE DIJON MUSTARD

Ingredients:

2 c. dry white wine vinegar	1 Tbs. vegetable oil
1 c. finely chopped onions	2 tsp. salt
2 cloves garlic, finely minced	Few drops Tabasco
4 ounces dry mustard	

Directions: Combine vinegar, onion and garlic. Heat to boiling and simmer for five minutes. Pour into medium bowl to cool. Add dry mustard to a small sauce pan. Now pour the vinegar mixture through a strainer into the saucepan, whisking until very smooth. Heat slowly, stirring constantly until the mixture thickens. Allow to cool and then pour into non-metallic covered container. For best results, chill at last two days before using. This mixture will stay fresh in the refrigerator for several weeks.

HONEY MUSTARD

Ingredients:

1/2 c. honey	1 Tbs. cider vinegar
1/2 c. Dijon mustard (see prior recipe)	

Directions: Over medium heat bring the above to a boil. Cook 1 minute and stir constantly. Makes about 1 cup.

HUMMUS DIP

Ingredients:

2-15oz cans chickpeas/garbanzo beans, rinsed	2 cloves garlic
1/2 tsp. cumin	1/2 tsp. salt
4 Tbs. olive oil	2 Tbs. lemon juice
1/4 c. water	

Directions: Blend 1 can of rinsed chickpeas with the rest of the ingredients in a food processor or blender. Slowly add the second can of garbanzo beans while continuing to blend the dip. If the dip becomes too thick, add more water until creamy and smooth.

MAYONNAISE

Ingredients:

1 egg or egg substitute to equal 1 egg
1 tsp. prepared mustard cayenne pepper, optional
1/4 tsp. salt
1 c. Olive oil
3 tsp. fresh lemon juice

Directions: Put the egg or egg substitute, mustard, cayenne pepper (if using), and salt in a blender; blend at high speed for about 20 seconds. Gradually add the oil through the top of the blender, while blending, in droplets at first, blending until all the oil has been blended with the egg and mayonnaise is thick and creamy. Blend in lemon juice just until mixed.

MEXICAN ZUCCHINI SOUP

Ingredients:

1 small onion chopped
1 1/2 tsp. butter
2 c. veggie broth
2 c. unpeeled, diced zucchini
1 1/2 c. corn (or 1 11oz. Can)
2 Tbs. finely chopped green chili's or jalapeno peppers
1/2 tsp. salt
1/8 tsp. black pepper
1 c. milk
2 oz. Monterey jack cheese, cut into ¼ cubes
Nutmeg for garnish & parsley if desired

Directions: In a saucepan, sauté the onion in butter until tender, about 3 min. Stir in the broth, zucchini, corn, chili's, salt and pepper. Bring soup to a boil then reduce the heat. Cover pan and cook until the zucchini is tender, about 5 min. Stir in the milk and heat the soup until hot but not boiling. Remove from heat and stir in cheese, garnish with nutmeg or parsley and serve.

MINISTRONE SOUP

Ingredients:

2 Tbs. olive oil	2 tsp. chopped garlic
1/2 cup uncooked whole wheat small pasta	1 Tbs. tomato paste
1-14.5 oz. can garbanzo bean, drained	1 tsp. salt
1 tsp. Italian seasoning	1 tsp. pepper
1-14.5 oz. can Italian Cut green beans, drained	1 tsp. dried basil
2 medium onions, chopped w/Vidalia fine insert	
2-14.5 oz. can stewed tomatoes w/Italian seasonings	
1-16 oz. bag of frozen Italian-style vegetable mix	

Directions: In a large pot, sauté with olive oil and onions, garlic for a few min's to sweat, add remainder ingredients and bring to a boil... stir and cover with lid and simmer for 30 min. This can be put in a crock pot at this point and set on warm for up to 4 hrs.

SALAD TOPPINGS IDEAS

Annie's Naturals Organic Caesar or OranicVille Pomegranate Vinaigrette salad dressings, carrots, mushrooms, raisins, sunflower seeds, cheese, onions, peppers, cucumbers, tomatoes, peas & corn.

SPAGHETTI SAUCE

Brown garlic (onions optional), a couple of Tbs of tomato paste & olive oil until you smell it (not long). Add tomato sauce, tomatoes, oregano, salt, pepper, basil, 1 pack stevia. Cook on low heat, simmer, stirring occasionally.

SOUP BEANS

Ingredients:

1 lb great northern dry beans	1/2 c. to 1c. onion diced
1-2 medium potatoes grated	1/2 c. to 1 c. grated carrots

Directions: Soak dry beans overnight in lots of water (they'll smell) or pour boiling water over them and let soak 1 hour. Pour off this water. Add fresh water to cover generously. Add salt to taste (1 Tbs or so). Cook on medium low (after it comes to a boil) for 2 hours or so, add other ingredients and cook another 1 hour or 'til flavors are blended.

VEGETARIAN CHILI

Ingredients:

2 medium green peppers, chopped	2 cups frozen corn
1 medium yellow onion, chopped	2-16 oz. cans tomatoes
1 zucchini, sliced	2-16 oz. cans pinto beans
1 yellow squash, sliced	2-16 oz. cans black beans
2 Tbs. oil (olive)	1-4 oz. can green chilies
2 Tbs. (or more) chili powder	1-4 oz. can of tomato paste
3/4 tsp. salt	1/4 tsp. ground red peppers

(optional a dash or more of red wine vinegar)

Directions: Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. 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. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking. Yield: 6 generous servings.

Breakfast

APPLE OATMEAL

Ingredients:

1 3/4 c. 100% apple Juice 1 c. quick cooking oats
1/2 tsp. ground cinnamon 1/8 tsp. salt (optional)
1 large apple, cored and cut into bite-size chunks

Directions: Combine all ingredients in a medium, microwave safe bowl. Place in microwave uncovered and cook on high for about 2 minutes. Stir and let cool for 1 minute before serving.

Variations:

Add raisins or if you have a dehydrator you could use strawberries or other fruits.

CHEESY BRUNCH ROLL-UPS

Ingredients:

8- 7 inch whole grain tortillas 2 Tbs. butter
1 1/2 c. shredded cheddar cheese 4 beaten eggs
1 Tbs. 100% whole wheat flour 2 c. milk
1/4 tsp. garlic powder or Garlic Garlic (Tastefully Simple)
Few drops of bottled hot pepper sauce
1/2 c. shredded cheddar cheese
3 c. chopped/sliced vegetables (i.e. green peppers, onion, mushrooms, etc.)

Directions: In a saucepan cook vegetables in butter until tender. Drain. Dividing vegetable mixture evenly, spoon along center of each tortilla. Divide the 1 1/2 cups cheese among the tortillas. Roll up tortillas and place, seam side down, in a greased 12" x 7 1/2" x 2" baking dish. In a bowl, stir together eggs, milk, flour, garlic and pepper sauce. Pour over rolled-up tortillas. Bake in a 350° oven for 35 to 40 minutes or until set. Sprinkle the 1/2 cup cheese over the top. Let stand for 10 minutes, cut into 6 squares.

FRENCH TOAST SANDWICH (A knife & fork sandwich)

Ingredients:

100% Whole Wheat Bread Cream Cheese
Eggs All Natural Fruit Spread

Directions: Spread cream cheese on one slice of bread and spread another slice of bread with the fruit spread. Put the two slices together, set aside and beat the eggs together in a bowl, and dip the sandwich into the eggs then cook as you would a french toast sandwich. Let stand a few minutes, the inside filling will be very hot. Top with more fruit if desired and enjoy.

GARDEN SCRAMBLE

Ingredients:

8 Eggs 1/4 c. chopped onions
1/4 c. chopped red peppers 1/4 c. natural butter
1/4 c. chopped green peppers 1/4 tsp. garlic salt
1/4 c. cut mushrooms

Topping:

Cheese (optional)

Directions: Mix all ingredients (except eggs) Putting them in a large skillet with the butter. Add beaten eggs into skillet. Cook over medium heat until eggs are set. Top with cheese if desired. Serve and enjoy!

GREASELESS PANCAKES

Ingredients:

2 eggs Stevia (equiv. 2 Tbs. sugar)
1 Tbs. butter, melted 2 c. milk
2 1/2 c. 100% whole wheat flour 3 Tbs. baking powder

Directions: In bowl, place eggs and sugar; beat until thick. Add margarine and milk. Sift flour and baking powder together; stir into egg mixture. Preheat griddle over medium heat. For each pancake, pour about 3 Tbs batter onto skillet. Cook pancakes until puffed and dry around edges. Turn; cook other side until golden brown. Serves 6.

INDIVIDUAL QUICHE

Ingredients:

3 beaten eggs	1/4 sliced green onion
1/4 tsp. salt	1/8 tsp. pepper
1 Tbs. 100% whole wheat flour	1 1/2 c. milk
1 1/2 c. shredded Swiss, cheddar, Monterrey Jack or Havarti cheese (6 oz.)	
Optional 3/4 c. frozen chopped spinach, thawed and well drained	

Directions: In a bowl, stir together eggs, milk, onion, salt, pepper and spinach (if desired). Toss together shredded cheese and flour. Add egg mixture; mix well. Pour into four 10 oz. custard cups. Put cups into a 13" x 9" x 2" baking pan, pull out oven rack and carefully pour boiling water into the baking pan around the cups to a depth of 1". Bake in a 325° oven for 20 to 25 minutes or until a knife inserted near centers comes out clean. Serves 4.

ONE-EYED MONSTER FOR BREAKFAST

Ingredients:

4 slices whole wheat bread (2 inch hole cut out of centers)
4 eggs

Directions: On medium heat, coat griddle or pan with light coating of olive oil. Place bread on griddle (or pan). Break egg in each hole. Cook 'til done on 1 side. Flip over easy. Finish cooking. Serve with a smile

SALSA & EGG CUPS

Ingredients:

Corn tortillas	Olive Oil
Refried beans	Eggs
Roasted onion	Salt Cheese
Salsa and Cilantro or scallions (garnish)	

Directions: Brush both sides of corn tortillas with olive oil. Press into cup form in a muffin pan. Bake for 5 minutes or until bottoms are firm. Remove from oven and place refried beans in the bottom of cups. Top with roasted onions, then break one egg into each cup. Put salt to taste and sprinkle with cheese, bake until eggs are done to your preference. Place on plate add salsa and garnish then enjoy.

Main Dishes

ANGEL HAIR PASTA

Ingredients:

2 Tbs. olive oil, divided	2 cloves garlic, minced
1 carrot, sliced diagonally into ¼ inch pieces	1 tsp. dried basil
1-10 oz. pack frozen broccoli florets, thawed	
12 oz. whole grain angel hair pasta	
1/4 c. grated parmesan cheese	

Directions: Before cooking pasta, rub the sides of the pot with olive oil. This will prevent the water from boiling over the pot. If you use garlic often, chop several heads of garlic at once. Place the chopped garlic in. 1 Tbs of olive oil in an air tight glass container. Store in the coldest part of the refrigerator for up to 2 weeks. Heat 1 Tbs. olive oil in a medium skillet over medium heat, add remaining oil and carrots to skillet; cool, stirring for 4 minutes, while heating water for pasta. Add broccoli and garlic to skillet. Cook, stirring for another 2 minutes. Cook pasta according to directions. While pasta is cooking, add vegetable broth, basil and parmesan to skillet. Stir to com-

BLACK BEAN & CORN PITAS

Ingredients:

1-15oz. can low-sodium black beans	1 c. frozen corn, thawed
1 c. fresh or no salt added canned tomatoes	1 avocado, chopped
1 clove garlic, finely chopped	2 tsp. lemon juice
1 tsp. chopped fresh parsley	1/8 tsp. cayenne pepper
2 medium whole wheat pita pockets	1/2 tsp. chili powder
1/3 c. shredded Mozzarella cheese	

Directions: Drain and rinse beans. In a medium bowl, combine beans, corn, tomatoes, avocado and garlic. Add parsley, cayenne pepper, lemon juice and chili powder. Cut pita bread in half to form 4 pockets and spoon equal amounts of filling into each half. Top with cheese and serve.

CHEESY BAKED ZITI

Ingredients:

12 oz. Shredded mozzarella cheese 16 oz. Ricotta cheese
1/2 lb 100% whole grain whole wheat ziti pasta
1 jar of Ragu Lite spaghetti sauce

Directions: Heat oven at 350°. Cook pasta till desired texture, drain, and put into large bowl. Mix in ricotta cheese and 1/2 mozzarella cheese. Take a 9x13 casserole dish, spread ½ of the sauce on the bottom of dish, add pasta mix then add the remaining sauce and cheese. Bake uncovered for 20-30 minutes.

CORN & MASHED POTATO CASSEROLE

Ingredients:

2lbs potatoes, peeled & cubed 1 tsp. salt
1/4 c. unsweetened almond or soy milk 1/8 tsp. pepper
1—14.5oz can corn, drained 1/2 tbs. olive oil
2 tbs. chopped fresh parsley 1/2 c. diced onion
1/2 c. chopped green onions, green parts only 2 cloves garlic, minced

Topping:

1/4 c. corn flour or corn meal 1/2 tsp. garlic powder
1/2 tbs. olive oil

Directions: Boil or steam potatoes until tender (about 20 minutes). Heat oven at 350°. 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. Heat olive oil over medium heat and cook onions until soft and translucent. Add green onions and garlic. Cook 1 minute, stirring constantly so garlic doesn't burn. Stir into potato-corn mixture. Lightly oil a 9x13inch casserole dish 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.
Yields: 12 servings (serving size: about 1/2 c)

EASY & QUICK MEAL

Steamed broccoli w/cheese Brown rice
Fat free refried beans w/cheese Fruit
(Can add whole wheat tortillas to make wraps)

MACARONI & CHEESE

Ingredients:

100% Whole wheat elbow macaroni 2 c. milk
2 1/2 c. grated cheese, divided Butter
2 eggs

Directions: Cook macaroni until tender and drain. Combine macaroni, eggs, milk, butter and 2 c. cheese. Top with remaining cheese. Bake at 350° for 40 minutes.

MEATLESS MEXICAN LASAGNA

Ingredients:

2 c. frozen corn, thawed
1 can (15 oz) black beans, rinsed and drained
1 can (14 ½ oz) diced tomatoes with basil, oregano and garlic, undrained
1 can (4 oz) chopped green chilies
3 green onions, sliced
2 tsp. dried oregano
2 tsp. ground cumin
4 corn tortillas (6 inches)
1 1/2 c. (6oz) shredded Mexican cheese blend
6 Tbs. plain yogurt

Directions: In a bowl, combine the first 7 ingredients. Place 2 tortillas in an 11x7x2 inch baking dish coated with cooking spray. Spread with half of the corn mixture; sprinkle with half of the cheese. Repeat layers. Bake, uncovered, at 400° for 15-20 minutes or until heated through. Let stand for 5 minutes. Garnish each serving with a dollop of yogurt. Serves 6.

MEXICAN CASSEROLE

Ingredients:

whole wheat tortillas
cheese
salsa (fast approved)

fat free refried beans
sour cream

Directions: Preheat oven to 350° degrees. Layer the ingredients on a baking sheet or pan: tortilla, refried beans, cheese, repeat layers and top with cheese. Bake until bubbly and cheese is melted...top with sour cream and eat.

Tip: add some salsa to the beans to add a little zing.

MINI THIN PIZZAS

Ingredients:

1 pack of 100% whole grain whole wheat tortilla shells
1 can refried beans
12 oz. Mozzarella cheese
Your choice of vegetables (peppers, mushrooms, tomatoes, etc)

1 jar of Pace salsa

Directions: Heat oven to 350°. Put tortilla shells on large cookie sheet. Spread over refried beans onto tortilla shells. Put 1-2 spoonful of salsa on top and spread out evenly. Place vegetables on. Spread cheese evenly over top. Bake for 10 minutes. Cut and serve.

MUSHROOM ASPARAGUS QUICHE

Ingredients:

1 whole wheat frozen pie crust
1 1/2 lbs fresh asparagus, trimmed and cut into 1/2 inch pieces
1 medium onion, chopped
1/2 c. sliced fresh mushrooms
2 c. (8oz) shredded part-skim mozzarella cheese
1/4 c. minced fresh parsley
1/2 tsp. pepper
1/4 tsp. each dried basil, oregano, rubbed sage

2 tsp. prepared mustard
1/4 c. butter, cubed
2 eggs. Lightly beaten
1/2 tsp. salt
1/4 tsp. garlic powder

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MUSHROOM ASPARAGUS QUICHE (cont'd)

Directions: Spread pie crust with mustard; set aside. In a large skillet, sauté the asparagus, onion and mushrooms in butter until asparagus is crisp-tender. In a large bowl, combine the remaining ingredients; stir in asparagus mixture. Pour into crust. Bake at 375° for 25-30 minutes or until a knife in near the edge comes out clean. Let stand for 5 minutes before cutting. Serves 6-8.

PASTA SALAD

Ingredients:

2 c. whole wheat noodles
1 c. peas (cooked) (cooked and cooled) or fresh broccoli
1 to 2 Tbs. onion
2 c. shredded cheddar cheese

2 c. mayonnaise
1 to 2 tsp. garlic

Directions: Mix in noodles, mayo, cheese, garlic and onion. Tenderly stir in peas. Serve warm or cold.

SPELT SPAGHETTI IN MARINARA SAUCE

Ingredients:

Whole wheat noodles

Sauce:

Diced or crushed tomatoes and juice
Onion flakes or chopped onion (to taste)
Fresh, crushed garlic (or garlic powder) (to taste)
Season generously with chili powder
Sprinkle with Parmesan Cheese

Salt (to taste)

Directions: Boil noodles until tender. Drain, but don't rinse. Serve with marinara sauce.

IDAHO POTATO WEDGES

Ingredients:

4 medium potatoes	3 Tbs. olive oil
1/2 tsp. dried oregano	1/2 tsp. onion powder
1/4 c. Parmesan Cheese, grated	Salt & Pepper to taste (Seasoning salt optional)

Directions: Preheat oven to 425°. Cut potatoes into wedges; rinse in cold water and drain. In large bowl, combine all ingredients, except potatoes and mix well. Add potatoes; toss to coat. Place on foil-lined cookie sheet. Bake for 40 minutes or until golden brown and tender. Serves 4.

JALAPENO POPPERS

Ingredients:

1-8oz. cream cheese	1-8 oz. cheddar cheese
1/4 c. mayo	2 eggs
1 c. 100% whole wheat bread crumbs	1/2 Tbs. milk
15 fresh jalapeno peppers, halved & gutted (or 8 green peppers cut in quarters)	

Directions: Preheat oven 350° and lightly grease a baking sheet. Mix together cream cheese, cheddar cheese and mayo. Stuff jalapenos with mixture. Whisk together eggs and milk in a bowl. Place bread crumbs in a separate bowl. Dip each stuffed jalapeno into the eggs /milk mixture, then roll it into the bread crumbs until coated. Place on the baking sheet and bake for 30 minutes or until bubbly and light brown.

MEAN GREEN BAKED POTATO

Ingredients:

Medium Potato	Slice of Avocado
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Directions: Top a baked potato with some mashed avocado instead of using sour cream or butter. We know it sounds odd, but trust us, it's good! No time to bake a potato? Poke a potato with a fork two or three times and microwave on high 8-10 minutes.

OVEN WEDGE FRIES

Ingredients:

4 large russet potatoes, baked then cut into wedges

Seasoning:

salt, pepper, garlic, onion and/or chili powder
shredded cheese
sour cream

Directions: Preheat oven to 400°. Oil baking pan. Place potato wedges side by side in the pan. Add any type of seasoning mixture (salt, pepper, garlic, onion and/or chili powder) and sprinkle shredded cheese over the potato wedges. Cook for 5 more minutes or until cheese is melted. Serve while hot with sour cream.

PARMESAN BAKED POTATOES

Ingredients:

4 Tbs. butter	2 Tbs. Parmesan Cheese, grated
6 medium potatoes, halved lengthwise	

Directions: Pour butter into baking dish; sprinkle Parmesan cheese over butter. Place potatoes with cut side down, over cheese. Bake uncovered at 400° for 40-45 minutes or until tender.

ROASTED BUTTERNUT SQUASH

Ingredients:

Butternut Squash	Sage
Thyme	Salt

Directions: Preheat oven to 400°. Peel, seed and chop the butternut squash into cubes. Toss the squash in a bowl with olive oil, sage, thyme and a dash of salt. Roast the squash on a baking sheet for 40-50 minutes or until the squash can be easily pierced with a knife. Serve immediately or mash for a creamy side dish.

ROASTED VEGETABLES

Suggested Vegetables:

Cauliflower, carrots, parsnips, turnips, onions, tomatoes, squash, pumpkin, beets & bell peppers

Directions: Many of these can be mixed together, but if you do, start with the longest cooking veggie and then add them in the order of their cooking time. Preheat oven to 375°. Always use a rimmed baking sheet. Toss chosen vegetables in olive oil, salt to taste. Place on baking sheet and roast until tender & slightly browned. (Make plenty, they're great for omelets or casseroles.)

SWEET POTATO HASH

Ingredients:

1/4 c. olive oil	1 tsp. cumin
1 tsp. salt	1 tsp. red pepper flakes
2 c. frozen or fresh chopped mixed peppers and onion	
2 lbs. orange flesh sweet potatoes, peeled and cut into cubes	

Directions: Heat a large skillet over medium-high and add oil. Sauté peppers and onions in the oil until soft. Add potatoes, cumin, salt and red pepper flakes; stirring often. Reduce heat to medium and cook for 20 to 25 minutes. Stir every 2 to 3 minutes to blend flavors. Potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.

Breads & Snacks

BANANA NUT BREAD

Ingredients:

1/2 c. olive oil	1/2 tsp. cinnamon
1/4 tsp. nutmeg	2 eggs
stevia (equivalent of 1 3/4 c. sugar)	1 tsp. pure vanilla
3-4 bananas, mashed	3/4 c. nuts, chopped
2 c. whole wheat, unbleached, self-rising flour	

Directions: Mix well; bake in loaf pans at 325° for 1 hour. Let bread stand 10 minutes and then glaze.

Glaze:

3/4 banana, mashed	stevia
1/2 stick butter, melted	1–2 drops lemon juice

CORN BREAD

Ingredients:

1 c. corn meal	1 c. whole wheat flour
1/2 c. honey	1/4 c. olive oil
1 egg	1 tsp. baking powder
1 c. milk	1/4 tsp. salt
1/4 c. apple sauce (optional)	

Directions: Mix together lightly and bake about 20 min at 350°.

MILDRED'S BLUEBERRY MUFFINS

Ingredients:

1 c. unsalted butter	4 eggs, beaten
stevia (equivalent of 2 c. sugar)	4 tsp. baking powder
1/2 tsp. salt	4 c. whole wheat flour
1/2 c. milk	1 tsp. pure vanilla
1 1/2- 3 pt blueberries, fresh or frozen	

Directions: Preheat oven to 400°. Line 30 muffin cups with paper baking cups. Cream butter and sugar; add beaten eggs and vanilla. Sift together dry ingredients. Alternately add dry ingredients and milk and butter, mixing only enough to make a smooth batter. Fold in blueberries. Fill prepared cups 2/3 full. Bake in prepared oven for 25 minutes. Recipe can be halved. Do not thaw frozen blueberries. Fold them in straight from freezer.

PIZZA DOUGH

Ingredients:

3 1/2 cups flour (can use wheat flour)	1 c. warm water
2 Tbs. yeast (you can use less if you don't like the yeast taste)	
2 Tbs. honey	1/4 c. olive oil
1/2 tsp. salt	

Directions: Preheat oven to 450° degrees. Pour warm water into a bowl. The water should be very warm to your hand, but comfortable. Add the honey and salt. Mix on low until well blended. Add the yeast and mix. Let this mixture sit for about 5 minutes. Add 1 cup of flour and the olive oil and mix until well blended. Add the rest of the flour and mix well. The dough should turn into a ball. If the dough does not ball up because it's too dry, add water one tablespoon at a time until it does. If your mixture is more like a batter, add flour one tablespoon at a time. Just remember to do it in SMALL amounts. Once the dough is balled up, place the ball on a floured board and knead for about 1 minute. This helps the dough to rise and become fluffy when cooked. Place the dough in a plastic bag or cover and store in warm place to rise. After 45 minutes the dough should have about doubled in size. Punch it down to deflate it.

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PIZZA DOUGH (cont'd)

Recover, let it rise for another hour to an hour and a half. The dough is ready to be rolled out. You can punch the dough down and wait another hour or two before rolling out. Roll out the dough on dry surface using lots of flour so it doesn't stick. Place dough on cookie sheet and poke holes in the crust all over once you've spread it out, to help with to fluff it up when cooked. Add your toppings and bake! Cook for about 15 minutes and enjoy!

ZUCCHINI BREAD

Ingredients:

stevia (equivalent of 2 c. sugar)	1 c. olive oil
3 eggs	3 c. whole wheat flour
1/4 tsp. baking powder	1 tsp. baking soda
1 tsp. salt	1 tsp. cinnamon
2 c. uncooked zucchini, chopped	1 c. nuts
1 tsp. pure vanilla	

Directions: Mix ingredients as they're listed. Pour in 2 greased and floured pans. (Use olive oil and whole wheat flour). Bake at 350° for 45-50 minutes or until done. Can be baked in cake pans.

Beverages

GREAT GRAPE SMOOTHIE

Ingredients:

1 c. seedless grapes
1/2 c. orange slices
1/2 c. unsweetened frozen strawberries
1/2 c. frozen cherries
1/2 c. banana slices

Directions: Combine all ingredients in a blender container. Blend until mixture is smooth. Pour into glasses and serve. (For a thicker consistency, freeze grapes before blending ingredients. To freeze grapes, rinse, dry, and spread grapes in a single layer on a cake pan or pie pan. Cover and freeze 1 1/2 to 2 hours until completely frozen.)

PINEAPPLE SMOOTHIE

Ingredients:

10 fresh strawberries
2 ripe kiwis
1/3 cup pineapple juice
4 slices of pineapple
1/2 ripe cantaloupe
8 cubes ice

Directions: Peel and cut all fruit. Place into blender with juice and blend. Add ice and blend again.

PINEAPPLE-STRAWBERRY SMOOTHIE

Ingredients:

1 pineapple, peeled and roughly chopped
2/3 ml strawberries, hulled
2/3 ml gooseberries or blueberries, to serve or 1 cup raspberries, to serve

Directions: Blend the pineapple chunks and strawberries until smooth and creamy. Put your choice of berries in a tall glass. Pour the smoothie over the berries and serve.

STRAWBERRY BANANA SMOOTHIE

Ingredients:

2 small bananas, broken into chunks
1 c. frozen unsweetened strawberries
1-8 oz. container strawberry-banana yogurt (I use light)
3/4 c. milk (I use skim)

Directions: In a blender, combine bananas, frozen strawberries, yogurt and milk. Blend until smooth. Pour into glasses and serve

Simple Ideas & Substitutes

BREAKFAST

eggs--fried, boiled, baked, scrambled
whole wheat toast with peanut butter
fruit
100% juice

MEALS

baked potato with broccoli and sour cream
refried bean & cheese burrito
grilled cheese (remember 100% whole wheat bread)
grilled peanut butter (all-natural) sandwiches
peanut butter & jelly (all-natural) sandwich
sweet potatoes with butter
vegetable stir fry with brown rice and lemon or lime juice
whole wheat noodles with Ragu Lite spaghetti sauce
whole wheat noodles with pesto sauce

SNACKS

cheese
fresh vegetables with fast approved dips
popcorn...with real butter not artificial
nuts, peanuts and raisins
sliced fruit with peanut butter

BREAD

100% whole wheat frozen mini loafs from the freezer section (can be used for pizza)

Substitutes / Guidelines

- use stevia instead of sugar/cane sugar
- use all natural jellies and peanut butters and salad dressings
- use whole wheat breads and pastas
- use extra virgin olive oil or coconut oil or other all natural oils in place of vegetable/canola oils