



What is the Daniel Fast?

The Daniel Fast is a biblically based partial fast. In Daniel 10:3 Daniel states, “I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.” We read that the Prophet ate no meat, no sweeteners and no breads, and he drank no wine for 21 days.

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

As a church, Uplift Christian Ministries will conduct a Daniel Fast annually the 21 days before Resurrection Sunday. As your Pastor, I believe the Daniel Fast is a powerful tool for spiritual growth of the individual and church. With the coupling of fasting and prayer, one can open themselves to God’s Holy Spirit. Having a sincere desire to seek God, you can come to Him with a contrite and repentant heart and He will minister to you in a powerful way. God’s awesome power is transforming and you will know that with God, all things are possible. During the Daniel Fast you will want to concentrate on prayer, Bible study, and reflection. The Daniel Fast is a great way to enter into preparation for growing in the Lord.

The basic guidelines for the Uplift Daniel Fast include eating:

1. Fruits, Nuts
2. Vegetables
3. Water only to drink (to flush out toxins) however natural fruit juices and nut milks may be included if they contain no preservatives, sugars, etc., but even those juices should be very limited. Coffee and tea **are not** permitted.

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

Any food having artificial additives or chemicals should be totally avoided during the fast. Fruits and vegetables are the mainstay of the Daniel Fast and can be acceptably prepared in a variety of ways. Many fasting recipes and several cookbooks are designed for the Daniel Fast.

NOTE: If you have a medical condition or are undergoing any medical treatments it is advisable to first consult your physician. You may also want to pray, consult a Pastor before fasting.

What to Expect during the Fast: When you fast your body detoxifies, eliminating toxins from your system. This can cause mild discomfort such as headaches and irritability during withdrawal from caffeine and sugars. And naturally, you will have hunger pains. Limit your activity and exercise moderately. Take time to rest. Fasting brings about miraculous results. You are following Jesus' example when you fast. Spend time listening to praise and worship. Pray as often as you can throughout the day. Get away from the normal distractions as much as possible and keep your heart and mind set on seeking God's face.

When you fast:

- Expect to get to know God better
 - Fasting is waiting. (Lamentations 3:25-27)
 - Fasting is drawing near. (Jeremiah 29:11-13)
- As you demonstrate sincerity to God, you can expect:
 - Expect strength in your inner character.
 - Find power to leave sinful habits.
 - 2 Corinthians 7:1
 - Find power to stay focused in prayer.
 - Find yourself desiring God's presence.
 - Expect the hand of God to move to answer unselfish prayers.
- Expect resistance from the devil.
- Expect your prayers to go to a higher level.

How to succeed in fasting:

- Fast with friends. (Matthew 18:19)
- Fast with a purpose (not casually).
 - Set a start date and end date.
 - Determine you will follow through on the fast.
- Fast unselfishly. (Isaiah 58:1-11)
- Spend time with God.
 - **Fasting does not work if you do not pray.**

Common FAQ's

What about prepared foods? Read the labels of all prepared foods. Remember the Daniel Fast is sugar-free and chemical-free. So, if you use any canned fruits, vegetables, packaged foods, or prepared sauces you must read the label to be aware about just what is in there.

What about pasta? Make sure the label says whole grain pasta with no additives (watch for sugar). Whole grain pasta offers 7 grams of protein per serving (3/4 cup of dried pasta).

I know it says raw, unsalted nuts, but what about roasted nuts? The goal would be to stick to raw, unsalted nuts. But these are harder to find so in a pinch just make sure you get plain roasted, unsalted nuts with no preservatives.

How do I get enough protein in my diet while on the fast? The following are protein-rich foods that are allowed on the Daniel Fast... almonds, sunflower seeds, lentils, quinoa, brown rice, split peas, whole grains, and tofu.

What kind of peanut butter is allowed? A natural peanut butter with no additives...watch for sugars including molasses. Smucker's creamy natural peanut butter has nothing but peanuts in it.

How can I identify whole grain foods? Typically if the ingredient lists "whole wheat", "rolled oats", or "whole corn" as the first ingredient, the product is a whole grain food item. Another way to identify whole grains in the foods you eat is to look in the nutritional facts information and check if the food item contains dietary fiber. If it contains a significant amount, it most likely contains whole grains. "Wheat flour" is not a whole grain and therefore does not indicate a whole grain product.

What about salad dressing? Olive oil and lemon or lime are an option.

Do I need to eat organic foods while on the fast? No, but it is suggested because organic foods are produced without the use of feed or fertilizer of plant or animal origin and without employment of chemically formulated fertilizers, growth stimulants, antibiotics, or pesticides.

What about bread? The bread should be prepared without yeast.

How much can I eat? As long as they are the appropriate foods, we are recommending eating until satisfied with no limits.

Foods to include in your diet during the Daniel Fast...

All fruits:

These can be fresh, frozen, dried, juiced or canned (watch for added sugar or preservatives).

Apples Guava

Apricots Honeydew melons

Avocados Kiwi

Bananas Lemons

Berries Limes

Blackberries Mangoes

Blueberries Melons

Boysenberries Mulberry

Breadfruit Nectarines

Cantaloupe Oats

Cherries Olives

Coconuts Oranges

Cranberries Papayas

Dates Peaches

Figs Pears

Grapefruit Pineapples

Grapes Plums

Grenadine Prunes

Raspberries Raisins

Strawberries Tangelos
Tangerines Watermelon

Vegetables:

These can be fresh, frozen, dried, juiced or canned (watch salt content).

Artichokes Onions
Asparagus Parsley
Beets Peppers
Broccoli Potatoes
Brussels sprouts Radishes
Cabbage Rutabagas
Carrots Scallions
Cauliflower Spinach
Celery Sprouts
Chili peppers Squashes
Collard greens Sweet potatoes
Corn Tomatoes
Cucumbers Turnips
Eggplant Watercress
Garlic Yams
Ginger root Zucchini
Kale Mushrooms
Leeks Mustard greens
Lettuce Okra

Legumes:

Dried beans Green beans
Black beans Green peas
Cannellini Kidney beans
Pinto beans Peanuts
Split peas Beans
Lentils Lentils
Black eyed peas Lupines
White Peas

Seeds:

All nuts (raw, unsalted) Sunflower
Sprouts Sesame
Ground flax Almonds
Cashews Natural Almond Butter
Walnuts

Whole Grains:

Whole wheat Barley
Brown rice Grits (no butter)
Millet Whole wheat pasta
Quinoa Whole wheat tortillas
Oats Plain Rice cakes
Rolled Oats Popcorn (homemade)

Plain Oatmeal- not instant

Liquids:

Water (spring, distilled, filtered)

Unsweetened Soy Milk

100% Fruit/Vegetable Juice (no added sugar)

Foods to avoid on the Daniel Fast...

All animal products including all meat, poultry, fish...

White rice

White bread

All deep fried foods

Caffeine

Coffee (including decaf b/c contains small amount of caffeine)

Carbonated beverages

Energy drinks

Foods containing preservatives, additives

Refined foods

Processed foods

Food additives

Refined sugar

Sugar substitutes

Raw sugar

Syrups

Molasses

Cane juice

White flour

Margarine

Shortening

High fat products

Butter

All leavened breads

Baked goods

All dairies

Milk

Cheese

Yogurt

Cream

Eggs

Alcohol

Mayonnaise

UPLIFT DANIEL FAST RECIPIES

All recipes are adopted from: <http://www.ultimatedanielfast.com>

Breakfast/Smoothies

Berry Blast Smoothie

1 cup water or any unsweetened non-dairy milk (such as almond, coconut, rice or soy)

1 cup frozen blackberries, blueberries, and raspberries

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

Recipe Notes

Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).

Add 1 tablespoon flaxseed meal for a fiber boost.

Blueberry Mango Smoothie

1 cup water or unsweetened almond milk, coconut milk, rice milk, or soy milk

1 cup fresh or frozen mango chunks

1 fresh or frozen banana, peeled, sliced

1/2 cup fresh or frozen blueberries

1 tablespoon flaxseed meal, optional

1 tablespoon unsweetened coconut flakes

Mix all ingredients in a blender until smooth.

Recipe Notes

Make sure at least one fruit is frozen to have a chilled smoothie. You can also use ice.

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Pour into popsicle molds for a tasty treat!

Make this recipe into a “green” smoothie by adding 1 cup chopped kale or spinach leaves.

Add 1 teaspoon spirulina powder. Spirulina is a type of blue-green algae that is rich in protein, vitamins, minerals, and carotenoids (antioxidants that can help protect cells from damage). It contains B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid).

Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

Chanana Chiller

1 cup **water or unsweetened** almond, coconut, rice, or soy milk
1 banana, peeled, frozen
1/2 cup fresh or frozen cherries, pitted
1 tablespoon almond meal

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

Recipe Notes

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Substitute 2 tablespoons finely chopped almonds for the almond meal.

To make this a “green” smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale).

Add 1 tablespoon flaxseed meal for a fiber boost.

Peachy Keen Smoothie

1 cup unsweetened **non-dairy milk** (almond, coconut, rice, soy) or water
1 cup sliced fresh or frozen banana, peeled (about 1 medium banana)
1 cup sliced fresh or frozen peaches
1 cup fresh spinach or kale leaves
2 tablespoons finely chopped walnuts (about 1/2 ounce)
1 tablespoon flaxseed meal, optional

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

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

Recipe Notes

If your smoothie is too thick, add a little more non-dairy milk or water.

Make sure either the banana or peaches are frozen so your smoothie is chilled.

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

Nutrition Facts (calculated using almond milk and flaxseed meal)

Calories per serving: 151

Carbohydrates: 22

Fat: 8

Protein: 4

Sugar: 11

Strawberry Fields Smoothie

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

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

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

Recipe Notes

Substitute water in place of non-dairy milk (or half of it).

Make sure either the banana or strawberries are frozen so your smoothie is chilled.

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

Nutrition Facts (calculated using almond milk and flaxseed meal)

Calories per serving: 133

Carbohydrates: 25

Fat: 4

Protein: 3

Sugar: 9

Sweet Spinach Smoothie

1 cup water or non-dairy milk (almond, coconut, rice, or soy milk)

1 Bosc pear, unpeeled, cored

1 cup fresh spinach leaves, packed

1 frozen banana

1 tablespoon flaxseed meal, optional

1/2 tablespoon kelp powder, optional

1/2 tablespoon spirulina powder, optional

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

Recipe Notes

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Substitute spinach with kale leaves.

Use an Anjou, Asian, or Bartlett pear instead of a Bosc pear.

Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

Kelp is a sea vegetable that is a concentrated source of minerals, including iodine, potassium, magnesium, calcium, and iron.

Spirulina is a type of blue-green algae that is rich in protein, vitamins, minerals, and carotenoids (antioxidants that can help protect cells from damage). It contains B complex vitamins, beta-carotene, vitamin E, manganese, zinc, copper, iron, selenium, and gamma linolenic acid (an essential fatty acid).

Apple-Cinnamon Hot Cereal

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

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

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

Recipe Notes

Store chopped dried figs or raisins for the dates.

Add 1 tablespoon flaxseed meal.

Makes a great snack or dessert!

Store unused portion in refrigerator or freeze for later use.

Fall Harvest Oatmeal

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

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

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

Recipe Notes

Use figs or raisins instead of dates.

Since you only need half of the Cinnamon Baked Apples recipe, you can store the other half in an airtight container in the refrigerator and use the following day.

Juice

Cazapple Juice

3 large carrots, unpeeled
2 apples, unpeeled, cored, and cut into slices
2 medium zucchini, unpeeled and quartered

Wash produce well. Feed into juicer, and enjoy.
Yield: 2 servings (serving size: 8 ounces or 1 cup)

Creamy Mango Delight

1/2 large mango, peeled
2 apples, unpeeled
1/2 cup fresh pineapple, cut into chunks
1 kiwifruit, unpeeled

Feed fruit into juicer, and enjoy.

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

Recipe Notes

To convert this juice recipe into a smoothie, peel fruit, add 1 1/2 cups almond milk or rice milk, and put into a blender until smooth. Add ice, and blend again to thicken.

Tomato Juice

2 large tomatoes, quartered
2 carrots, unpeeled and tops removed
2 stalks of celery, tops included

Orange-Carrot Juice

2 large oranges, peeled and divided into segments
3 carrots, unpeeled and tops removed
Yield: 2 servings (serving size: 8 ounces or 1 cup)

South Pacific Sunrise

2 Fuji or Gala apples, unpeeled, cored, cut into slices
2 large carrots, unpeeled
2 kiwifruit, unpeeled, halved
2 cups spinach leaves, packed

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

Recipe Notes

Spinach and other greens are easier to juice when wrapped around other fruits or vegetables. Otherwise, they can clog up the juicer.

Tangy Apple Delight

2 apples, unpeeled and cut into slices (discard cores)
1 grapefruit, peeled and divided into segments
1 cup red seedless grapes

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

Lunch/Dinner

Black Bean Stir-fry

1 tablespoon extra-virgin olive oil
1/2 cup sliced onion
1 (15-ounce) can black beans, rinsed & drained
1 (14 1/2-ounce) can **diced tomatoes, undrained**
1 cup canned corn, drained
1/4 cup diced green pepper
1/4 cup diced red pepper
1 clove garlic
2 tablespoon lime juice
1/2 teaspoon cumin
1/4 teaspoon salt
1/8 teaspoon freshly ground black pepper
8 ounces cubed Marinated Tofu, optional
Garnishes: Diced avocado, diced green onions

Heat olive oil in a large skillet over medium-low heat. Cook onions until **slightly blackened** and crispy. Add black beans, tomatoes, corn, peppers, garlic, lime juice, cumin, salt, and pepper. Simmer 15-20 minutes. Top with diced avocado and green onions. To add a little more protein to this dish, mix in cubed Marinated Tofu. Serve with Tortilla Chips, see Snacks Appetizers.

Greek-Style Stuffed Peppers

1 tablespoon extra-virgin olive oil
1/2 cup chopped onion
1/2 cup diced zucchini
1 clove garlic, minced
1 (8-ounce) can **tomato sauce**
3 chopped canned artichokes, drained
1/2 cup chopped black olives
1 teaspoon dried oregano flakes or 1 tablespoon chopped fresh oregano
1 teaspoon dried parsley or 1 tablespoon chopped fresh parsley
1/2 teaspoon salt
6 medium bell peppers (green, orange, red, and/or yellow)
2 cups cooked quinoa
1 1/2 tablespoons pine nuts

Preheat oven to 350 degrees. Place artichokes in a food processor, and pulse until artichokes are chopped well. Set aside. Heat olive oil over medium heat. Add onion and zucchini. Cook 3-5 minutes or until vegetables are softened. Lower heat, and add garlic. Cook 1 minute, stirring constantly so garlic doesn't burn. Add tomato sauce, artichokes, olives, oregano, parsley, and salt. Cook 15 minutes, or until sauce is thickened.

While sauce is cooking, prepare peppers. Cut in half lengthwise, and remove stems and seeds. Place peppers in boiling water for 5 minutes. Drain in colander, and place in a large baking dish. When sauce is finished, mix in the quinoa and pine nuts. Stir well. Spoon mixture evenly into pepper halves. Add hot water to dish to a depth of 1/2 inch. Bake uncovered for 20 minutes.

Yield: 6 servings (serving size: about 2 pepper halves)

Recipe Notes

Increase the protein content of this dish by adding 1 (15-ounce) can great northern beans or pinto beans, rinsed and drained.

Use brown rice instead of quinoa.

Add chopped fresh spinach leaves to the rice mixture.

Jamaican Chili

1 tablespoon extra-virgin olive oil

1 yellow bell pepper, seeded & chopped (1-1 1/2 cups)

1 cup chopped onions

2 cloves garlic, minced

1 cup [Vegetable Broth](#) or water

3 medium tomatoes, chopped or 1 (14.5-ounce) can diced tomatoes

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

1 (15-ounce) can [cannellini beans](#), rinsed and drained

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

1 teaspoon ground cumin

1 teaspoon ground paprika

1/2 teaspoon salt

Heat olive oil over medium heat, and cook until onions are soft and translucent.

Add yellow pepper and garlic. Cook until pepper is tender. Add water tomatoes, beans, cumin, paprika, and salt. Bring to a boil. Cover, and simmer 30 minutes.

Stir in parsley just before serving.

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

Recipe Notes

For a spicier chili, add a diced jalapeno pepper or hot chile powder.

Use chickpeas instead of cannellini beans.

Add more vegetables, such as carrots, celery, sweet potato, or zucchini.

Black Bean Minestrone

1 tablespoon extra-virgin olive oil

1/2 cup chopped onion

1 cup chopped carrots

2 stalks celery, sliced

2 cloves garlic, minced

4 cups water or [Vegetable Broth](#)

1 (15-oz) can black beans, rinsed and drained

1 cup fresh or frozen green beans, cut into 1-inch pieces

1 cup chopped tomatoes, unpeeled, unseeded

[1 cup chopped](#) fresh spinach or 1/2 cup frozen spinach, thawed

2 tablespoons chopped fresh basil or 1 1/2 teaspoons dried basil

2 tablespoons chopped fresh parsley or 1 1/2 teaspoons dried parsley

1/2 teaspoon salt

1/8 teaspoon pepper

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

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

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

Recipe Notes

Add barley, brown rice, or whole grain pasta.

Other vegetables to add: corn, peas, potatoes, squash, or zucchini.

Moroccan Stew

1/2 tablespoon extra-virgin olive oil

1 cup chopped red onion

8 cups Vegetable Broth or water

1 acorn squash (about 1 pound), peeled and cut into 1-inch cubes

1 butternut squash (1-1 1/2 pounds), peeled and cut into 1-inch cubes

2 sweet potatoes (about 1 pound), peeled and cut into 1-inch cubes

1 cup dry lentils

1 (15.5-ounce) can chickpeas, rinsed and drained

2 teaspoons minced ginger root

1 teaspoon cinnamon

1 teaspoon cumin

1 teaspoon salt

1/4 teaspoon cloves

1/4 teaspoon pepper

Chopped fresh parsley, to taste

2 cups cooked brown rice or cooked couscous

Heat olive oil over medium heat in large saucepan or stockpot, and add onions. Cook 3-5 minutes, or until onion is translucent. Add broth or water, acorn squash, butternut squash, sweet potatoes, lentils, and chickpeas. Stir in ginger root, cinnamon, cumin, salt, cloves, and pepper. Heat to boiling, and then reduce heat to low. Simmer 30-45 minutes or until vegetables are tender. About 10 minutes before serving, add parsley and brown rice.

Yield: 10 servings (serving size: about 1 1/4 cups)

Recipe Notes

Both acorn and butternut squash are difficult to peel. I find that it's easier to cut the acorn squash in half before peeling it so that you can get a better grip.

Be sure to see my video, "How to Peel and Cut Butternut Squash" for helpful tips.

You can also put this recipe in the slow cooker: 2-3 hours on high or 4-6 hours on low.

Add chopped spinach or kale to [the stew](#).

[Serve with Corn Muffins.](#) (see Snacks/Appetizers)

Vegetable Bean Soup

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

Heat olive oil over medium heat in a large saucepan. Add onions, carrots, and celery. Cook until vegetables are softened. Add garlic, and cook for 1 minute, stirring constantly so garlic doesn't burn. Pour in water and all remaining ingredients. Bring to a boil, and then lower heat. Simmer, uncovered, 30 minutes. Discard bay leaf and stir in parsley before serving.

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

Recipe Notes

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

Chipotle Black Bean Burgers

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

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

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

Yield: 6 servings (serving size: 1 burger)

Recipe Notes

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

Cajun Red Beans and Rice

½ tablespoon extra-virgin olive oil

½ cup chopped green pepper

½ cup chopped red onion

½ cup sliced celery

¼ cup water

2 teaspoons Creole Seasoning (see recipe below)

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

2 cups cooked brown rice

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

Yield: 8 servings (serving size: ½ cup)

Recipe Notes

Serve with sliced avocado and/or sliced green onions.

Add 1 (14.5-ounce) can diced tomatoes.

Stovetop directions using dry rice: Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and simmer about 45 minutes, or until rice is light and fluffy.

Creole Seasoning

2 tablespoons paprika

1 teaspoon onion powder

1 teaspoon garlic powder

1 teaspoon salt

½ teaspoon pepper

½ teaspoon thyme

½ teaspoon dried basil

½ teaspoon dried oregano

½ teaspoon cayenne pepper

Mix all ingredients in a small glass jar. Cover, and store until ready to use.

Yield: 12 servings (serving size: about 1 teaspoon)

Mexican Rice & Beans

1 tablespoon extra-virgin olive oil
1 cup diced red onions
2 cloves garlic, minced
2 1/2 cups water
1 1/2 cups brown rice, uncooked
1 (10-ounce) can diced tomatoes and green chilies (Ro-tel)
1 teaspoon cumin
1/4 teaspoon cayenne pepper
1 (15.5-ounce) can black beans, rinsed and drained

1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley

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

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

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

Recipe Notes

This recipe is fairly spicy, so to cut down on the "heat," reduce cayenne pepper to 1/8 teaspoon or eliminate it completely.

Add avocado slices as a garnish.

Salads

Fruit and Nut Salad

4 cups torn romaine lettuce, packed
3 kiwifruit, peeled and cut into half moons
1 cup blackberries
1 cup raspberries
1/2 cup roughly chopped pecan halves

1 recipe Orange-Poppy Seed Salad Dressing

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

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

Recipe Notes

This salad is extremely versatile. Experiment with a variety of fruit and nut combinations.

Use almonds or walnuts instead of pecans.

Substitute blackberries and raspberries with blueberries and strawberries.

Strawberry Spinach Salad

8 cups torn fresh spinach, loosely packed

2 cup chopped strawberries

4 teaspoons sunflower seed kernels

1 teaspoon sesame seeds

1/2 teaspoon poppy seeds

Apple-Cinnamon Salad Dressing, see [below](#)

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

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

Roasted Potato Salad

1 pound B size red potatoes, unpeeled

1/2 pound Brussels sprouts, trimmed & halved

1 cup trimmed fresh green beans, cut into 1" pieces

1 1/2 tablespoon extra-virgin olive oil, divided

1/2 teaspoon **tarragon**

1/2 teaspoon salt

1/8 teaspoon pepper

1/4 cup chopped red onions

1/4 cup finely chopped pecans or walnuts

2 cups chopped romaine lettuce

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

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

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

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

Taco Salad

1 (14.5-ounce) can corn kernels, drained

1 (15.5-ounce) can pinto beans, undrained

1/4 teaspoon garlic powder

1/4 teaspoon salt

1 tablespoon extra-virgin olive oil

1/2 cup diced onion

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

1/2 tablespoon Taco Seasoning

2 cups torn romaine or iceberg lettuce

Garnishes: Avocado slices, chopped green onions, sliced olives, and/or diced tomatoes

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

While corn is roasting, place pinto beans in a small saucepan over medium heat. Add garlic powder and salt. Cook 10 minutes, stirring occasionally. Using a fork or potato masher, mash beans until they are the consistency of refried beans.

Lower heat, and continue to cook until some of the liquid has evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.

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

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

Marinated Vegetable Salad

1 Marinated Zucchini recipe

2 cups broccoli florets, cut into bite-size pieces

1 1/2 cups diced carrots

2 tablespoons chopped fresh parsley, optional

Prepare Marinated Zucchini as directed **and place in a large bowl**.

Steam or boil broccoli and carrots until crisp tender. Add broccoli and carrots (drain first, if boiled) to zucchini and stir well. Add parsley, if desired. Cover and let sit at room temperature for 1 hour.

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

Blackberry, Avocado, and Mango Salad

4 cups mixed salad greens

1 cup blackberries

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

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

1/2 cup pecan halves

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

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

Recipe Notes

Substitute mango with 1 cup peaches, peeled, pitted, and chopped into 1-inch cubes.

Use fresh blueberries **instead of blackberries**.

Ozarks Sunset Fruit Salad

4 cups fresh spinach, torn into bite-size pieces

4 cups romaine lettuce, torn into bite-size pieces

4 kiwifruit, peeled & cut into half moons

2 cups oranges, peeled and cut into 1-inch pieces

1 cup blueberries

1 cup sliced strawberries

1/2 cup sliced or slivered almonds, toasted

Combine ingredients in a large bowl, and toss well.

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

Recipe Notes

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

Dressing, see below

White Bean Salad

4 cups torn romaine lettuce, packed

1 cup cannellini beans or great northern beans, rinsed and drained

1 cup chopped sugar snap peas

1 cup halved cherry or grape tomatoes

2 tablespoons chopped red onion

2 tablespoons chopped fresh basil

2 tablespoons chopped fresh parsley

Place lettuce in a large bowl, and add beans, sugar snap peas, tomatoes, onions, basil and parsley. Toss, and serve with choice of dressing.

Recipe Notes

Serve with Italian Salad Dressing or Lemon-Tahini Salad Dressing, see below.

Use spinach or mixed greens instead of romaine lettuce.

Substitute cooked, cooled green beans or sweet peas for the asparagus.

Add sunflower seeds.

Pineapple-Kiwifruit Salad

6 cups **fresh spinach leaves, torn**, stems removed, lightly packed

1 (8-ounce) can pineapple tidbits, drained, juice reserved

5-6 kiwifruit, peeled, cut into half moons

1/4 cup diced red onion

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

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

Recipe Notes

Use fresh pineapple instead of canned, and top salad with Orange-Poppy Seed Salad Dressing, see below.

Substitute spinach leaves with romaine or red leaf lettuce.

Spinach Salad

2 cups chopped fresh spinach

2/3 cup canned chickpeas, rinsed & drained

1/2 cup chopped carrots

1/2 cup chopped [sugar snap peas](#)

[1/2 cup chopped tomatoes](#)

1/2 cup chopped zucchini

1 tablespoon sunflower seeds

Lemon-Tahini Salad Dressing (recipe below)

Place spinach, chickpeas, carrots, sugar snap peas, tomatoes, and zucchini in a large bowl. Pour Lemon-Tahini Salad Dressing over salad, and stir to coat.

Sprinkle sunflower seeds, and toss gently.

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

Salad Dressing

Lemon-Tahini Salad Dressing

1/4 cup extra-virgin olive oil

2 tablespoon fresh lemon juice

2 tablespoon tahini

2 tablespoon water

1 clove garlic, minced

1 tablespoon chopped fresh basil or 1/2 teaspoon dried basil

1 tablespoon chopped [fresh parsley](#) or [1/2 teaspoon](#) dried parsley

Combine all ingredients in a blender. Refrigerate until chilled.

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

Italian Salad Dressing

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

1/4 teaspoon salt

Combine all ingredients in a blender. Refrigerate until chilled.

[Yield: 8 servings](#) (serving size: 1 tablespoon)

Recipe Notes

Serve with Quinoa Salad, Spinach Salad, or White Bean Salad.

Orange-Poppy Seed Salad Dressing

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

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

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

Apple-Cinnamon Salad Dressing

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

Combine all ingredients in a covered glass jar, and shake well. [Refrigerate until ready to use.](#)

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

Snacks/Appetizers

Pesto

2 tablespoons extra-virgin olive oil
3 cups packed fresh spinach or 2 cups frozen spinach, thawed and drained
1/2 cup packed fresh basil leaves
1/4 cup chopped green onions
1/4 cup pine nuts or walnuts
1 clove garlic, minced
1/4 teaspoon [salt](#)

Place ingredients in a food processor or blender until smooth. If pesto seems too thick, add a little hot water.

Yield: 6 servings (serving size: about 2 tablespoons)

Recipe Notes