

CINDY'S TABLE

Daniel Fast Recipes

I am so proud to be a Christian. Dedication in prayer, journaling your thoughts, prayers and learning's and small study groups really impact you in the power of Jesus. I am on fire for Jesus and my church Christ Fellowship.

As we begin the journey together I believe this all begins with Faith! I will be updating this blog with recipes; tips and I will be starting a new blog post on my journey (link will be added). God needs our commitment. Let's do this #21days

I am still leaning about Christianity. Our Church will be starting our Daniel Fast on March 1st. As I am embracing the Daniel Fast for the first time my hope is to share my journey with you.

Before beginning this post I want true transparency. This is my first spiritual fast and these recipes have all of the "allowed" foods but they are created in a modern way. Not the preparation Daniel would have used. We have gas-stove tops, microwaves, refrigerators, freezers, Instant Pots and Whole Foods. We have so many options at our fingertips. I am looking forward to praying and gaining a closer relationship with Jesus and to hopefully some questions that linger for me! Please let me know if I can help you in any way during our 21 day Fast.

I have searched the Internet and even pick up a few books to really absorb the meaning, benefits and food list of Daniel Fast.

First let's talk about Fasting. Fasting does require *self-control* but this healing process can elevate your spiritual, physical and emotional health to a whole new level. There are many kinds of fasting and some can be for 1-2 days or 20-40 days. The bible references fasting that total more than 70 times over several decades.

Fasting is when you refrain from something like food, beverages, TV or other kinds of entertainment for a period of time for some kind of result. Such as body, mind or spirit.

A few kinds of fasting I found include:

- Standard Fast (water only)
- Absolute Fast (no water or food)
- Partial Fast (restrict certain food and drink categories)
- Intermittent Fast (only eating during a small daily window, for example: 1 p.m.–6 p.m.)

As I research more and read about Fasting and the Daniel Fast it will really allow you to focus on God and YES I am looking for a healing breakthrough. I plan to use my focus on God, Prayer and the need of some Spiritual healing in myself.

Let's now talk about Daniel Fast

Many people wonder what did Jesus eat? Did Jesus eat meat? The Daniel fast isn't based on what Jesus ate, but it is based upon what one of Jesus' followers consumed and this follower was not surprisingly Daniel.

The Daniel Fast or Daniel Diet is based upon the prophet Daniel's dietary and spiritual experiences as recorded in the Book of Daniel in the Bible. It's a partial fast that focuses very heavily on vegetables and other healthy whole foods, but leaves out any animal sources of protein. Many users of this biblically based fasting method follow it for 21 consecutive days.

The Daniel Fast is specifically referenced in the Bible in two sections of the Book of Daniel:

- Daniel 1:12, which states, "Please test your servants for ten days, and let them give us vegetables [pulses] to eat and water to drink."
- Daniel 10: 2-3, which says, "In those days I, Daniel, was mourning three full weeks. 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."

"This is the fast that I have chosen ... to loose the bonds of wickedness, to undo the heavy burdens, to let the oppressed go free, and that you break every yoke. Then your light shall break forth like the morning, your healing shall spring forth." – Isaiah 58:6

Daniel Fast: Food List

According to our understanding of the Hebrew definition of "pulse" that was used in the verse for vegetables can actually mean a range of foods. Here is the Daniel Fast food list of what you are allowed to eat:

Beverages

- Water only — it must be purified/filtered; spring or distilled water is best
- Homemade almond milk, and vegetable juice

Vegetables (Fresh or Frozen (not canned))

• Artichokes	• Asparagus
• Beets	• Broccoli
• Brussels sprouts	• Cabbage
• Carrots	• Cauliflower
• Celery	• Collard greens
• Corn	• Cucumbers
• Eggplant	• Green beans
• Kale	• Leeks
• Lettuce	• Mushrooms
• Mustard Greens	• Okra
• Onions	• Peppers
• Potatoes	• Radishes
• Rutabagas	• Scallions
• Spinach	• Sprouts
• Squash	• Sweet potatoes
• Tomatoes	• Turnips
• Yams	• Zucchini

Fruits (moderately 1-2 times per day – Fresh or dried with no added sulfites or sweeteners. No canned)

• Apples	• Apricots
• Avocados	• Bananas
• Blackberries	• Blueberries
• Cantaloupe	• Cherries
• Coconuts	• Cranberries
• Dates	• Figs
• Grapefruit	• Grapes
• Guava	• Honeydew melons
• Kiwi	• Lemons
• Limes	• Mangoes
• Melons	• Nectarines
• Oranges	• Papayas
• Peaches	• Pears
• Pineapples	• Plums
• Prunes	• Raisins

• Raspberries	• Strawberries
• Tangerines	• Watermelon

Whole grains (moderately. I love sprouted)

- Amaranth
- Barley
- Brown rice
- Millet
- Quinoa
- Steel oats

Beans & Legumes (moderately)

Dried and cooked in water. Canned is acceptable as long as no salt or additives are added.

- Black beans
- Black-eyed peas
- Garbanzo beans
- Kidney beans
- Lentils
- Mung beans
- Pinto beans
- Split peas

Nuts & Seeds (sprouted are best)

Raw, sprouted or dry roasted with no salt added

- Almonds
- Cashews
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Liquids

- Water (spring, distilled, filtered)
- Vegetable juice (fresh juiced)

Foods to Avoid

On the Daniel Fast, you should not consume any of the foods or beverages listed below. Salt is a tough one. I plan to only use a little bit of sea salt when necessary.

• Iodized salt	• Sweeteners
• Meat	• Dairy products
• Breads, pasta, flour, crackers	• Cookies and baked goods (any desserts)
• Oils	• Juices
• Coffee	• Energy drinks
• Gum	• Mints
• Candy	• Beverages

To substitute eggs

Since most of my diet has been Vegan do to stomach issues I have found this very helpful.

How to replace egg: 1 tablespoon of ground flaxseed and 3 tablespoons of water to replace 1 egg.

Spiritual Benefits of Fasting

Spiritual benefits are a top reason for fasting and may include:

- Fasting brings you closer to God through prayer
- Fasting makes you more sensitive to God's voice – listen to him.
- Fasting helps break bad habits or even addictions by staying focused.
- Fasting shows us our weakness and allows us to rely on Jesus's strength through prayer and focus.

Mental & Emotional Benefits of Fasting

Fasting benefits are different from person to person, but the following have been known to occur:

- Fasting has been known to relieve anxiety and nervousness
- Fasting can give you peace
- Fasting clears your mind of negative thoughts and feelings
- Fasting can help heal relationships in your life that have been stressful.
- Fasting decreases brain fog and clearer thinking.
- Fasting helps increase your ability to trust our Lord Jesus Christ.
- Fasting clears out toxins that can make you feel sluggish or depressed and gain energy.

Physical Benefits of Fasting

Some benefits to the physical body have been known to include:

- Fasting helps break addiction to sugar
- Fasting supports the body's detoxification
- Fasting promotes healthy weight loss
- Fasting promoted healthy energy levels

- Fasting improves skin health
- Fasting promotes healthy digestion and elimination
- Fasting supports healthy inflammation response and promotes joint comfort

Fasting Benefits: Spiritual, Physical, Mental and Emotional

When you fast and pray — two words that go hand-in-hand in scripture — *you pursue God in your life* and open yourself up to experiencing a renewed dependence on God, but it isn't easy. Don't let your brain work overtime and focus on the spiritual discipline.

As a “young” Christian I have learned so much from reading the bible. This is my first religious fast and I plan to draw closer to God while focusing on my spirit, heart and mind. I read that when you feel hungry or experience a craving; Ask God to work through it with you in a prayer request.

Each morning I spend quiet time with God as I read the bible and pray. I find it starts off my day in a spiritual way of happiness. I love reading devotionals as it really explains scripture for me to understand better. My relationship with God has changed a lot over the past 2 years.

I have started to journal this year (2018) but plan on dedicating everyday during our fasting time (March 1st to Easter) to keep my journal with me at all times and write what I feel in my heart.

For me, after the Daniel Fast I hope to embrace the spiritual, physical and mental benefits. Most importantly a closer relationship with our lord Jesus Christ. I also have specific prayers I will pray for everyday.

Some things to think about!

As my first Daniel fast I will be focusing on prayer first then the food. This is what I am basically going to do.

- Start the fasting process a week in advance: Coffee every other day, more fruits and vegetables, meat twice only. Print out the list of foods I can eat. Anything Not on the list is off limits. Start my recipe list.
- I will try to go organic and local. I plan to keep it fresh yet frozen on hand.
- Plenty of protein such as almonds, quinoa, brown rice and lentils will be in my meal planning.
- To season my vegetables I will be using olive oil and lemons for dressing.
- Going out to dinner: Look at the menu on line in advance then plan out what to order. Most restaurants are willing to accommodate.
- I plan on omitting any bread. I normally only eat sprouted bread but this is a decision I am making.
- To stay full I plan on eating several small meals through the day and to keep food/fruits with me in my bag when out doing errands.
- LOTS OF WATER!

Daniel Fast Recipes

Here are some printable links that we have already started to enjoy!

[Eggplant and Tempeh Meatballs in a Creamy Sauce](#)

[Vegan Sloppy Joes with Zucchini Noodles](#)

[Lentil and Quinoa Cakes with Herb Dressing](#)

[Vegetable Loaded Zucchini Boats](#)

[Sautéed Vegetables Italian Style](#)

[Portobello Ragu](#)

[Roman Braised Eggplant](#)

[Ratatouille](#)

[Cauliflower and Vegetables \(side\)](#)

Easy Granola

Ingredients

- 1 cup raw almonds
- 1 cup all natural organic oats
- 1/2 cup sunflower seeds
- 1/2 cup pumpkin seeds
- 1/2 cup hemp seeds
- 1/2 cup coconut flakes, unsweetened
- 1 teaspoon cinnamon

Directions

1. Mix all together and spread out on a non-stick cookie sheet.
2. Bake 20 minutes in a 250-degree preheated oven.
3. Stir and continue to bake another 20 minutes, stirring periodically to prevent burning. The granola should be lightly browned.
4. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags.
5. Option: After the granola is cooled, add raisins, cranberries or other organic, dehydrated fruit.

Cranberry Almond Spiced Oatmeal

Ingredients

- 3/4 cup steel oats (for 2)
- 1/2 teaspoon ground cinnamon
- 1/4 cup dried cranberries
- 1/2 cup fresh blueberries
- 1/4 teaspoon ground ginger
- 1/4 cup sliced almonds

Directions

1. Follow package for steel oats.
2. Put your serving of cooked oats in 2 bowls.
3. Divide ingredients to create your breakfast bowl by topping with cinnamon, dried cranberries, fresh blueberries, ginger and sliced almonds.

Coconut Date Bars

Ingredients

- 1/3 cup almonds, raw
- 1/2 cup flaked coconut, unsweetened
- 8-10 pitted dates
- 1/4 cup cashews, raw
- 1 teaspoon coconut oil

Directions

1. Blend almonds and coconut in a food processor; add dates then pulse until combined.
2. Add cashews and coconut oil then continue to pulse until mixture is thick and forms a ball.
3. Transfer to a sheet of parchment paper; form into a square.
4. Refrigerate for 1 hour then cut into squares.

Almond butter balls covered in coconut

Ingredients

- 1 cup almond butter
- 1/4 cup flax meal or seeds
- 1/2 cup hemp granola
- 1/2 cup organic oats
- 5 dates, pit removed
- 1 cup shredded coconut, unsweetened

Directions

1. Add almond butter, flax, hemp granola, oats and dates to a food processor. Pulse until smooth
2. Use a melon scoop to form little balls.
3. Roll in coconut flakes
4. Refrigerate and enjoy anytime

DF Skillet Breakfast

Ingredients

- 3 tablespoons olive or coconut oil
- 2 sweet potatoes, diced
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 8 ounces bella mushrooms, chopped or sliced
- 2 cloves garlic, minced
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 3 cups baby spinach
- Handful fresh parsley, chopped
- 1 avocado, chopped or sliced.
- EVOO

Directions

1. In a large cast iron pan over medium heat add in oil.
2. Once hot add in the potatoes and let them cook for about 8 minutes. Until for tender.
3. Add in onion, pepper, mushrooms, garlic, salt and pepper. Cook for 3-5 minutes.
4. Add spinach and parsley in the pan and let cook for about 2-3 minutes.
5. Top with Avocado then drizzle the top with EVOO and serve!

Quinoa Breakfast Sausage Patties

Ingredients

- 1 cup cooked quinoa
- 1 cup broccoli, shredded
- 1/2 cup carrots, shredded
- 1 cup shredded mixture of broccoli and carrots
- 2 flax eggs (1 tablespoon flaxseeds to 3 tablespoons water makes 1 egg)
- 1/2 cup homemade almond meal
- 2 garlic cloves, minced
- 1 teaspoon onion powder
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- Olive oil or Coconut oil for frying

Directions

1. Cook quinoa by following the package directions. Put in a mixing bowl.
2. Add shredded broccoli and carrots, flax eggs, almond meal, garlic, onion powder, basil, parsley, salt and pepper. Combine well.
3. Add about a tablespoon of oil to a hot sauté pan. Use an ice cream scoop or tablespoon to measure the mixture (all patties will be the same) and add to the hot pan. Use the back of the spoon to press down to create a patty
4. Cook each side for 2-3 minutes or until crisp golden brown.
5. Line a plate with a paper towel to place cooked patties. Then place on a plate lined with a paper towel to catch any oil drippings.
6. Store in an airtight container, will last in the fridge for a week.

Minestrone Soup

Ingredients

- 1 tablespoon olive oil or coconut oil
- 1/2 cup onion, chopped
- 1 clove garlic, minced
- 1-2 carrots, chopped
- 1 cup cabbage, chopped
- 1-2 stalks celery, chopped
- 3 medium tomatoes (or one 14-ounce can of unsweetened, unsalted Italian tomatoes)
- 8 cups vegetable stock (low sodium, no salt or homemade is best)
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 can chickpeas (garbanzo), drained
- 1 can kidney beans, drained
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 teaspoon parsley
- 1 lemon, juiced

Directions

1. In a large saucepan add in oil. Once hot toss in onion, garlic, carrots, cabbage and celery. Let cook for 7 minutes over medium heat.
2. Add in tomatoes and vegetable stock. Bring to a simmer.
3. Season with salt and pepper.
4. Add in chick peas, kidney beans, oregano, basil and parsley
5. Bring to a simmer, then turn heat down and simmer 10 minutes.
6. Before serving add in a little lemon juice in your bowl and enjoy!

Black Bean Soup

Ingredients

- 1 pound of black beans, soaked overnight, rinsed and drained
- 8 cups vegetable stock
- 1 whole onion, peeled and cut in half
- 2-3 bay leaves
- 2 stalks celery, rough chopped
- 2 garlic cloves, peeled and chopped
- 1 carrot, chopped
- 2 tablespoons fresh cilantro
- 1 tablespoon dried parsley
- 2 tablespoons dried marjoram
- 1 teaspoon sea salt
- 1/2 teaspoon pepper

Directions

1. Place beans in a large saucepan with vegetable stock, onion and bay leaves.
2. Bring to a boil and cook 2-½ hours or until beans are tender.
3. Remove onion halves and bay leaves.
4. Add celery, garlic, carrot and fresh cilantro in a blender. Process until smooth. Add into the pan. Then season with parsley, marjoram, salt and pepper.
5. Bring to a boil then cover and reduce to simmer for 10 minutes.

Instant Pot Lentil, Sweet Potato and Kale Soup

Ingredients

- 3/4 cup lentils or a mix of (brown/green) lentils soaked in warm hot water for about 10 minutes
- 1 teaspoon olive oil or coconut oil
- 3 tablespoons onion, diced
- 3 cloves garlic, minced
- 1 teaspoon ginger, shredded
- 1/2 or 1 hot green Chile chopped
- 1/2 teaspoon turmeric
- 1/2 teaspoon gram masala
- 1/2 teaspoon ground cumin
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 (15 ounce) can organic petite diced tomatoes (with juice)
- 1 sweet potato, peeled and chopped
- 3 cups kale, stem removed and chopped
- 3 cups vegetable broth (low sodium)
- 1 lemon, juice

Directions

1. Set IP to sauté and let it heat up.
2. Add about 1 tablespoon oil.
3. Add onion, garlic, ginger, Chile
4. Cook for 2 to 3 minutes, stir frequently.
5. Add in turmeric, gram masala, cumin, salt and pepper. Add diced tomatoes and cook for 4 to 5 minutes.
6. Add sweet potato, kale and vegetable broth
7. Close the lid, to sealing, and cook on manual for 11 to 12 minutes (on high pressure). Let the pressure release naturally.
8. Check for more broth and taste for any additional seasoning.
9. Add in lemon juice, stir and enjoy

Stir Fry Vegetables

This is a big batch of stir-fry. Cook it all up and enjoy during the week.

Ingredients

- 1 teaspoon sea salt
- 1 teaspoon chili powder
- 1 teaspoon parsley
- 1/2 teaspoon ginger
- 1/2 cayenne powder
- 1/2 teaspoon pepper
- 2 cloves garlic, minced
- Olive oil or coconut oil
- 1 red or white onion, sliced
- 1 head broccoli, chopped into florets
- 1 red or orange bell pepper, sliced
- 3 carrots, peeled and sliced into sticks
- 1 head cauliflower, chopped into florets
- 2 medium zucchini, thinly sliced into sticks
- 1 cup quinoa or other grain (cook by following package)

Directions

1. Add salt, chili powder, parsley, ginger, cayenne, pepper and garlic to a small bowl and stir with a fork. Set aside
2. Heat a large pan over medium-high heat. Add in oil and let it get hot.
3. Add in vegetables and let cook until tender; about 7 minutes.
4. Sprinkle with seasoning mix while cooking
5. Serve as is or over quinoa or another grain.

Harira

This is a Moroccan soup that is normally served with lamb. Of course, we are omitting the meat to this soup.

Ingredients

- 2 tablespoons olive oil or coconut oil
- 1 onion, chopped (about 1 cup)
- 1 celery stalk, chopped
- 2 cups warm water
- Pinch of saffron threads
- 1/2 teaspoon salt
- 1/4 teaspoon peeled fresh ginger, minced
- 1/4 teaspoon ground red pepper
- 1/4 teaspoon ground cinnamon
- 2 garlic cloves, minced
- 2 cups organic mushroom broth
- 1 1/2 cups chopped and seeded plum tomatoes
- 1/2 cup dried small red lentils
- 2 (15-ounce) cans no-salt-added chickpeas, drained
- 1/2 cup fresh cilantro, chopped
- 1/4 cup fresh parsley, chopped

Directions

1. Heat oil in a large saucepan over medium heat.
2. Add onion and celery and sauté for 3-4 minutes or until tender.
3. In a bowl combine 2 cups warm water and saffron; let stand 2 minutes.
4. Add salt, ginger, red pepper, cinnamon and garlic.
5. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils and chickpeas.
6. Bring to boil; then reduce heat.
7. Simmer 20 minutes or until lentils are tender.
8. Add in cilantro and parsley.

Vegan Sloppy Joes over Zucchini Noodles

Ingredients

- 2 "flax" eggs
- 1 cup lentils, cooked
- 1 cup quinoa, cooked
- 1 cup broccoli, cooked and chopped
- 1 clove garlic minced
- 3/4 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 tablespoon herb dressing plus more for drizzle
- Coconut oil for frying

Directions

1. Make your egg mixture
2. Combine all of the ingredients (except for the oil) in a bowl and combine together.
3. Heat a large sauté pan over medium heat. Add in about 1 tablespoon of oil. Let the oil get nice and hot.
4. Add in a scoop of the mixture into the pan then press down using the back of the spoon to create your cake size.
5. Let cook on each side for 3-4 minutes; until brown. Then serve with more of the herb dressing. Perfect as a meal with any sides or salad.

Spaghetti Squash and Veggie Meatballs

Ingredients

- 1 tablespoon ground flax + 3 tablespoon water, combined (or use an egg) Prepare first then set in the refrigerator while you get all of the other ingredients together
- 1 medium to large spaghetti squash
- 1 (28 ounce) organic, no salt crushed tomatoes (Glen Muir)
- 4 cloves garlic, minced (divided)
- 12 (oz organic) veggie ground (mushroom based)
- 1 cup lentils, cooked and cooled
- 1 small onion, chopped
- 1/4 cup water (optional for consistency)
- 1 1/2 teaspoons sea salt, divided
- 1 1/2 teaspoons dried basil, divided
- 1 1/2 teaspoons dried parsley, divided
- 1 1/2 teaspoons oregano, divided
- 1 teaspoon black pepper, divided
- Fresh herbs for garnish

Directions

1. Preheat oven to 375 degrees F.
2. Place squash on a parchment paper covered large baking pan. Poke about 10 holes in the squash. Bake for 45 minutes.
3. Let cool then slice in half, remove top layer and seeds then use a fork to remove the strands that will be your spaghetti. Set aside.
4. Reduce oven to 350 degrees F.
5. Prepare your flax and water mixture and set aside or in the refrigerator to settle.
6. In a sauce pan over medium heat add the sauce, 2 cloves garlic then 3/4 teaspoon salt, 3/4 teaspoon basil, 3/4 teaspoon oregano and 1/2 teaspoon pepper. Cover and let simmer.
7. In a large mixing bowl add the remaining 2 cloves garlic, veggie ground, lentils, onion and the remaining seasoning. Add in flax egg mixture. Start to combine with a fork then continue with your hands. If the mixture seems a little dry then add in a little water.
8. Shape into 1-inch balls (using an ice cream scoop) and place about 2 inches apart on a parchment lined baking sheet pan.
9. Bake for 30 minutes.
10. To warm the spaghetti squash add to a sauté pan with a little oil then let warm. Add a ladle of sauce to the pan and any fresh herbs.
11. To serve add spaghetti squash to your plate then top with meatballs and cover with sauce! Enjoy

Eggplant and Tempeh Meatballs

I made these in the instant pot. Recipe on the stop top below.

Ingredients

- 1 medium eggplant
- Olive oil
- 1/4 cup yellow onion, diced
- 2 cloves garlic, minced
- 1 tablespoon flax meal and 3 tablespoons water
- 9 oz tempeh, original
- 1 handful of fresh parsley
- 1 cup Paleo Baking Flour (Bob's Mill)
- 2 teaspoons dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon sea salt
- 1/2 teaspoon pepper

Tomato Sauce

- 1-2 tablespoons olive oil
- 1 (28 ounce) can crushed tomatoes (organic, low sodium)
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 cup coconut milk

Directions

1. Peel eggplant and chop in large pieces.
2. Heat IP (Instapot) to manual mode. Add a little oil to the IP. Add in Eggplant, garlic and onions and set to high for 3 minutes keeping the vent sealed. Remove from IP and put in your blender. Blend until smooth.
3. Put mixture in a large mixing bowl.
4. Blend the flax seeds and the water in a blende or whisk. Set aside.
5. Add the tempeh to the food processor and pulse to break down., parsley, baking flour, oregano, basil, thyme, salt and pepper.
6. Add to the eggplant mixture then flax meal (egg) and combine together.
7. Create your meatballs using an ice cream scoop

8. Coat the bottom of the IP with olive oil. Set IP to sauté. Sauté meatballs in batches until all sides are brown.
9. Put all meatballs in the IP then add in crushed tomatoes, garlic, herbs and seasoning.
10. Set IP to manual and set timer for 10 minutes. Pour in coconut milk and set for another 2 minutes.
11. Remove the lid and remove then enjoy!

To prepare stove top.

1. Prepare meatballs as above. Preheat oven to 350 degrees. Line a baking sheet with parchment and bake for 20 minutes.
2. In a large pot or pan add a little oil. Add in tomatoes, garlic, herbs and seasoning. Cook over medium heat for about 12 minutes.
3. Put meatballs in the pan and let simmer for about 20 minutes.
4. Add in coconut milk and let simmer for another 8-10 minutes.
5. Garnish with fresh parsley

Quinoa Stuffed Avocado

Ingredients

- 2 cups quinoa (tri color looks amazing)
- 3 tablespoons red onion, diced
- 5 tablespoons seedless cucumber, diced
- 2 Roma tomatoes or a handful of cherry tomatoes, diced
- 2-3 tablespoons olives, diced
- 2-3 tablespoons cilantro, chopped
- 3 tablespoon extra-virgin olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 4 avocados, halved and pitted
- 1-2 limes

Directions

1. Prepare quinoa according to package directions. Fluff with a fork and transfer to a large bowl.
2. Add in red onion, cucumber, tomatoes, olives, cilantro, extra-virgin olive oil, salt and pepper.
3. Cut each avocado in half and gently scoop out of the shell, Chop up the avocado and add into the quinoa mixture keeping it intact.
4. Scoop the quinoa salad into the center of each avocado.
5. Squeeze lime juice over the top

Chopped Vegetable Salad

Ingredients

- 1 head Napa cabbage, shredded
- 1 red bell pepper, thinly sliced
- 1-2 carrots, shredded
- 1 cup frozen edamame, thawed
- 2 tablespoons cilantro, chopped
- 3 green onions, sliced
- 1/2 cup extra-virgin olive oil
- 1 lemon, juiced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried ginger
- Toasted sliced almonds

Directions

1. Add shredded cabbage, pepper, carrots, edamame, cilantro and green onions in a large bowl or serving dish.
2. In a small bowl add in olive oil, lemon juice, garlic powder and ginger then whisk. (or add to a jar then cover and shake)
3. Pour dressing over salad then top with sliced almonds.

Eggplant Caponata Recipe

For Daniel fast we have omitted the red wine vinegar and sugar. This recipe will be perfect to serve with roasted zucchini and summer squash or over zucchini noodles or spaghetti squash.

Ingredients

- 1 medium eggplant, chopped
- 1/2 yellow onion, chopped
- 1/2 cup red bell pepper, chopped
- 1-3 garlic cloves, chopped
- 1/2 cup green olives, sliced
- 1 tablespoons capers, drained
- 1 tablespoon olive oil
- 1 tablespoon red wine vinegar
- 1/4 cup fresh parsley, chopped
- 1/4 cup fresh basil, chopped
- 1 lemon, juiced
- 1 teaspoon sea salt
- 1/2 teaspoon pepper

Directions

1. Heat olive oil in a large skillet over medium heat
2. Sauté onion, bell pepper, garlic and eggplant until tender, about 10-15 minutes
3. Add olives, capers, then simmer an additional 10-15 minutes
4. Remove from heat and stir in parsley, basil, lemon juice, and salt and pepper to taste
5. Serve warm, room temperature, or cold.

Vegetable Quinoa Salad

Ingredients

- 2 cups quinoa
- Fresh spinach or kale
- 1 red onions, chopped
- 1 bell peppers, chopped
- 1 zucchini, chopped
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 2 tablespoons minced fresh ginger
- 3 cloves garlic, minced
- 2-3 tablespoons chopped fresh cilantro
- 3-4 tablespoons extra-virgin olive oil, divided
- 1 lemon, juiced

Directions

1. Cook quinoa by following package directions.
2. Add spinach or kale to the bottom of the bowl that you will be using to combine the ingredients.
3. When the quinoa is done and after to fluff with a fork add to the bowl. The heat of the quinoa will start to wilt the greens.
4. Heat olive oil in a sauté pan over medium heat; Add in a little oil then add in red onions, peppers, zucchini salt and pepper. Let cook for about 5 minutes then add in fresh ginger and garlic and let cook for another 30 seconds.
5. Add all of the vegetables to the quinoa bowl and stir to combine all of the ingredients.
6. Add in fresh cilantro and start with 2 tablespoons of extra-virgin olive oil and lemon juice. Stir again then taste for any additional seasonings or olive oil.

Roasted Cauliflower Salad

Ingredients

- 1 head cauliflower, cut into florets
 - 2 tbsp. extra virgin olive oil
 - Salt and Pepper
 - 1 lemons, juiced
 - 1/4 cup extra virgin olive oil
 - 1 bunch kale, ribs removed, chopped
 - 1/4 small red onion, very thinly sliced
 - 1/4 cup sliced almonds
 - 1/4 cup your favorite nuts
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Directions

1. Preheat oven to 425 degrees F.
2. Prepare a large baking sheet with parchment paper.
3. Toss cauliflower florets with olive oil and lightly season with salt and pepper.
4. Roast for 22-25 minutes, or until stems are tender.
5. In large mixing bowl, whisk lemon juice, olive oil and 1/2 teaspoon salt and a pinch of pepper. Toss kale with dressing. Let stand at least 5 minutes.
6. Add cooked cauliflower, onion, almonds and other nuts then toss and enjoy.

Zucchini Noodle Pesto Salad

Ingredients

- 3-4 zucchini, spiralized
- 1 medium yellow squash, chopped
- 1 medium zucchini, chopped
- 1 red bell pepper, seeded and chopped or sliced
- 1 cup corn, frozen
- 3-4 green onions, trimmed
- 1 pt. grape tomatoes, halved
- Olive oil
- 1 lemon, zest and juiced
- 1/2 cup fresh Pesto (recipe below)
- 1 handful fresh parsley, chopped

Directions

1. Let zucchini rest in a colander for 30 minutes; salted.
2. Heat a large sauté pan over medium heat. Add in oil (about 1 tablespoon) and add in zucchini. Cook for 2 minutes then remove from heat and add in a bowl.
3. In the same pan add in a little more oil. Add in yellow squash, zucchini and bell pepper. Cook for about 5 minutes then add in corn. Let cook for another minutes. Add in bowl with zucchini, Add in green onions.
4. Add in lemon juice, fresh pesto and parsley then toss together.
5. Top with lemon zest.

Pesto

Ingredients

- 2 cups packed fresh basil leaves
- 2 cloves garlic
- 1/4 cup walnuts, raw
- 3/4 teaspoons sea salt
- 1/4 teaspoon pepper
- About 2/3 cup extra-virgin olive oil, slowly

Directions

1. Add all ingredients in your food processor and put on low until you have a pesto texture. Drizzle EVOO in slowly

Ginger Vegetable Stir Fry

Ingredients

- 1 1/2 cloves garlic, crushed
- 2 teaspoons chopped fresh ginger root, divided
- 4 tablespoons olive oil, divided
- 1 small head broccoli, cut into florets
- 1/2 cup snow peas
- 3/4 cup julienned carrots
- 1 small onion, sliced
- 1/2 cup green beans
- 2 or more tablespoons water
- 1 teaspoon salt

Directions

1. In a large bowl add garlic, 1 teaspoon ginger, and 2 tablespoons oil together.
2. Add broccoli, snow peas, carrots, onions and green beans, tossing to lightly coat in marinade.
3. Heat remaining 2 tablespoons oil in a large sauté pan or wok over medium heat. Cook vegetables for 2 minutes, stirring constantly to cook evenly. Pour in water then add remaining ginger root and salt.
4. Cook until vegetables are tender but still crisp.

Vegan Cabbage Rolls with Tomato Sauce

Ingredients

- 3 tablespoons olive oil
- 1 yellow onion, chopped
- 1 can of brown lentils, drained and washed well
- 1 cup cauliflower rice
- 8 full cabbage leaves or 14 -16 half leaves
- 1 can of organic crushed tomatoes
- 1 tablespoon tomato paste
- 1 teaspoon sea salt plus more
- 1/2 teaspoon pepper

Directions

1. In a medium saucepan, heat half the oil and add half of the chopped onion. Sauté the onion until it begins softening and turning translucent.
2. Add in the brown lentils and cook for one minute then toss in cauliflower rice. Cook for another minute.
3. Set this mixture aside.
4. In a large saucepan, bring salted water to the boil and boil the cabbage leaves for 1-2 minutes each. Remove from water and set aside.
5. In the same large saucepan (without the water), add the remainder of the oil and onion and sauté for 2 minutes.
6. Add in the canned tomatoes and tomato paste cooking for 5 minutes on a low simmer.
7. Add in 1/2 cup of water and season to taste.
8. While the sauce is cooking, lay out the cabbage leaves overlapping smaller leaves to form one larger leaf if necessary. Place a portion the mixture in the center of each. Fold bottom half of cabbage over filling, then fold in sides and roll up tightly. Transfer cabbage rolls, seam side down on a plate.
9. Once you have finished rolling the cabbage rolls and the sauce has been cooking for 10 minutes, place all the cabbage rolls in the sauce and cook for another 10 minutes.
10. Serve warm on its own, with mashed potato or bread.

Mexican Quinoa

Ingredients

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

Directions

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

Portobello Fajitas

Ingredients

- 2 medium Portobello mushrooms (about 1/2 pound)
- 1 large red bell pepper
- 1/2 large yellow, sliced
- 1/4 cup olive oil, divided
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1/2 teaspoon dried oregano
- 1/4 teaspoon smoked paprika
- 1/4 teaspoon garlic powder
- 1/2 teaspoon kosher salt
- 1 medium ripe avocado, sliced
- 1 fresh lime, cut into wedges

Directions

1. Twist the stem off of the mushrooms and wipe caps with a damp paper towel to clean. Use the tip of a spoon to clean out the gills.
2. Cut caps into 1/2-inch thick slices. Place in a medium bowl and drizzle with 2 tablespoons olive oil. Sprinkle with cumin, chili powder, oregano, smoked paprika, garlic powder, and salt. Toss gently with your hands to evenly coat the mushroom pieces.
3. Using a large sauté pan over medium heat. When hot, add 1 tablespoon olive oil. Add Portobello mushrooms. Cook for 3-4 minutes, turning occasionally with tongs, until tender. Transfer to a plate.
4. Add another tablespoon olive oil to hot pan. Add onions and peppers and a little salt salt. Cook, tossing occasionally, until tender about 7 minutes.
5. To serve, place a couple of Portobello slices along with a few pieces of onions and peppers then top with avocado and a squeeze of lime.
6. Serve with any grains on the side.

Hummus Collard Wraps

Ingredients

- 2 collard leaves
- 1/2 cup basil pesto hummus
- 1 small cucumber, peeled and sliced into short thin strips
- 1 carrot, peeled and sliced into short thin strips
- 1 small zucchini, sliced into thin rounds
- Small red cabbage, thinly sliced
- 1 avocado
- Micro greens, sprouts or baby greens

Directions

1. Wash and pat dry collard leaves and then use a paring knife to cut down the stems. This will make them much easier to fold. And the stems don't really taste that good!
2. Place collard leaves on a flat surface, spread 3 tablespoons of hummus near the top/middle of each leaf, fill each leaf with the veggies, dividing each amount between the two wraps.
3. Wrap the leaves like a burrito. Cut each wrap in half and enjoy.

Zucchini Noodles with Kale Pesto

For the kale pesto:

- 3 cups chopped kale leaves
- 1 cup packed fresh basil leaves
- 1 lemon, juiced
- 1 teaspoon sea salt
- 1/3 cup extra-virgin olive oil
- 1/4 cup walnuts
- 4 cloves garlic, roughly chopped

For the zucchini noodles:

- 4 medium zucchini
- 2 tablespoons olive oil
- 1/3 cup kale pesto (above), plus more for serving
- 2 cups cherry tomatoes, halved
- Salt and pepper

Directions

For the pesto:

1. Place the kale leaves, basil, lemon juice and salt in a food processor fitted with the blade attachment. Process until the kale mixture is thoroughly chopped and almost paste-like. While the food processor is still running, drizzle in the olive oil very slowly. When all of the oil is incorporated, turn off the food processor. Add the walnuts and garlic and pulse until the mixture is combined but still very grainy. Store the rest in an airtight container in the fridge for up to 5 days or freeze it for up to 3 months.

For the zucchini noodles:

1. Using a spiralizer to prepare you zucchini into spaghetti-shaped noodles. If you don't have a spiralizer, you can still make this recipe! Just use a vegetable peeler to peel the zucchini into thin ribbons.
2. Heat the olive oil in a large skillet over medium heat. Add the pesto and cook, stirring occasionally; about 30 seconds.
3. Add tomatoes and zucchini noodles and cook, stirring, until the noodles are coated with the pesto and slightly softened, about a minute.
4. Serve to enjoy!

Chickpea Broccoli Bowl

Ingredients

For the bowls:

- 1-15oz can chickpeas, drained and rinsed
- 2 heads broccoli, chopped into florets
- 3 medium carrots, chopped
- 1 tablespoon extra virgin olive oil
- 3/4 teaspoon sea salt
- 1/4 teaspoon pepper
- 2 cups cooked brown rice or quinoa

For the sauce:

- 1/4 cup almond butter (freshly made)
- 1 lemon, juiced
- 1 teaspoon whole golden flaxseed
- 1 tablespoon garlic, minced
- 1 tablespoon ginger, minced
- 2 tablespoons water

Directions

1. Preheat oven to 400F. Line a baking sheet with parchment paper. Place chickpeas, broccoli, and carrots then season with salt and pepper.
2. Roast for 20-25 minutes, stirring halfway through.
3. Meanwhile, cook your grains.
4. For the sauce combine all of the ingredients in a bowl and whisk together until smooth.
5. Assemble bowls by placing grains at the bottom topped with veggie mixture then drizzle your sauce.

Mediterranean Kale, Cannellini and Farro Soup

Ingredients

- 2 tablespoons olive oil
- 2 carrots, diced
- 1 small yellow onion, chopped
- 2 celery stalks, chopped
- 4 cloves garlic , minced
- 5 cups low-sodium vegetable broth
- 1 (14.5 oz) can diced tomatoes
- 1 cup farro , rinsed
- 1 teaspoon dried oregano
- 1 teaspoon sea salt
- 1/2 cup slightly packed parsley, chopped
- 4 cups slightly packed chopped kale , thick ribs removed
- 1 (15 oz) can cannellini beans, drained and rinsed
- 1 lemon, juiced

Directions

1. Heat oil in a large sauce pot over medium-high heat. Add carrots, onion and celery and sauté for about 3 minutes. Add garlic and sauté 30 seconds. Stir in vegetable broth, tomatoes, farro, oregano, bay leaf and season with salt. Cover and cook 20 minutes
2. Add in parsley, kale and cannellini beans. Let cook for another 10 minutes.
3. Stir in lemon juice and add additional vegetable broth or water to thin

DF Vegan Sloppy Joes over Zucchini Noodles

Ingredients

- 2 cups vegetable broth or water
- 1 cup green lentils, rinsed
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 bell pepper, minced
- 1 carrot, minced
- 1 teaspoon sea salt
- 1/2 teaspoon black pepper
- 1 (15-ounce) can organic no salt tomato sauce
- 2 teaspoons chili powder
- 1 teaspoon cumin,
- 1/2 teaspoon smoked paprika
- 3-4 zucchini, spiralized

Directions

1. Heat a large sauté pan over medium heat. Add oil once hot. Toss in onion, garlic, and bell pepper. Season with salt and pepper.
2. Sauté for about 4-5 minutes, stirring often.
3. Add in lentils and cook for 30 seconds.
4. Add vegetable broth or water in a pan with lentils over medium-high heat.
5. Bring to a low boil, then reduce heat to a simmer and cook uncovered for about 15-18 minutes, or until tender.
6. Add tomato sauce, chili powder, cumin, and paprika. Stir to combine.
7. Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally - about 5-10 minutes.
8. Taste and for any additional seasoning.
9. Take spiralized zucchini and let sit in a colander for 30 minutes seasoned with salt. Then lay on a paper towel. Drain all of the liquids.
10. In a large sauté pan over medium-high heat add in about 3 tablespoons of oil.
11. Add zucchini to the pan and cook for about 3 minutes. Remove immediately and top with sloppy joes!