

Daniel Fast Menu Planning

Here are just a few simple menus. They are all ideas for menus that you can use during your Fast:

Breakfast

Sliced fruit

Hot whole-grain cereal with raisins and nuts

Juice on the cereal

Lunch

Hearty Layered Salad and Greek Vegetable Stew

Dinner

Vegetarian Chili and a Green Salad with dressing

Lentil Soup and a Green Salad with dressing

Snacks

Sliced vegetables with hummus

Sliced vegetables with white bean dip

Raw almonds or other nuts

Sliced fruit and nuts

Daniel Fast Breakfast Ideas

1. Muesli with unsweetened soy milk
2. Rice cakes (made with brown rice) with peanut butter and raisins
3. Fruit smoothies with unsweetened soy milk
4. Sautéed apples in coconut oil with brown rice
5. Oatmeal with dried fruit and unsweetened soy milk
6. Homemade tortillas with stir-fried veggies

Easy High-protein Breakfast Stir-fry for the Daniel Fast

Sometimes it can be hard coming up with good breakfasts on the Daniel Fast, especially if you are used to eggs. I made what I thought was a delicious breakfast and it was quick.

1 tablespoon olive oil

1 medium onion, sliced

1/2 green pepper, chopped

1 cup firm tofu, diced in bite-sized pieces

garlic salt to taste

Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft.

Makes two servings.

This was so tasty. The tofu is about the same consistency as egg whites and it soaks up the flavors of whatever it's being cooked with. Very easy, tastes great, and lot of protein.

Daniel Fast Breakfast – Muesli

Originally developed in the late 1800's by Swiss nutritionists, muesli is a delightful cereal made of whole grains, dried fruits, nuts and seeds. It's easy to make (1/2 cup muesli with 1/2 cup water, bring to a boil and then simmer for 2-5 minutes).

I use Bob's Red Mill Old Country Style Muesli which is an Oregon company, so I am not sure if it available all over the country (I live in Washington State). But there are other companies that make muesli if you can't find Bob's.

Muesli is also great as a cold cereal with soy milk or applesauce. I like mine cooked and plain, sometimes with a little soy milk.

Zoom for Breakfast on the Daniel Fast

Zoom, zoom, zoom! It's a great hot cereal that's been around for decades! Made by Krusteaz (the pancake folks), the cereal is 100% whole wheat. It's the only ingredient and cooks in less than 2 minutes after the water boils!

I actually like this very inexpensive cereal. The box I just opened cost me \$1.68 and contains 14 servings! That's a pretty good deal in my book. After the cereal is cooked, I just scoop it into a bowl; add some raisins and sometimes a little soy milk. That's it!

You could also sweeten the Zoom with chopped up sweet apple or apple juice, apple sauce or some other fruit. You might also want to add some cinnamon.

Brown Rice and Apple Breakfast

1 cup cooked brown rice
fresh apple (cut up into bite size pieces – to taste)
raisins (to taste)
1/4 teaspoon salt
1/2 teaspoon cinnamon
1 teaspoon 100% pure edible coconut oil

Mix all the ingredients together in a microwave-safe bowl (except the oil), heat for 2 minutes. Add oil, stir and Eat! It is delicious!

You could probably add soy milk to this, but I don't like soy milk so I didn't and it was just as tasty (and filling!

MAIN MEAL

White Beans and Sautéed Vegetables

This is a very fast and flavorful dish. Add a salad and some sliced fruit and you have a very nice Daniel Fast meal!

2 cans white beans, drained

2 tablespoons olive oil

½ cup yellow onion, chopped

2 cloves garlic, minced

½ cup celery, finely diced

½ cup carrot, finely diced

¼ cup virgin olive oil (to drizzle after beans are dished up)

Salt and pepper to taste

Directions:

1. Drain the white beans and set aside
2. Heat olive oil and then add all the prepared vegetables to the pan and sauté for until just done.
3. Add beans and heat thoroughly
4. Dish up on serving plates, drizzle with extra virgin olive oil. Salt and pepper to taste.

Yield: 4 servings

Tip: It is best to cook with regular old pure olive oil – save the more costly extra virgin oil for salads, drizzling, and dipping. When cooked, extra virgin oil actually turns bitter and the great flavors are cooked away! So use the less expensive pure olive oil for sautéing and frying.

Asian Tofu Stew

This is an Asian inspired stew to serve over brown rice. The tofu is an excellent source of protein and a great addition to the Daniel Fast.

1/2 cup 100% peanut butter

- 2 cups vegetable broth
- 2 tablespoons canola oil
- 1 cup chopped onion
- 3-4 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped carrots
- 2 pounds firm tofu, cut into 1 1/2-inch cubes
- 2 tablespoons soy sauce
- 1 teaspoon Five Spices
- 1 cup diced tomatoes
- 1/2 teaspoon ground ginger
- 1 tablespoon lemon juice

6-8 cups cooked brown rice

1. WHISK together the peanut butter and vegetable broth in a medium bowl until well blended.
2. SEASON the tofu with soy sauce and Five Spices. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Sauté until the onions are translucent.
3. Add the tofu and continue to cook, stirring often, until browned on all sides.
4. Add the peanut butter mixture, tomatoes with liquid, thyme and bay leaf. Stir well. Bring to a boil.
5. Reduce heat to low and simmer, stirring occasionally for about 20 or until the vegetables are tender.
6. SEASON to taste with salt and pepper. Serve hot over cooked rice.

Yield: 6-8 Servings

Smokey Stuffed Peppers

This is a great main dish for the Daniel Fast. It uses tofu for the protein source.

2 Tbs olive oil

2 stalks celery, minced (1/2 cup)

1 medium onion, minced

2 Tbs poultry seasoning

1 clove garlic, minced (1 tsp.)

1 canned chipotle pepper in adobo sauce, drained and minced

2 cups cooked brown rice or wild rice medley

1/2 cup yellow raisins

1/2 cup vegetable broth

1 tsp liquid smoke flavoring

5 oz tofu, mashed

3 red bell peppers, laved lengthwise

Preheat oven to 400 degrees

1. Heat oil in pan over medium heat. Add celery, onion, poultry seasoning, and garlic. Sauté until soft (about 7 minutes).
2. Stir in chipotle pepper and sauté 2 more minutes.
3. Add rice, raisins and broth; cook for about 5 minutes. This should be the consistency of stuffing.
4. Meanwhile, mash tofu and then mix with enough liquid smoke flavoring to your taste (a little goes a long way). Divide the tofu among the pepper halves then top with rice mixture.
5. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers.
6. Bake for 30 minutes or until peppers are soft and the stuffing is hot.

Yield: 6 servings

Vegetarian Chili

This is a very easy to prepare and hearty meal. I make this even when I'm not on the Daniel Fast! 2 medium-sized green peppers, chopped

1 medium-sized yellow onion, chopped

1 zucchini, sliced

1 yellow squash, sliced

2 tablespoons salad oil

2 tablespoons chili powder

$\frac{3}{4}$ teaspoon salt

$\frac{1}{4}$ teaspoon ground red peppers

2 cups corn kernels (fresh or frozen)

2 16 oz. cans tomatoes (juice and all)

2 16 oz. cans pinto beans (juice and all)

2 16 oz. cans black beans (juice and all)

1 4 oz. can mild green chilies

1 4 oz. can of tomato paste

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

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

Potato, Tofu and Green Onion Scramble

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. You will need a blender or food processor; plus a baking dish. 1/4 cup olive oil 1 onion, finely chopped

4-5 green onions, chopped with the green and white parts separated

4 cloves garlic, minced

2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)

2 tsp. salt, divided

1/2 tsp. pepper, divided

2 lb. firm tofu

2-3 Tbsp. soy sauce, to taste

Preheat the oven to 350°F.

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

Yield: 4 Servings

SALADS

Barley and Black Bean Salad

December 11, 2007 at 9:00 pm (Foods and Menus, Salads & Dressings)

Tags: barley and bean, Daniel fast foods, Daniel fast recipe, Daniel fast salads, meatless protein

This is a very easy and quick recipe. Beans and barley make a complete protein, so this is an excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

1 cup barley, cooked according to package directions

1 (15 ounce) can black beans, rinsed

1/2 cup corn (thawed if frozen)

1/3 cup chopped fresh cilantro

2 tablespoons lime juice

1 tablespoon extra-virgin olive oil

Pinch of cayenne pepper

Salt and freshly ground black pepper to taste

Combine cooked barley, beans, corn, cilantro, lime juice, oil, cayenne pepper, salt and pepper in a medium bowl. Serve on bed of chopped or torn lettuce.

Yield: 4 servings

Southwestern Corn and Black Bean Salad

December 11, 2007 at 9:13 pm (Foods and Menus, Salads & Dressings)

Tags: corn and bean, Daniel fast foods, Daniel fast recipe, Daniel fast salads, meatless protein

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

1 1/2 cups corn kernels (fresh or frozen)

1/3 cup pine nuts

1/4 cup lime juice

2 tablespoons extra-virgin olive oil

1/4 cup chopped fresh cilantro

2 (14.5 ounce) cans black beans, rinsed

2 cups shredded red cabbage

1 large tomato, diced

1/2 cup minced red onion

Freshly ground pepper and salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.

Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.

Yield: 4 servings

SNACKS

Whole Wheat Tortillas for the Daniel Fast

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

Ingredients:

2 cups whole wheat flour

½ teaspoon salt

2 tablespoons olive oil

½ cup warm water

Preparation:

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

Yield: Makes 12 tortillas

Spicy Green Beans for the Daniel Fast

You will find that if you make your recipes more flavorful the servings will be more filling! This is not only a great strategy for the Daniel Fast, but also for anytime as it helps with portion control (a big issue in Super Size It America). I like this recipe for that very reason. A simple green bean and lots of flavor! Yumm!

2 tablespoons vegetable oil

1 pound green beans, trimmed

1/4 teaspoon salt

3 cloves garlic, minced

1/4 – 1/2 teaspoon red pepper flakes

Heat oil in frying pan or wok over medium high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Daniel Fast Blog Friend Kimberly adds: *“I make this recipe all year and my ten year old eats them as fast as I can make them. I have found though, that the secret ingredient that can make all the difference, is sesame oil! Just a couple of shakes about a minute before they come out of the pan. It’s wonderful!”*

Serve as side dish.

Peanut Sauce and Vegetables

This peanut sauce is so delicious that you will want to keep it as part of your non-fasting meals! You can serve the vegetables hot or room temperature. The dish can be served as a side dish, with stir fried vegetables and rice for a main course, or for a snack.

First, steam whatever vegetables you want to serve including broccoli, green beans, carrots, cauliflower or potatoes.

1 cup smooth peanut butter

1 cup hot water

1/4 cup cilantro, finely chopped

2 tablespoons soy or tamari sauce

2 teaspoons cider vinegar

2 cloves garlic, minced

pinch cayenne pepper

Salt for taste

Whisk peanut butter and hot water in bowl. Stir in remaining ingredients. Season with salt. Serve in bowl for dipping or use as sauce with vegetables and rice.

This recipe is actually better with a little sweetener like sugar or honey. Obviously, most of us don’t use either of these foods on the Daniel Fast. However, if you are one who uses honey

during the fast, add about 2-3 tablespoons of honey when you whisk the peanut butter with the water.

Polenta “Biscuits” for the Daniel Fast

One of the foods that are often missed on the Daniel Fast is bread and crackers. This recipe for polenta “biscuits” is a nice addition to soups, stews or casseroles. Plus the tofu is rich in protein.

1/2 cup dry polenta

1 teaspoon Italian seasoning

Salt and pepper

2 12 ounce packages extra-firm tofu, drained.

1 tablespoon olive oil

Preheat oven to 400 degrees.

Combine polenta, Italian seasoning, salt and pepper on a plate. Slice the tofu into 2" x 2" squares (approximate). Brush tofu pieces with olive oil and dredge in polenta mixture. Transfer to baking pan lined with parchment paper or sprayed with 100 percent olive oil spray. Bake 30 minutes or until browned. Serve by laying polenta biscuits on top of stew or with soup or casserole.

TIDBITS

Quick Tomato Sauce

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable casseroles, over 100% whole wheat pasta, or over brown rice.

Ingredients:

2 tablespoons olive oil

1 medium yellow onion (chopped)

2 cans diced tomatoes (14.5 oz) – consider the tomatoes with herbs or roasted

1/2 teaspoon cinnamon

Salt and pepper to taste

1/4 cup cilantro, finely chopped

Sauté onions in heated oil over medium heat, cooking until soft. Add tomatoes (including juice), cinnamon, and salt and pepper. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

SOUPS/STEWES

Greek Vegetable Stew

Recipes from: A Taste of Tradition, the Friends of St. Mary's Russian Orthodox Church, Coaldale, PA

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

Lightly brown onions in a hot dry skillet in 2 Tablespoons oil. Add oregano & garlic. Cook 1 minute. Add 4 cups water and tomatoes. Cook 10 minutes. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally. Serve with a lemon slice in each bowl.

Eight servings.

Lentil Soup

2 tablespoons olive oil, plus extra for drizzling

1 medium onion, chopped

2 carrots, peeled and chopped

2 celery stalks, chopped

2 garlic cloves, chopped

Salt and freshly ground black pepper

1 (14 1/2-ounce) can diced tomatoes

1 pound lentils (approximately 1 1/4 cups)

2/3 cup pearl barley

11 cups vegetable broth (can substitute water)

4 to 6 fresh thyme sprigs

1. Heat the oil in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic, salt, and pepper and sauté until all the vegetables are tender, about 5 to 8 minutes.
2. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally, about 8 minutes.
3. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat.
4. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes. Season with salt and pepper, to taste.

Ladle the soup into bowls, drizzle with olive oil and serve.

Six Servings

Vegetable Stock

*A good vegetable stock is useful in the Daniel Fast. Vegetable stock is an excellent substitute for chicken or beef stock. ** See notes for variations on this recipe.*

Makes 4 cups of vegetable stock

Simmering the stock for a full hour will release the flavors of the vegetables in your stock. Because of the long simmering time, it is in the stock's best interest that the vegetables be chopped into large chunks rather than a small dice.

2 large onions cut into large chunks

2 medium carrots, scrubbed but not peeled, cut into large chunks

3 stalks of celery remove and discard all leaves, cut into large chunks

1 whole bulb of garlic, peel each clove, but do not chop

10 peppercorns

1 bay leaf

Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water.

Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock.

Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks.

** Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

Fast Food for the Daniel Fast!

Okay, there are going to be times on the Daniel Fast when you need a quick meal. Here is one of my favorites! In fact, when you prepare for the Daniel Fast, you'll want to stock up on a few of these items so you have the on hand.

1 can organic tomato soup (check the label for ingredients)

1 can white beans

1 cup mixed vegetables (frozen)

Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like)

Okay, here the rough part: add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve!

That's it! It is so easy. The beans make it filling, the vegetables add twist, and the organic soup is a perfect base and has a sweet flavor.

Serves 2-4 depending on size of serving!

Daniel Fast Harira

The spices in this recipe give this chickpea and lentil soup its rich flavor even though it has no lamb as in the traditional dish. Harira is a great recipe for the Daniel Fast as it has nearly 15 grams of protein per serving.

2 Tbs canola oil

1 cup chopped onion
1/2 cup chopped celery
2 cups warm water
Pinch of saffron threads
1/2 tsp salt, divided
1/4 tsp peeled fresh ginger, minced
1/4 tsp ground red pepper
1/4 tsp ground cinnamon
2 garlic clove, minced
2 cups organic mushroom broth
1 1/2 cups chopped and seeded plum tomatoes
1/2 cup dried small red lentils
2 15 oz. cans no-salt-added chickpeas, drained
3 Tbs chopped fresh cilantro
3 Tbs chopped fresh parsley

1. Heat oil in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender
2. Combine 2 cups warm water and saffron, let stand 2 minutes.
3. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute.
4. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender.
5. Stir in cilantro, parsley, and remaining 1/4 tsp salt.

Yield: 4 servings

Asian Tofu Stew

This is an Asian inspired stew to serve over brown rice. The tofu is an excellent source of protein and a great addition to the Daniel Fast.

1/2 cup 100% peanut butter

- 2 cups vegetable broth
- 2 tablespoons canola oil
- 1 cup chopped onion
- 3-4 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped carrots
- 2 pounds firm tofu, cut into 1 1/2-inch cubes
- 2 tablespoons soy sauce
- 1 teaspoon Five Spices
- 1 cup diced tomatoes
- 1/2 teaspoon ground ginger
- 1 tablespoon lemon juice

6-8 cups cooked brown rice

1. WHISK together the peanut butter and vegetable broth in a medium bowl until well blended.
2. SEASON the tofu with soy sauce and Five Spices. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Sauté until the onions are translucent.
3. Add the tofu and continue to cook, stirring often, until browned on all sides.
4. Add the peanut butter mixture, tomatoes with liquid, thyme and bay leaf. Stir well. Bring to a boil.
5. Reduce heat to low and simmer, stirring occasionally for about 20 or until the vegetables are tender.
6. SEASON to taste with salt and pepper. Serve hot over cooked rice.

Yield: 6-8 Servings

Ingredients

- 1/2 cup (about 3 ounces) toasted slivered almonds
- 24 individually wrapped caramel candies (about 6 ounces)
- 1 cup (about 6 ounces) bittersweet chocolate chips
- 4 to 6 tablespoons cream, room temperature, divided
- 1 cup (about 6 ounces) white chocolate chips
- Special equipment: 2 mini muffin tins

Directions

Preheat the oven to 350 degrees F.

Lightly grease the mini-muffin tins with vegetable oil spray. Place 1 teaspoon of slivered nuts in each of the muffin cups. Unwrap the caramel candies, cut each candy into quarters and place 4 quarters (1 candy) in each of the muffin cups on top of the nuts in a single layer. Bake in the oven until the caramel is just melted and beginning to spread, about 8 minutes. Be careful not to over melt the caramel or it will bubble, burn, and become too hard. Place the mini muffin tins in the refrigerator for 5 minutes to cool. Remove the nut clusters from the tins and set aside.

Meanwhile, melt the bittersweet chocolate in a double boiler over low heat. Wisk 2 to 3 tablespoons of cream into the chocolate to slightly thin the chocolate for coating the clusters. Dip half of the nut clusters in the bittersweet chocolate and place on a parchment paper-lined baking sheet. Return the clusters to the refrigerator to harden, about 30 minutes.

Melt the white chocolate in a double boiler over low heat. Wisk 2 to 3 tablespoons of cream into the chocolate to slightly thin the chocolate for coating the clusters. Dip remaining half of the nut clusters in the white chocolate and place on the parchment paper-lined baking sheet with the other chocolate-covered clusters. Return the clusters to the refrigerator to harden, about 30 minutes.