



## **21 Day Prayer and Fasting**

January 7-27, 2018

***Declare a holy fast, call a special meeting...  
Get them into God's Sanctuary for serious prayer to God.  
Joel 1:14***

In 2018, I am asking and believing for God to make this the greatest year that we have ever experienced in our personal lives and in the life of Cross Mountain Church. Specifically, I'm declaring that this will be a year where we see...

- Hundreds of people who are far from God experience Him in a personal, powerful and life-changing way
- People set free
- Old addictions and habits broken
- Marriages restored and given new life
- Relationships healed
- Broken hearts mended from hurts, wounds and devastating experiences
- People finding and living in their God-given purpose
- And much more...

Can you imagine what our homes, community and church will be like as these things become reality?

The starting point and answer for them all is JESUS! So I want to invite you to join Kelli and I on a 21 Day Prayer and Fasting focus where we disconnect from the world and press in and connect with God, asking Him to move in supernatural ways.

Each week we will come together for two Church Wide Prayer Times:

- Wednesday Nights 7 -8pm
- Saturday Mornings 9am-10am.

I am convinced that as we dedicate the first part of this year to God, we are going to see Him bless, anoint and multiply the rest. So let's do it... let's pursue God with our whole heart over the next 3 weeks - and look with anticipation to what He has in store for us individually and collectively in 2018.

**THE BEST IS YET TO COME!**

Pastor Randy

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PRAY  
FIRST

## **UNDERSTANDING FASTING**

# UNDERSTANDING FASTING

**21 Days of Prayer and Fasting  
January 7-27, 2018**

## **Christian Fasting - What is it?**

Biblically, fasting is abstaining from food, drink, sleep or sex to focus on a period of spiritual growth. Specifically, we humbly deny something of the flesh to glorify God, enhance our spirit, and go deeper in our prayer life. Connecting to God and Disconnecting from the World.

## **Christian Fasting - Focus Deeper on God**

Christian fasting isn't some kind of a "work" that's commanded by Christ or required by Scripture. However, that doesn't mean that fasting isn't recommended as a part of our spiritual growth. The Book of Acts records believers fasting before they made important decisions ([Acts 13:4](#); [14:23](#)). Fasting and prayer are often linked together ([Luke 2:37](#); [5:33](#)). Too often, the focus of fasting is on the lack of food. However, the purpose of fasting is to take our eyes off the things of this world and instead focus on God. Fasting is a way to demonstrate to God and to ourselves that we are serious about our relationship with Him. Although fasting in Scripture is almost always a fasting from food, there are other ways to fast. Anything you can temporarily give up in order to better focus on God can be considered a fast ([1 Corinthians 7:1-5](#)). Fasting should be limited to a set time, especially when the fasting is from food. Extended periods of time without eating are harmful to the body. Fasting is not intended to punish our flesh, but to focus on God. Fasting should not be considered a "dieting method" either. We shouldn't fast to lose weight, but rather to gain deeper fellowship with God. Yes, anyone can fast. Some may not be able to fast from food (diabetics, for example), but everyone can temporarily give up something in order to focus on God. Even unplugging the television for a period of time can be an effective fast. Yes, it's a good idea for believers to fast from time to time. Fasting is not required in Scripture, but it's highly recommended. The primary Biblical reason to fast is to develop a closer walk with God. By taking our eyes off the things of this world, we can focus better on Christ.

## Daniel Fast Background and Guidelines

The Daniel Fast is a plant-based partial fast. It is based on the Prophet Daniel when he was under the rule of Babylonian kings for their personal service. Daniel recorded three occasions of fasting, though he likely fasted many more times since he was a man of God.

Daniel 10:2, 3 is where we find the model for the 21-day Daniel Fast. From this passage, guidelines have developed over the years by Christians who use this as a form of fasting.

**No Pleasant Food:** This would include breads, sugars and sweet foods.

**No Meat:** All animal products are restricted on the Daniel Fast. That includes meat, poultry, fish, and dairy products (milk, eggs, cheese, butter, etc.)

**No Wine:** This restriction, coupled with previous fasts where Daniel drank only water (which is typical for biblical fasting), is where today's Daniel Fast finds its roots for water only.

**Spiritual Fasting:** The Daniel Fast is a restriction of food for spiritual purposes. So the fast addresses not only the body, but also ones spirit and soul.

*“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.” Daniel 10:2, 3*

One of the great things about the Daniel Fast is that you are not limited to any specific amount of food, but rather to the kinds of food you can eat. The Daniel Fast is mostly limited to fruits, vegetables and water that are sugar-free and chemical free.

### **Foods to include in your diet during the Daniel Fast:**

**All fruits.** These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon.

**All vegetables**. These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All whole grains**, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds**, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**All legumes**. These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages**: spring water, distilled water or other pure waters.

### **In Summary:**

The most important thing concerning this time of prayer and fasting, is that we use it to connect with God and disconnect from the world.

Don't get caught up in the do's and don't of the fast.

Don't be legalistic.

Don't get discouraged if you are unable to follow the fast completely.

Our purpose in it all is to pursue and prioritize God, trusting that is going to impact, influence and determine the rest of 2016.

**Special Note:** if you have health issues, please be sure to contact your health professional for advice before committing to any fast, including the Daniel Fast.



PRAY  
FIRST

**LIFESTYLE PRAYER**

# LIFESTYLE PRAYER

How do we make prayer a part of our everyday life? We can learn from three things that Jesus did...

*Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed (Mark 1:35).*

- A CERTAIN TIME

Jesus got up very early in the morning to spend time with His Heavenly Father. In order for prayer to work, we should do the same. Make a daily appointment with God and keep it.

- A CERTAIN PLACE

Jesus had a prayer place. Your prayer place needs to be an undistracted environment where you can pray out loud and perhaps have some worship music playing in the background.

- A CERTAIN PLAN

Go into your prayer time with a plan. If it changes that's fine. When Jesus taught His disciples how to pray, He gave His disciples a prayer outline. We call it the Lord's Prayer. This outline along with several other tools are available in this booklet.





## **THE LORD'S PRAYER**

# THE LORD'S PRAYER

*One day Jesus was praying in a certain place. When He finished, one of his disciples said to him, "Lord, teach us to pray..." (Luke 11:1).*

*"Our Father in heaven, hallowed be your name, your kingdom come, your will be done on earth as it is in heaven. Give us today our daily bread. Forgive us our debts, as we also have forgiven our debtors. And lead us not into temptation, but deliver us from the evil one, for yours is the kingdom and the power and the glory forever" (Matthew 6:9-13).*

**"Our Father in heaven..."**

## **1. CONNECT WITH GOD RELATIONALLY**

*You have not received a spirit that makes you fearful slaves. Instead, you received God's Spirit when he adopted you as his own children. Now we call him, "Abba, Father" (Romans 8:15 NLT).*

God loves for us to call Him our Father. Establish your intimate relationship with Him and thank Him for the relationship you have with Him.

**"...Hallowed be Your Name..."**

## **2. WORSHIP HIS NAME**

*God's name is a place of protection—the righteous can run there and be safe (Proverbs 18:10 MSG).*

What are His Names?

Righteousness – He makes me clean

Sanctifier – He has called me and set me apart

Healer – He heals all my diseases

Banner of Victory – He has defeated my enemy

Shepherd – He speaks to me and leads me

Peace – He is my peace in every storm

Provider – He supplies all of my needs

“...Your Kingdom come, Your will be done on earth as it is in heaven...”

### **3. PRAY HIS AGENDA FIRST**

*He will always give you all you need from day to day if you will make the Kingdom of God your primary concern (Luke 12:31 TLB).*

God's priorities:

Saving the Lost

Guiding those in authority – parental, spiritual, governmental, workplace

His will in us

“...Give us this day our daily bread...”

### **4. DEPEND ON HIM FOR EVERYTHING**

*I look up to the mountains—does my help come from there? My help comes from the Lord, who made heaven and earth! (Psalm 121:1-2 NLT).*

Ask God for what you want and need and then trust Him for the answer.

“...Forgive us our debts as we forgive our debtors...”

### **5. GET YOUR HEART RIGHT WITH GOD AND PEOPLE**

*If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness (1 John 1:9).*

Ask God to check your heart and motives. Receive His forgiveness for any area that He brings to mind.

Forgive anyone who has offended you in any way. You can even forgive people in advance.

“...And do not lead us into temptation but deliver us from the evil one...”

## **6. ENGAGE IN SPIRITUAL WARFARE**

*For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms (Ephesians 6:12).*

Take your stand against the enemy and fight the good fight of faith. Every lie that the enemy has told you should be replaced with the truth of God's Word.

“...For yours is the Kingdom and the Power and the Glory forever.”

## **7. EXPRESS FAITH IN GOD'S ABILITY**

*“Ah, Sovereign LORD, you have made the heavens and the earth by your great power and outstretched arm. Nothing is too hard for you”  
(Jeremiah 32:17).*

End your prayer time by reminding yourself of God's ability. Return to praise and make your faith declarations.

“Yours is the Kingdom” – all rule belongs to You

“Yours is the Power” – all mightiness flows from You

“Yours is the Glory” – Your victory shall be complete



PRAY  
FIRST

## **PERSONAL PRAYER TARGETS**

# PERSONAL PRAYER TARGETS

*I urge, then, first of all, that requests, prayers, intercession and thanksgiving be made for everyone—for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness. This is good, and pleases God our Savior, who wants all men to be saved and to come to a knowledge of the truth (1 Timothy 2:1-4).*

Pray for those in authority and those under your authority.

## MY GOVERNMENT

President \_\_\_\_\_

National leaders \_\_\_\_\_

\_\_\_\_\_

State leaders \_\_\_\_\_

City leaders \_\_\_\_\_

\_\_\_\_\_

## MY FAMILY

Spouse \_\_\_\_\_

Children \_\_\_\_\_

\_\_\_\_\_

Parents \_\_\_\_\_

Siblings \_\_\_\_\_

\_\_\_\_\_

Extended family \_\_\_\_\_

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## **MY CHURCH**

Pastor \_\_\_\_\_

Small group leader \_\_\_\_\_

Small group members \_\_\_\_\_

\_\_\_\_\_

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## **MY LIFE**

Employer Co-workers \_\_\_\_\_

Employees \_\_\_\_\_

Teachers/Professors \_\_\_\_\_

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**THOSE I INFLUENCE**

Close friends \_\_\_\_\_

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**THOSE WHO NEED GOD**

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## **1. PRAY THAT THE FATHER WOULD DRAW THEM TO JESUS**

*No one can come to me unless the Father who sent me draws him (John 6:44).*

## **2. BIND THE SPIRIT THAT BLINDS THEIR MINDS**

*The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel of the glory of Christ, who is the image of God (2 Corinthians 4:4).*

## **3. LOOSE THE SPIRIT OF ADOPTION (SONSHIP)**

*For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of sonship. And by him we cry, "Abba, Father" (Romans 8:15).*

## **4. PRAY THAT OTHER BELIEVERS WILL CROSS THEIR PATHS AND ENTER INTO POSITIVE RELATIONSHIPS WITH THEM**

*Ask the Lord of the harvest, therefore, to send out workers into his harvest field (Matthew 9:38).*

## **5. LOOSE THE SPIRIT OF WISDOM AND REVELATION ON THEM SO THEY MAY KNOW GOD BETTER**

*I keep asking that the God of our Lord Jesus Christ, the glorious Father, may give you the Spirit of wisdom and revelation, so that you may know him better (Ephesians 1:17).*



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Date Answered

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PRAY  
FIRST

**MY PRAYER JOURNAL**









PRAY  
FIRST

**DANIEL FAST RECIPES**



# DANIEL FAST RECIPES

## BREAKFAST

### **Apricot-Nut Breakfast Bar**

- 1 ½ cups old-fashioned rolled oats
- 2 tablespoons flaxseed meal
- ½ cup unsweetened apple juice
- 1 tablespoon extra-virgin olive oil
- ¼ cup almond butter
- ¼ cup Date Honey
- ½ cup diced dried apricots (unsulfured)
- ¼ cup chopped macadamia nuts
- 2 tablespoons raw sunflower seeds

Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack about 5 minutes. Cut into 2 by 2 ½ -inch bars and serve.

#### \*Recipe Notes

- Store in an airtight container 3-4 days.
- Substitute your favorite dried fruit for the apricots. Make sure, though, that the fruit doesn't contain any added sugar or preservatives.

YIELD: 12 servings

### **Cinnamon Baked Apples**

- 2 cups thinly sliced apples, unpeeled (about 2 apples)
- 1 cup unsweetened apple juice
- 1/8 teaspoon cinnamon

## BREAKFAST

Preheat oven to 350 degrees. Place sliced apples in an 8 by 8-inch baking dish. In a small bowl, whisk apple juice and cinnamon, and pour over apples. Bake 15 minutes, stir, and bake another 15 minutes. Serve warm.

### \*Recipe Notes

- Serve with oatmeal or cooked brown rice.
- Pour over Baked Oatmeal.
- Sprinkle unsweetened coconut flakes and/or chopped pecans on top.
- Add sliced bananas, raisins, and chopped nuts.
- Substitute pears for the apples.

YIELD: 4 servings

### **Pineapple Citrus Muffins**

- 1 cup old-fashioned rolled oats
- 1 cup oat flour (see Recipe Notes)
- 1 cup unsweetened applesauce
- ½ cup diced pineapple
- ¼ cup chopped pecans or walnuts
- ¼ cup Date Honey
- ¼ cup flaxseed meal
- 2 teaspoons unsweetened coconut flakes
- 2 teaspoons grated orange zest
- ½ teaspoon ground ginger

Preheat oven to 350 degrees. Lightly rub 8 cups of a 12-cup muffin tin with olive oil, and set aside. Combine all ingredients in a large bowl, and stir well to combine. Scoop out mixture into muffin tin cups, allowing about 1/3 cup for each muffin. Bake 20 minutes, or until muffin tops are lightly browned. Serve warm.

### \*Recipe Notes

- Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine ( 1cup old-fashioned oats will yield about ¾ cup ground oats).
- Spread almond butter or Date Honey on top.

## BREAKFAST

- Flaxseed meal is a powder made from ground flaxseeds. It can be found in health food stores and some grocery stores. Instead of buying flaxseed meal, you can also grind whole flaxseeds at home using a coffee or seed grinder.
- The zest is the outermost, colorful skin of citrus fruits. Zest is often used to enhance flavor in recipes. The pith, or white membrane underneath the outside peel, has a bitter, unpleasant taste and should be avoided while zesting.

YIELD: 8 servings

### **Nutty Fruit Cereal**

- 1 banana, peeled and sliced (about 1 cup)
- 1/3 cup fresh blueberries
- 1 tablespoon chopped almonds
- 1 tablespoon chopped walnuts
- 1 teaspoon unsweetened coconut flakes
- 1/2 cup unsweetened almond or rice milk

Place banana slices in a bowl and top with blueberries, almonds, walnuts, and coconut flakes. Pour in almond milk.

#### **\*Recipe Notes**

- Add 1/2 tablespoon sunflower seeds.
- Substitute chopped pecans for the almonds or walnuts.
- Enjoy as a fruit and nut snack without the almond milk.
- Other fruit ideas are apples, blackberries, kiwifruit, peaches, or strawberries.

YIELD: 1 serving

# DANIEL FAST RECIPES

## APPETIZERS AND SNACKS

### Almond Butter Bites

- ½ cup almond butter
- ¼ cup raw sunflower seeds
- ¼ cup raisins
- ¼ cup chopped almonds
- 2 tablespoons unsweetened shredded coconut
- ¼ teaspoon cinnamon

Mix all ingredients in a bowl until well combined. Use a ½ tablespoon measuring spoon or a large melon ball scoop to form mixture into small balls. Place in an 8 by 8-inch baking dish, and freeze 2-3 hours or until firm. Serve frozen or just slightly thawed.

#### \*Recipe Notes

- Substitute chopped dried apricots, figs, or dates for the raisins.

YIELD: 6-8 servings

### Cinnamon Roasted Almonds

- 2 cups whole almonds
- ½ tablespoon extra-virgin olive oil
- ½ teaspoon cinnamon
- ¼ teaspoon salt

Preheat oven to 250 degrees. Line an 11 by 17-inch baking sheet with parchment paper or lightly rub with olive oil and set aside. Put almonds in a large bowl, add olive oil, and stir well. Sprinkle in cinnamon and salt and toss to coat.

Spread almonds evenly on baking sheet. Bake 1 hour, stirring occasionally. Cool and serve, or store in an airtight container.

#### \*Recipe Notes

- Chop almonds and serve with oatmeal.
- Sprinkle on top of chopped apples or sliced bananas for a healthy snack.

## APPETIZERS AND SNACKS

- Add ¼ teaspoon cumin.
- Instead of cinnamon, use chipotle chili pepper seasoning, chili powder, or Taco Seasoning to make spicy flavored almonds.

YIELD: 8 servings

### **Gimme More Granola**

- ¼ cup chopped dried plums (prunes) or pitted dates
- ¼ cup water
- 1 cup old-fashioned rolled oats
- 2 tablespoons unsweetened apple juice
- 1 tablespoon extra-virgin olive oil
- ¼ cup raisins
- 2 tablespoons chopped almonds
- 2 tablespoons walnuts
- 2 tablespoons raw sunflower seeds
- 2 tablespoons unsweetened shredded coconut

Preheat oven to 350 degrees. In a small saucepan, add plums and water. Cook over medium heat 5 minutes or until plums are softened. Transfer to a food processor or blender and process until mixture is a thick paste, about 30 seconds.

In a large bowl, combine plum mixture, oats, apple juice, olive oil, raisins, almonds, walnuts, sunflower seeds, and coconut. Stir until well combined.

Spread mixture into an even layer on an 11 by 17-inch baking sheet that has been lined with parchment paper or lightly rubbed with olive oil. Bake 5 minutes, stir, and bake another 5 minutes, or until lightly browned. Let cool on pan. Granola will become crispy as it cools. Store in an airtight container at room temperature for about 2 weeks or up to 1 month in the refrigerator.

### **\*Recipe Notes**

- Substitute pecans or cashews for almonds and walnuts.
- Serve with fresh fruit and almond milk for breakfast.
- Use chopped dried apricots instead of raisins.
- Add raw pumpkin seeds (pepitas).

YIELD: 8 servings

## APPETIZERS AND SNACKS

### **Tomato Slices with Avocado and Basil**

2 medium tomatoes, unpeeled, unseeded, cut into 4 slices each

1 avocado, peeled, pitted, and sliced in 8 slices

Chopped fresh basil or dried basil, to taste

Salt, to taste

Place avocado slices on tomatoes and sprinkle with basil and salt.

#### \*Recipe Notes

- Use fresh oregano instead of basil.
- Drizzle Italian Salad Dressing over tomato slices.
- Add lettuce to make a salad.
- Sprinkle fresh lemon or lime juice over avocado slices to prevent browning if not serving immediately.

YIELD: 4 servings

# DANIEL FAST RECIPES

## SALADS AND SALAD DRESSINGS

### **Blackberry, Avocado, and Mango Salad**

- 4 cups mixed salad greens, loosely packed
- 1 cup blackberries
- 1 ripe avocado, peeled, pitted, and cut into 1-inch cubes
- 1 cup mango, pitted, and cut into 1-inch cubes
- ½ cup pecan halves
- 1 recipe Orange – Poppy Seed Salad Dressing

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

#### \*Recipe Notes

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

YIELD: 4 servings

### **Orange – Poppy Seed Salad Dressing**

- ¼ cup extra-virgin olive oil
- ¼ cup orange juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon diced red onion
- ½ teaspoon poppy seeds
- ¼ teaspoon grated 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.

#### \*Recipe Notes

- Serve with Blackberry, Avocado, and Mango Salad.
- Use with any lettuce salad.

YIELD: 8 servings

## SALADS AND SALAD DRESSINGS

### **Butternut Squash and Broccoli Salad**

- 1 ½ pounds butternut squash, peeled and cut into 1-inch cubes (about 3 cups)
- 3 cups chopped broccoli florets, cut into 1-inch pieces
- ½ cup canned black beans, rinsed and drained
- 1 ½ tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh parsley
- ¼ teaspoon dried basil
- ¼ teaspoon garlic powder
- 1/8 teaspoon thyme
- 2 tablespoons toasted chopped walnuts for garnish
- 2 tablespoons toasted pumpkin seeds (pepitas) for garnish

Using a vegetable steamer, cook butternut squash about 5 minutes. Add broccoli, and cook another 12 minutes. Vegetables should be crisp tender. Remove from steamer, and place in a large bowl. Add black beans. In a separate smaller bowl, whisk together oil, parsley, basil, garlic powder, and thyme. Pour over vegetables and beans, and mix well. Serve warm, or let sit at room temperature for 10-15 minutes. Just before serving, sprinkle walnuts and pumpkin seeds on top.

#### \*Recipe Notes

- This dish is best served warm, but it can also be eaten cold, straight out of the refrigerator.
- Use as a topping for a lettuce salad.

YIELD: 4 servings

### **Mediterranean Black Bean Salad**

- 2 (15-ounce) cans black beans, rinsed and drained
- 1 cup chopped green bell peppers
- 1 cup chopped red bell peppers
- 1 cup chopped tomatoes, unpeeled, unseeded
- 1 cup chopped avocado, cut into ½ inch cubes (about 1 medium avocado)
- ½ cup diced onion
- ¼ cup chopped fresh parsley or cilantro



## SALADS AND SALAD DRESSINGS

### Dressing

- 2 tablespoons fresh lime juice
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- ½ teaspoon salt

Put beans, peppers, tomatoes, avocado, onions, and parsley in a large bowl. In a small bowl, combine lime juice, olive oil, garlic, and salt. Whisk until combined and pour over salad. Toss well to coat. Refrigerate 2-4 hours to allow flavors to blend, and serve.

### \*Recipe Notes

- If you don't have fresh parsley on hand, use 1 teaspoon of dried parsley.
- Serve over romaine or spinach leaves.

YEILD: 12 servings

### Taco Salad

- 1 (14.5 ounce) can corn kernels, drained
- 1 (15 ounce) can pinto beans, undrained
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- 1 tablespoon extra-virgin olive oil
- ½ cup diced onion
- 1 (15 ounce) can black beans, rinsed and drained
- ½ tablespoon Taco Seasoning
- 2 cups chopped romaine lettuce or iceberg lettuce

### Toppings

Avocado slices, diced green onions, sliced black olives, diced tomatoes

Preheat oven to 425 degrees. Spread corn kernels out in one layer on a lightly oiled 11 by 17-inch baking sheet. Bake for 20-25 minutes, or until 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

## SALADS AND SALAD DRESSINGS

evaporated and beans have thickened, about 10 minutes more. Stir frequently to avoid scalding beans on the bottom of the pan.

Heat olive oil in a large skillet over medium heat and add onions. Cook until onions are soft and translucent. Add black beans, corn, and Taco Seasoning. Stir well to coat beans with olive oil and seasonings. Reduce heat to low and keep warm until pinto beans are done.

To serve, place about  $\frac{1}{2}$  cup lettuce on a plate, and top with  $\frac{1}{2}$  cup pinto beans and a heaping  $\frac{1}{2}$  cup of black-bean-and-corn mixture. Add desired toppings to salad.

### \*Recipe Notes

- Serve with Tortilla Chips.
- Instead of roasting the corn kernels, use the straight out of the can.
- Use as filling in Whole Grain Tortillas.
- Top each serving with 2 tablespoons Salsa.

YIELD: 4 servings

# DANIEL FAST RECIPES

## SOUPS

### **Black-and-White Chili**

- 1 tablespoon extra-virgin olive oil
- 1 cup chopped onion
- 1 clove garlic, minced
- 4 cups water or Vegetable Broth
- 3 (15-ounce) cans black beans, rinsed and drained
- 3 (15-ounce) can great northern beans, rinsed and drained
- 1 tablespoon chili powder
- ½ teaspoon cumin
- ½ teaspoon salt

Heat olive oil in a large saucepan over medium heat. Stir in onions, and cook until soft and translucent. Add garlic, and cook for 30 seconds, stirring constantly so garlic doesn't burn. Add water or broth, beans, chili powder, cumin, and salt. Heat to boiling. Reduce heat, and simmer uncovered for 30 minutes.

#### \*Recipe Notes

- Use navy beans instead of great northern beans.
- Serve with Corn Muffins or Tortilla Chips.

YIELD: 8 servings

### **Asparagus Crème Soup**

- 2 cups diced asparagus
- ½ cup diced white or brown onion
- 2 tablespoons extra-virgin olive oil
- 2 cups dried split peas
- 6 cups water
- 2 cloves garlic
- Kosher or sea salt
- Black pepper

In a Medium to large stock pot over medium heat, lightly toss the asparagus, onions, and olive oil for 4 minutes.

## SOUPS

Add in remaining ingredients. Bring the mixture to boiling, then cover and let simmer on medium heat for 25 minutes, stirring every 5-7 minutes to prevent the mixture from sticking to the bottom of the pot. Remove from the heat.

Using an immersion blender or in small batches in a regular blender, blend the mixture until rich and creamy. Leftovers will keep for 3 days in the refrigerator. Reheat it over medium heat and add 1/3 cup water.

YIELD: 4 servings

### Chunky Potato Soup

1 tablespoon extra-virgin olive oil

½ cup chopped onion

1 cup chopped carrots

1 cup chopped celery

2 cloves garlic, minced

4 cups water or Vegetable Broth

3 large russet potatoes, peeled, cubed (about 5 cups)

1 bay leaf

1 teaspoon salt

½ teaspoon thyme

1/8 teaspoon pepper

½ cup unsweetened almond milk

2 tablespoons chopped fresh parsley or 1 teaspoon dried parsley

Heat olive oil in saucepan over medium heat. Cook onions, carrots, and celery until vegetables are softened. Stir in garlic, and cook for 30 seconds, stirring constantly so garlic doesn't burn.

Add water or broth, potatoes, bay leaf, salt, thyme, and pepper. Bring to a boil. Simmer, covered, for 30 minutes or until potatoes are tender. Discard bay leaf. Add half of potato mixture to a food processor or blender and process until smooth. (You may need to do this in two batches, because filling your processor or blender more than half full could cause the hot soup to pop the lid.) Return to saucepan. Stir in almond milk and parsley. Cook until heated through, and serve.

### \*Recipe Notes

- Sprinkle diced green onions on top of each serving.

## SOUPS

- Make this a creamy soup by putting the whole potato mixture into a food processor or blender.
- Use rice milk or soy milk instead of almond milk.

YIELD: 6 servings

### Tomato Basil Soup

½ tablespoon extra-virgin olive oil

½ cup chopped onion

3 (14.5-ounce) cans diced tomatoes, undrained

½ cup water

1 clove garlic, minced

1 teaspoon dried basil

1 teaspoon salt

1/8 teaspoon pepper

Toasted pumpkin seeds (pepitas) (optional garnish)

Toasted raw sunflower seeds (optional for garnish)

Heat olive oil in a large, deep skillet over medium heat. Add onions, and cook until soft and translucent. Add tomatoes, water, garlic, basil, salt, and pepper. Cook 20 minutes. Place mixture in a food processor or blender, and puree until desired consistency. (You may need to do this in two batches, because filling your processor or blender more than half full could cause the hot soup to pop the lid.) Return to skillet, and cook 5-10 more minutes. Garnish with toasted pumpkin and/or sunflower seeds, if desired.

#### \*Recipe Notes

- Substitute ½ cup chopped leeks for the onions (light green and white parts only).

YIELD: 4 servings

# DANIEL FAST RECIPES

## VEGETABLES

### Baked Potato Chips

- 2 pounds russet baking potatoes, peeled
- 1 tablespoon extra-virgin olive oil
- ½ teaspoon salt
- 1/8 teaspoon pepper

Preheat oven to 375 degrees. Cut potatoes into thin 1/8 inch discs with the slicing disc of a food processor, with a mandolin slicer, or by hand. Place potato slices in a large bowl. Add olive oil, salt, and pepper, and stir well to coat. Spread in a single layer on two large 11 by 17-inch baking sheets. Bake 15 minutes. Flip potatoes, and cook another 10-15 minutes, or until chips are crispy.

#### \*Recipe Notes

- Thin chips will be done earlier than thicker ones, so remove them from the oven so that they don't burn and continue cooking the thick chips until done.
- Add garlic powder and/or rosemary.
- Use sweet potatoes instead of russet potatoes.

YIELD: 4 servings

### Green Beans with Rays of Sunshine

- 1 pound fresh or frozen green beans
- 1 yellow bell pepper, seeded and cored
- ½ tablespoon extra-virgin olive oil
- ¼ cup minced onion
- ½ teaspoon dried dill
- ½ teaspoon salt
- 1/8 teaspoon pepper

Steam green beans 20-22 minutes or until crisp tender (or boil in a large saucepan about 8-10 minutes). While green beans are cooking, grate yellow pepper in a food processor (use shredder attachment) or by hand. Drain any liquid, and set aside.

## VEGETABLES

When green beans are done cooking, heat olive oil in a large skillet over medium heat. Add onions and yellow pepper. Cook until onions are soft and translucent. Add green beans, dill, salt, and pepper. Stir well, and serve immediately.

YIELD: 6 servings

### **Mashed Potato and Corn Casserole**

2 pounds russet potatoes, peeled and cubed  
¼ cup unsweetened almond milk or soy milk  
1 (14.5-ounce) can corn kernels, drained  
2 tablespoons chopped fresh parsley  
1 teaspoon salt  
1/8 teaspoon pepper  
½ tablespoon extra-virgin olive oil  
½ cup diced onion  
½ cup chopped green onion (green parts only)  
2 cloves garlic, minced

#### Topping

¼ cup yellow cornmeal  
½ tablespoon extra-virgin olive oil  
½ teaspoon garlic powder

Boil or steam potatoes until tender (about 20 minutes). Pour in almond milk, and mash until smooth. Put corn in a food processor and process about 10 seconds. Mix corn with potatoes, and add parsley, salt, and pepper.

Preheat oven to 350 degrees. Heat olive oil over medium heat, and cook onions and green onions until soft and translucent. Add garlic, and cook 30 seconds, stirring constantly so garlic doesn't burn. Stir into potato-corn mixture, and mix well. Lightly rub a 9 by 13-inch casserole dish with olive oil, and spread mixture into dish. In a small bowl, use a fork to mix cornmeal, olive oil, and garlic powder until well blended. Sprinkle over top of casserole, and bake 30 minutes.

#### \*Recipe Notes

- Substitute 1-2 tablespoons fresh chives or ½ tablespoon dried chives for the green onions.

## VEGETABLES

- Stir in 1 cup of steamed chopped broccoli.
- Top with sliced olives.
- Add 1 (4-ounce) can of chopped green chilies, drained.

YIELD: 12 servings

### **Pan-Roasted Broccoli and Cauliflower**

- 1 tablespoon extra-virgin olive oil
- ½ cup diced onion
- 3 cups broccoli florets
- 3 cups cauliflower florets
- 1 tablespoon fresh oregano or 1 teaspoon dried oregano flakes
- ½ teaspoon salt

Heat olive oil in a large, deep skillet over medium heat. Add onion and cook 3-5 minutes or until soft and translucent. Stir in broccoli and cauliflower. Turn vegetables a few times to coat with olive oil. Sprinkle in oregano and salt. Cover, and cook 7-8 minutes, stirring frequently. Vegetables should be slightly browned and crisp tender when ready to serve.

#### \*Recipe Notes

- Top with Classic Tomato Sauce.
- Add one clove of minced garlic.
- Use basil instead of oregano.

YIELD: 8 servings

### **Classic Tomato Sauce**

- 1 tablespoon extra-virgin olive oil
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 (29 ounce) can tomato puree
- 1 (6 ounce) can tomato paste
- ½ cup water
- 1 bay leaf
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- ½ teaspoon salt
- 1/8 teaspoon pepper



## VEGETABLES

Heat olive oil in a large skillet, and add onions. Cook until soft and translucent. Stir in garlic, and cook 30 seconds, stirring constantly so garlic doesn't burn. Add remaining ingredients, and cook, uncovered, over low heat for 30 minutes. Discard by leaf before serving.

### \*Recipe Notes

- Substitute a can of crushed tomatoes for the tomato puree.
- Add diced green bell peppers, sliced mushrooms, or black olives.
- Pour over Pan- Roasted Broccoli and Cauliflower.
- Serve with Lentil-Spinach "Meatballs" and brown rice, spaghetti squash, or whole grain pasta.
- When tomatoes are in season, use 3-4 fresh, ripe tomatoes (peeled, seeded, and cored) instead of canned. Puree in food processor or blender until smooth.

YIELD: 8 servings

# DANIEL FAST RECIPES

## MAIN DISHES

### **Black Bean Chili Bake**

- 2 (15 ounce) cans black beans, rinsed and drained
- 2 (8 ounce) cans tomato sauce
- 2 cups cooked brown rice
- 1 (14.5 ounce) can corn kernels, drained
- 1 cup chopped jarred roasted red bell peppers, drained
- ½ cup diced onion
- 1 tablespoon chili powder

Preheat oven to 350 degrees. Put beans in a large bowl, and mash until they're about half crushed. Add tomato sauce, rice, corn, peppers, onion, and chili powder. Stir to combine. Rub a 9 by 13-inch casserole dish with olive oil, and place mixture in it. Bake 20 minutes, or until heated through.

### **\*Recipe Notes**

- Serve alone or as a filling for Whole Grain Tortillas.
- Use as a dip with Tortilla Chips.
- Another option is to boil the peppers instead of roasting them. Simply remove stems and seeds, and cut into pieces. Place in boiling water, and cook for 5 minutes.
- Additional topping ideas include avocado slices, cherry tomatoes, green onions, and/or black olives.

YIELD: 6 servings

### **Garden Quinoa**

- ½ cup quinoa
- 1 cup water
- ½ tablespoon extra-virgin olive oil
- ½ cup diced red onion
- 1-2 cloves garlic, minced
- ½ cup chopped asparagus spears
- ½ cup diced red bell peppers
- ½ cup diced tomatoes, unpeeled, unseeded
- 2 tablespoons pine nuts

## MAIN DISHES

¼ cup chopped fresh parsley

1 ½ tablespoons chopped fresh oregano or 1 teaspoon dried oregano flakes

¼ teaspoon salt

Rinse quinoa under cold running water in a fine mesh sieve until water runs clear. Transfer quinoa to a small saucepan, and add water. Heat to boiling. Reduce heat to low, and cover. Simmer gently with lid tilted for 20 minutes or until nearly all of the liquid is absorbed.

While quinoa is cooking, heat olive oil in a large skillet over medium heat. Add onion and cook until soft and translucent. Stir in garlic, and asparagus, red peppers, and tomatoes, squeezing tomatoes with your hands to release their juices into the skillet. Cook over low heat for 5-8 minutes.

Add cooked quinoa to skillet, and stir in pine nuts, parsley, oregano, and salt. Stir well, and cook until heated thoroughly and serve.

### \*Recipe Notes

- Can also be served as a cold side dish or as a topping for a lettuce salad.
- Stir in ¼ cup of any Daniel Fast appropriate dressing.
- Other vegetable ideas are artichokes, broccoli, carrots, celery, green beans, and/or mushrooms.

YIELD: 6 servings

### **Spaghetti Squash Stir-Fry**

1 tablespoon extra-virgin olive oil

1 cup chopped onion

1 clove garlic, minced

2 cups cooked broccoli, cut into 1-inch florets

2 cups cooked spaghetti squash, cut into 2-inch pieces

1 ½ cups cooked brown or wild rice

½ cup canned black beans, rinsed and drained

¼ cup Bragg's Liquid Aminos or soy sauce

1 teaspoon dried basil

½ tablespoon tahini

## MAIN DISHES

2 tablespoons chopped walnuts or cashews

Heat olive oil in large skillet over medium heat. Add onions, and cook until soft and translucent. Stir in garlic, broccoli, spaghetti squash, rice, beans, Bragg's Liquid Aminos, basil, and tahini. Cook 5 minutes, stirring frequently. Mix in walnuts just before serving.

### \*Recipe Notes

- Substitute chopped zucchini for the broccoli.
- Use cashews instead of walnuts.
- Add ½ cup chopped avocado to the stir-fry.
- Other vegetable ideas are green beans, mushrooms, and/or sweet peas.
- Bragg's Liquid Aminos is an alternative to soy sauce that has no added salt or preservatives. Bragg's Liquid Aminos is a certified non-GMO (not genetically modified) liquid protein concentrate, derived from healthy soybeans, that contains sixteen essential and nonessential amino acids.
- Tahini is a thick paste made from ground sesame seeds. It is a staple in Middle Eastern cooking and can be found at health food stores and most large grocery chains.

YIELD: 4 servings

### **Romaine Wraps**

4 romaine lettuce hearts or leaves

½ cup Hummus

¼ cup cucumber slices, cut ¼ -inch thick and into half-moons

¼ cup shredded carrots

¼ cup chopped zucchini

½ yellow bell pepper, julienned

Spread 2 tablespoons of hummus on each leaf. Top with cucumber, carrots, zucchini, and pepper. Eat like a taco, or roll up like a tortilla (depending on the size and shape of the leaf).

### \*Recipe Notes

- Substitute bok choy leaves for the romaine leaves.
- Other topping ideas are artichokes, avocado, beans, cooked brown rice, broccoli, green peppers, mushrooms, olives, onions, red peppers, sunflower seeds, and/or tomatoes.

YIELD: 2 servings