

MY COMMITMENT

fast2019

JANUARY 2 - 31

Daniels Fast Recipe Ideas

Snack Ideas

- Rice cakes (with peanut butter and raisins)
- Almonds
- Dried fruit including apricots
- Apples dipped in nut butter
- Sliced fruit
- Veggies with dip
- Popped popcorn
- Trail mix with nuts, raisins, sunflower seeds, coconut pieces and dried fruit
- Fruit kabobs
- Frozen fruit including grapes, blueberries, strawberries and bananas
- Whole wheat crackers with nut butter
- Hummus with flat bread

Apple and Oat Porridge

Ingredients

- 4 cups water
- 1 ½ cups oat bran (not oatmeal)
- 1 large apple - peeled/cored and chopped into very small pieces
- 1/3 cup raisins
- ½ teaspoon ground caraway seeds
- ½ teaspoon cinnamon
- ½ teaspoon salt
- Soy milk for serving (optional)

Directions

1. In a 2 quarts sauce pan over high heat, bring the water to a boil. Stir in the oat bran and allow water to return to a boil.
2. Reduce heat to low and cook for two minutes - stirring often.
3. After two minutes, turn off heat. Stir in the apple, raisins, and spices. Let stand until apple pieces soften - about 5 minutes - stirring occasionally.
4. Divide hot cereal evenly among 4 bowls. Serve with the soy milk if desired.

Pineapple Citrus Muffins

Ingredients

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

Directions

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 (½ cup old-fashioned oats will yield about ½ cup ground oats).

*Spread almond butter or Date Honey on top.

Date Honey

Ingredients

- 1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor)
- 1 cup water
- ½ teaspoon cinnamon

Directions

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow to cool slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well. Store in a sealed container in refrigerator.
Yield: 12 servings (serving size: about 1 tablespoon)

Black Bean Hummus

Ingredients

- 1 clove garlic
- 1 (16 ounce) can black beans, drained (reserve liquid)
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper

Directions

1. Crush garlic clove and place in food processor
2. Add black beans, lemon juice, tahini, cumin, salt and cayenne pepper; process until smooth.
3. Add enough of the reserved liquid (1 tablespoon at a time) from the beans to reach desired consistency, pulsing after each addition.
4. Serve with tortillas, crackers or sliced vegetables.

Easy Guacamole Dip

Ingredients

- 4-5 medium avocados
- 2 Tablespoons lime juice
- ½ - 1 teaspoon salt (to taste)

Directions

1. Cut the avocados and remove the pit. Use a large spoon to scoop into a medium-sized bowl.
2. Add the lime juice and salt.
3. Mash with fork to desired consistency.

Note: Can be eaten with fresh veggies or black bean/veggie burger. Also can add fresh all natural salsa.

Indian Flat Bread

Ingredients

- 2 ½ cups fine whole wheat flour (you can usually find this in the natural foods section of the supermarket or with the bulk foods)
- 2 cups water (or enough to make a soft dough)
- 1 pinch salt

Directions

1. Mix flour and salt in a large mixing bowl.
2. Make a hole in flour and using your hand, mix in water to make soft dough.
3. Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.
4. Heat a cast iron skillet over medium high heat until very hot.
5. Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute oneach side.
6. Once turned, press gently with a towel, until brown.
7. Repeat until all dough is used.

Southwest Black Bean and Corn Salad

Ingredients

- 4 tablespoons olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- Salt
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn, kernels removed
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped fresh parsley leaves
- 1 - 2 teaspoons freshly squeezed lemon juice

Directions

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. 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.
3. Freshly ground pepper and salt to taste just before serving.

Stir Fry Vegetable with Brown Rice

Ingredients

- 1 tablespoon sesame oil
- 3 green onions, finely chopped
- 3 tablespoons fresh ginger, minced
- 4 cups fresh broccoli, chopped
- ½ pound fresh green beans, chopped
- 2 carrots, peeled and sliced on diagonal
- 2 cloves garlic, minced
- 4 cups greens, chopped (kale, bok choy, spinach, collards, etc)
- 1 can sliced water chestnuts, drained
- 3 cups cooked brown rice
- 2 tablespoons soy sauce
- 1 ½ cups peas (if frozen run under water to thaw)
- ½ cup toasted sliced almonds

Directions

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute.
2. Add green onions and ginger. Sauté for 5 minutes.
3. Add broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes.
4. Add greens and toss for about 2 minutes or until greens are wilted.
5. Stir in water chestnuts, brown rice, soy sauce, peas and almonds.
6. Serve as complete meal.

Bean Curry and Rice

Ingredients

- 2 tablespoons olive oil
- 1 large white onion, chopped
- 1/2 cup dry lentils
- 2 cloves garlic, minced
- 3 tablespoons curry powder
- 1 teaspoon ground cumin
- 1 pinch cayenne pepper
- 1 can crushed tomatoes (28 ounce)
- 1 can garbanzo beans, drained and rinsed (15 ounce)
- 1 can kidney beans, drained and rinsed (8 ounce)
- 1/2 cup raisins
- 8 cups cooked brown rice
- salt and pepper to taste

Directions

1. Prepare the brown rice according to package directions so you have enough for 8 servings.
2. Heat the oil in a large pot over medium heat, and cook the onion until tender.
3. Mix in the lentils and garlic, and season with curry powder, cumin, and cayenne pepper. Cook and stir 2 minutes.
4. Stir in the tomatoes, garbanzo beans, kidney beans, and raisins. Season with salt and pepper.
5. Reduce heat to low, and simmer at least 1 hour, stirring occasionally.

Potato and Green Onion Frittata

Ingredients

- 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

Directions

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.

Greek Vegetable Stew

Ingredients

- 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

Directions

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