



ACF Solemn Assembly Cookbook

"I can do all things through Christ which strengthens me."

Philippians 4: 13

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Meals



Spaghetti Squash

1 spaghetti squash, halved lengthwise and seeded

2 tablespoons vegetable oil

1 onion, chopped

1 clove garlic, minced

1 ½ cups chopped tomatoes

3 tablespoons sliced black olives

2 tablespoons chopped fresh basil

Preheat oven to 350 degrees. Lightly grease a baking sheet. Place spaghetti squash with cut sides down on the prepared baking sheet, and bake 30 minutes in the preheated oven, or until a sharp knife can be inserted with only a little resistance. Remove squash from oven and set aside to cool enough to be easily handled.

Meanwhile, heat oil in a skillet over medium heat. Cook and stir onion in oil until tender. Add garlic; cook and stir until fragrant, 2 to 3 minutes. Stir in tomatoes and cook until tomatoes are warmed through.

Use a large spoon to scoop the stringy pulp from the squash and place in a medium bowl. Toss with the vegetables, olives, and basil. Serve warm.

Vegetarian Chili

1 tablespoon olive oil

½ medium onion, chopped

2 bay leaves
1 teaspoon ground cumin
2 tablespoons dried oregano
1 tablespoon salt
2 stalks celery, chopped
2 green bell peppers, chopped
2 jalapeno peppers, chopped
3 cloves garlic, chopped
2 (4 ounce) cans chopped green chile peppers, drained
2 (12 ounce) packages vegetarian burger crumbles
3 (28 ounce) can whole peeled tomatoes, crushed
¼ cup chili powder
1 tablespoon ground black pepper
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn

Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.

Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Lettuce Wrap



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For the edamame pesto:

2 cloves garlic, chopped

1 cup packed basil leaves

Handful (1/4 cup or so) fresh cilantro

14 oz package shelled edamame, thawed

1/2 cup vegetable broth

2 tablespoons fresh lemon juice

1 teaspoon olive oil

1 teaspoon salt

For the beans:

1 tablespoon extra virgin olive oil

1/3 cup thinly sliced shallots

4 cloves garlic, minced

Several dashes fresh black pepper

1/2 teaspoon salt

1/2 pound of asparagus

1 large nectarine, chopped into 1/2 inch pieces (leave the skin on)

1 1/2 cups great northern beans, rinsed and drained (1 16 oz can)

Preheat a large, heavy bottomed pan over medium heat. Sauté the shallots in olive oil and a pinch of salt until translucent, about 3 minutes. Add garlic and sauté about 30 seconds more. Season with black pepper and salt. Add asparagus and toss to coat. Cook for about 2 minutes, then add nectarine, and cook for about 5 more minutes. The asparagus should be a bright Kermit green, and the nectarine should release some of its juices.

Add beans and toss to coat. Cook until they are warmed through, about 2 more minutes. Taste for salt. Turn off heat and let sit for 5 minutes or so, so that the flavors can meld.

In the meantime, prepare red lettuce leaves. Just peel off the good big ones, rinse and dry them.

To assemble wraps: place a few leaves on each plate, spoon in some beans and plop on a nice big scoop of the pesto.

Cabbage Dish

½ cup olive oil

4 carrots, thinly sliced

1 onion, thinly sliced

1 teaspoon sea salt

½ teaspoon ground black pepper

½ teaspoon ground cumin

¼ teaspoon ground turmeric

½ head cabbage, shredded

5 potatoes, peeled and cut into 1-inch cubes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

Sweet Potatoes Sticks

1 tablespoon olive oil

½ teaspoon paprika

8 sweet potatoes, sliced lengthwise into quarters

Preheat oven to 400 degrees. Lightly grease a baking sheet. In a large bowl, mix olive oil and paprika. Add potato sticks, and stir by hand to coat. Place on the prepared baking sheet. Bake 40 minutes in the preheated oven.

Pat's Fried Cabbage

1 large head of cabbage

1 tablespoon extra virgin olive oil

Sea salt

6 green onions

2 teaspoons chopped garlic

Black pepper

Slice cabbage into thin strips. Chop onion, white and green portions, (remove the roots before chopping). Heat olive oil and garlic in large wok or extra large non-stick skillet. Add half of the shredded cabbage and cook for about 5-6 minutes on medium heat.

Add remaining cabbage, stirring occasionally. Cook another 5-6 minutes. Add green onions and stir, cook until soft. Salt and pepper to taste.

Spinach and Mushrooms



6-8 green onions

2 tablespoons extra virgin olive oil

2 bags of fresh spinach

Black pepper

1 pint of sliced mushrooms

2 teaspoons chopped garlic

Sea salt

Cut onions in ½ inch slices, including the green portion (cut off roots) Wash mushrooms and pat dry with paper towel. Heat olive and garlic in large non-stick skillet. Add on bag of spinach and cook for 3-5 minutes, stirring occasionally. Add the second bag of spinach and let cook another 3-5 minutes until wilted. Add mushrooms and onions. Sauté, stirring occasionally until mushrooms and onions are cooked. Add salt and pepper to taste. (Serves 6-8)

Bean and Brown Rice Casserole

Beans and rice combine to make a complete protein. So this casserole serves as an excellent source of protein during the Daniel Fast.

Preheat oven to 375

1 medium onion, chopped

2 cup uncooked brown rice

1 can (16oz) red kidney beans drained and rinsed

1 can black beans (16oz) drained and rinsed

1 can garbanzo beans (16 oz) drained and rinsed

1 can chopped mild chilies (4 oz) drained

10 ounces frozen green peas, thawed

1 cup frozen corn, thawed

In 5-qt Dutch oven over medium high heat, sauté' onion in liquid of your choice (balsamic vinegar, olive oil, water) until tender, stirring occasionally.

Add rice; cook while stirring until parched and slightly opaque.

Add beans, tomatoes, chilies and 3 ½ cups of water to rice and onion in Dutch over and bring mixture to boil.

Cover tightly place in oven, baking until rice is tender and liquid is absorbed (around 1 hour for brown rice). Add peas and corn, adjust seasonings, and return to over until heated through.

Stir Fry Vegetables with Brown Rice

You will end up having a couple meals that you really enjoy and you will make over and over again during your fast. This recipe will likely be one of them! Not only is it very appetizing in its colorful presentation, but it is filling and tasty. Change the recipe to your own liking and with what you have available, but don't skimp on the vegetable as that's what makes this recipe unique and satisfying.

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, 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

Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat for 1 minute. Add green onions and ginger. Sauté for 5 minutes. Add green broccoli, green beans, carrots, and garlic. Stir fry for 8-10 minutes. Add greens and toss for about 2 minutes or until greens are wilted. Stir in water chestnuts, brown rice, soy sauce, peas and almonds. Serve as complete meal. Tip: serve this dish as a complete main dish along with a side of sliced fruit such as oranges, pineapple or mango.

This is also a great recipe to double and then use the leftovers for lunch. Merely heat in the microwave or eat at room temperature.

Bean Curry and Rice

This is an easy recipe and you can adjust the spices to your liking. You might also consider adding mushroom, carrots or other vegetables.

2 Tbsp olive oil

1 large white onion, chopped

½ cup dry lentils

2 cloves garlic, minced

3 Tbsp curry powder

1 tsp ground cumin

- 1 pinch cayenne pepper
- 1 can crusher tomatoes (28 Oz)
- 1 can garbanzo beans, drained and rinsed (15 Oz)
- 1 can kidney beans, drained and rinsed (8oz)
- ½ cup raisins salt and pepper to taste
- 8 cups cooked brown rice

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

Soups



Vegetable soup

- 3 teaspoons olive oil
- 1 medium onion, diced
- Kosher salt to taste
- Pepper to taste
- 1 celery stalk, diced
- 2 medium carrots, diced
- 2 medium garlic cloves, peeled and minced
- 2 tablespoons wheat flour
- ¼ cup corn kernels
- ¼ cup packed, chopped fresh parsley leaves
- 1 bay leaf (optional)
- 1 pinch dried thyme (optional)
- 3 cups chicken or vegetable broth

¾ pounds white potatoes, diced
¼ cup peas
¼ cup mushrooms
¼ cup red peppers chopped
1 cup peeled and chopped tomatoes

Heat the olive oil in a large saucepan. Add the onion, season with salt and pepper, stir in the celery, carrot, and garlic. Cook and stir until the veggies are tender and starting to brown, approximately 7 minutes. Add wheat flour and cook another minute while stirring constantly. Season with salt and pepper.

Add the corn, parsley, bay leaf, and thyme, if using. Season again with salt and pepper and cook an additional 5 minutes.

Add the broth, potatoes, peas, mushrooms, peppers, and tomatoes. Bring the soup to a boil, then reduce the heat to low, allowing it to simmer, uncovered. Cook until the potatoes can be easily pierced with a fork, about 15 minutes. Remove bay leaf if using. Season with additional salt and pepper as needed and serve.

Sturdy Black Bean Soup

2 tablespoons olive oil
1 medium onion, chopped
4 garlic cloves, peeled and minced
1 tablespoon cumin
One 15-ounce can black beans
3 tomatoes, chopped
3 ½ cups chicken broth
1 tablespoon lime juice (from one whole lime)
1 teaspoon ground black pepper
1 tablespoon minced fresh cilantro leaves

Heat olive oil in a large saucepan. Sauté onion, garlic, and cumin for 3 to 5 minutes. Add beans, tomatoes, broth, lime juice, and pepper. Bring to a boil, cover reduce heat, and let simmer for 7 minutes. Add cilantro. Serve

Old reliable Lentil Soup

1 ½ cup red lentils, rinsed
2 celery stalks, chopped
½ onion, chopped
1 medium carrot, peeled and chopped
1 teaspoon dried oregano
½ cup brown rice
½ cup fresh parsley leaves, chopped
1 cup chopped tomatoes
10 cups vegetable stock
Salt and pepper to taste

Combine all ingredients in a large soup pot. Bring to a boil, and then reduce heat to low. Cover pot and cook for 45 minutes or until lentils are soft. Adjust salt and pepper to taste and serve.

Quinoa

2 cups cooked organic quinoa
1 can black beans
Vegetable or chicken stock (about 1 cup)
2 cups fresh corn
1 medium onion, chopped
1 bunch cilantro
2 cups tomatoes, quartered
1 lemon
1 avocado
2 tbsp. olive oil, more to taste
Sea salt
Garlic

Cook quinoa according to package directions, substituting chicken or vegetable stock for water for added flavor. Set aside. Dice onions and tomatoes. Drain, rinse and add black beans. Add fresh corn, diced tomatoes and onions to the warm quinoa. Mix all ingredients, season with sea salt and pepper to taste.

Add fresh lemon juice, sliced avocado and cilantro. Serve while warm.

Veggie Tortilla Soup

2 cups	frozen whole kernel corn, thawed
1 large	Yellow onion, chopped
2 cloves	Garlic, minced
2(14.5 oz) cans	Low sodium, fat-free chicken broth
1(10.75 oz) can	Tomato puree
1 (10 oz) can	Diced tomatoes with green chiles
3 Tbsp	Fresh lime juice
1 tsp.	Kosher salt
2 tsp.	Ground cumin
1 tsp.	Chili powder
¼ tsp.	Blake pepper
1/8 tsp.	Ground cayenne pepper
1	Bay leaf

Combine all in a 4-quart slow cooker. Cover and cook on high for 6 hours. Discard bay leaf.

Spiced Tomato Soup

For soup:

1 tablespoon extra-virgin olive oil
1 small onion, chopped
2 garlic cloves, smashed and peeled
Coarse salt and ground pepper
1 teaspoon ground cumin
1/2 teaspoon ground coriander
4 cups Whole Roasted Tomatoes (recipe below)
1/2 teaspoon sugar
1 tablespoon unsalted butter

Fresh cilantro leaves, for serving
Red-pepper flakes, for serving
For whole roasted tomatoes:
8 pounds plum tomatoes
6 sprigs of thyme
2 tablespoons extra-virgin olive oil
Coarse salt and ground pepper

For soup:

1. In a medium saucepan, heat oil over medium. Add onion and garlic and season with salt and pepper. Cook, stirring occasionally, until onion is soft, about 12 minutes. Add cumin and coriander; cook, stirring, until fragrant, about 30 seconds. Add tomatoes, sugar, and 1 cup water and cook until warmed through, about 5 minutes. In batches, puree soup in a blender until smooth (use caution when blending hot liquids). Strain through a fine-mesh sieve. Stir in butter and season with salt and pepper. Serve soup with cilantro and red-pepper flakes.

For roasted tomatoes:

1. Preheat oven to 450 degrees. Divide tomatoes and thyme between two shallow baking pans or rimmed baking sheets. Toss with oil; season with salt and pepper. Bake until tomatoes burst, 45 minutes, rotating pans halfway through. Let cool, and then coarsely chop.

Pinto Bean Soup Recipe:

2 cans Pinto Beans
1 bag fresh whole kernel corn
1 can stew tomatoes
1/2 red onion chopped
2 teaspoons oregano
2 teaspoons basil
1 tablespoon parsley
1/2 cup fresh cilantro
1 can rotel tomatoes
Salt and pepper to taste.

Simmer for 15 minutes on Low heat.

Quibilah S. Crowder

VEGAN CHILI

- 1 tablespoon olive oil
- 1/2 medium onion, chopped
- 2 bay leaves
- 1 teaspoon ground cumin
- 2 tablespoons dried oregano
- 1 tablespoon salt
- 2 stalks celery, chopped
- 2 green bell peppers, chopped
- 2 jalapeno peppers, chopped
- 3 cloves garlic, chopped
- 2 (4 ounce) cans chopped green chile peppers, drained

- 2 (12 ounce) packages vegetarian burger crumbles
 - 3 (28 ounce) cans whole peeled tomatoes, crushed
 - 1/4 cup chili powder
 - 1 tablespoon ground black pepper
 - 1 (15 ounce) can kidney beans, drained
 - 1 (15 ounce) can garbanzo beans, drained
 - 1 (15 ounce) can black beans
 - 1 (15 ounce) can whole kernel corn
1. Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers. When vegetables are heated through, mix in the vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.
 2. Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

Tora Coleman

Green beans

1 lb fresh green beans
 1 Tbsp mince garlic
 1 Tbsp olive oil
 1 tsp seasoning mix (Your favorite brand)
 1/4 cup water
 1/2 lb pecans
 1/2 lb walnuts
 1/2 lb almonds
 (May use one, two or all nuts)

Heat oven to 350. Place nuts on cookie sheet, heat in oven 5 minutes. Remove from oven and set aside.

Place green beans in vegetable steamer for 10 minutes.

In large skillet on medium temperature heat olive oil. Add garlic and steamed green beans to skillet. Sprinkle green beans with seasoning mix. Add 1/4 cup of water, cover and simmer for 10 minutes. Add pecans, walnuts and/or almonds to green beans. Serve immediately.

Cookie Hudson

Okra Etouffee

1 lb chopped okra
 1 8oz can of stewed tomatoes (can sub with 1 lb. fresh diced tomatoes)
 1/4 cup chopped white and yellow onions
 1/4 cup chopped red and green bell peppers
 1 lb. chopped zucchini squash
 1 Tbsp Cajun seasoning
 1 tsp cayenne pepper
 1 tsp black pepper
 1 tsp salt
 3 Tbsp olive oil
 1/2 cup water

In medium skillet on medium temperature add 1 Tbsp of olive oil, white onions and okra. Sauté until okra softens about 5 minutes. Add 1/2 cup of water, cover skillet and let cook for 10 minutes on low medium low heat.

In large skillet on medium temperature add remaining 2 Tbsp of olive oil. Stir in zucchini, yellow onions, red and green bell peppers. Toss ingredients until all are softened.

In zucchini mixture add tomatoes. Season to your taste with Cajun, cayenne, black pepper and salt. Alternate adding seasoning gradually.

Combine okra with zucchini mixture in large skillet. Let cook 5 minutes.

Best if served over brown rice or wheat pasta.

Cookie Hudson

Turnip Green Soup

- 3 cups chopped onions
- 1 1/2 cups sliced carrots
- 1 (32 ounce) package cut-and-washed turnip greens
- 1 (48 ounce) carton vegetable broth
- 1 (15 ounce) cans black-eyed peas, drained and rinsed
- 1 (14.5-ounce) can fire-roasted tomatoes
- 1 teaspoon crushed red pepper
- 1/2 teaspoon ground black pepper

In a large stockpot, combine onion, and carrots. Cook over medium-high heat, stirring frequently, for 7 to 8 minutes. Add turnip greens, and cook, stirring constantly, for 3 minutes, or until wilted. Add broth, black-eyed peas, tomatoes, crushed red pepper, and black pepper. Bring to a boil; reduce heat, and simmer for 35 minutes or until greens are tender.

Brought to us by **Yolanda Rollinson**

SPECIAL SEASONING

This seasoning is great for soups, salads, beans, greens and a host of other things. Just play around with it and make it your own. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

Ingredients:

- 2 1/2 Tablespoons paprika
- 2 Tablespoons salt
- 2 Tablespoons garlic powder
- 1 Tablespoons black pepper
- 1 Tablespoon onion powder

- 1 Tablespoon cayenne pepper
- 1 Tablespoon dried leaf oregano
- 1 Tablespoon dried thyme

Place all ingredients into a small bowl and thoroughly mix with a whisk. Store your Special Seasoning in an airtight jar or container.

Yield: about 2/3 cup

Tip: Play around with this recipe and make it your very own family spice.

Khersentia Williams

Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

- 4 Tbsp olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 Tbsp 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
- ½ tsp freshly ground black pepper
- ¼ cup packed, chopped fresh parsley leaves
- 1-2 tsp freshly squeezed lemon juice

Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, a pinch of salt and sweet until soften, approximately 7 to 8 minutes.

Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.

Add the stock, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally. Add the stock, increase the heat to high, and bring to a simmer. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes. Remove from heat and add the parsley and lemon juice. Season to taste, with kosher salt. Serve immediately.

Greek Vegetable Stew

The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

- 2 Tbsp 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 tsp salt
8 slices lemon
1 Tbsp dried oregano
3 Tbsp fresh basil
2 cloves chopped garlic
2 Tbsp lemon juice

Preparation:

Lightly brown onions in a hot dry skillet add in 2 tablespoons oil. Add oregano and 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.

Salads



Black Bean Salad

1 (15 ounce) can black beans, rinsed and drained
2 (15 ounce) cans whole kernel corn, drained
8 green onions, chopped
2 jalapeno peppers, seeded and minced (optional)
1 green bell pepper, chopped
1 avocado – peeled, pitted, and diced
1 (4 ounce) jar pimentos
3 tomatoes, seeded and chopped
1 cup chopped fresh cilantro

1 lime, juiced (from one whole lime)

½ teaspoon garlic salt

In a large bowl, combine the black beans, corn, green onion, jalapeno peppers, bell pepper, avocado, pimentos, tomatoes, cilantro, lime juice, and dressing. Season with garlic salt. Toss, and chill until serving.

(Dressing 2/3 cup olive oil, white wine vinegar, ½ teaspoon salt, and ½ teaspoon pepper. Drizzle the dressing over the salad.

Strawberry Spinach Salad

2 tablespoons sesame seeds

½ cup apple juice (juicer)

½ cup olive oil

¼ cup distilled white vinegar

¼ teaspoon paprika

¼ teaspoon Worcestershire sauce

1 tablespoon minced onion

10 ounces fresh spinach – rinsed, dried and torn into bite-size pieces

1 quart strawberries – cleaned, hulled and sliced

¼ cup almonds (sliced)

In a medium bowl, whisk together the sesame seeds, apple juice, olive oil, vinegar, paprika, Worcestershire sauce and onion. Cover, and chill for one hour.

In a large bowl, combine the spinach, strawberries and almonds. Pour dressing over salad, and toss. Refrigerate 10 to 15 minutes before serving.



Strawberry Avocado Salad

2 tablespoons olive oil

4 teaspoons honey

1 tablespoon cider vinegar

1 teaspoon lemon juice (from a whole lemon)

2 cups torn salad greens

1 avocado – peeled, pitted and sliced

10 strawberries, sliced

½ cup chopped pecans

In a small bowl, whisk together the olive oil, honey, vinegar, and lemon juice. Set aside.

Place the salad green in a large bowl, and top with sliced avocado and strawberries. Drizzle dressing over everything, and then sprinkle with pecans. Refrigerate for up to 2 hours before serving, or serve immediately.

Healthy Garden Salad

5 tablespoons red wine vinegar

3 tablespoons grape seed oil

1/3 cup chopped fresh cilantro
2 limes, juice (from a whole lime)
½ cup apple juice (juicer)
¾ teaspoon salt
2 cloves garlic, minced
1 (1 pound) package frozen shelled edamame (green soybeans)
3 cups frozen corn kernels
1 pint cherry tomatoes
4 green onions, thinly sliced
1 (15 ounce) can black beans, rinsed and drained

In a large bowl, whisk together the red wine vinegar, grape seed oil, cilantro, lime juice, apple juice, salt and garlic. Set aside.

Bring in a large pot of lightly salted water to a boil. Add corn to the boiling water and continue cooking for 1 more minute. Drain very well, and pour into the bowl with the dressing. Gently mix in the cherry tomatoes, green onions and black beans. Cover and refrigerate for a least 2 hours before serving to chill and blend the flavors.

Mexican Cucumber Salad

1 medium cucumber, chopped
1 (3.75 ounce) can whole kernel corn, drained
1 (16 ounce) can stewed tomatoes, drained and sliced
1 green bell pepper, chopped
1 red bell pepper, chopped
2 tablespoons red wine vinegar
1 tablespoon crushed red pepper flakes

½ teaspoon garlic, minced

½ teaspoon cumin

¼ teaspoon dried cilantro

¼ teaspoon salt

1/8 teaspoon ground black pepper

In a large bowl, toss together the cucumber, corn, tomatoes, green bell pepper, red bell pepper, and red wine vinegar. Season with crushed red pepper flakes, garlic, cumin, cilantro, salt, and black pepper. Cover, and chill at least 30 minutes before serving.

Black-Eyed Pea Salad

2 (15.5 ounce) can black-eyed peas

1 large tomato, chopped

1 medium red bell pepper, chopped

1 medium green bell pepper, chopped

½ red onion, diced

1 stalk celery, chopped

1 tablespoon chopped fresh parsley

3 tablespoons balsamic vinegar

2 tablespoons olive oil

Salt and pepper to taste

In a medium bowl, toss together black- peas, tomato, and red bell pepper, green bell pepper, red onion, celery, and parsley. In a small bowl, mix balsamic vinegar and olive oil. Season with salt and pepper. Toss in to the vegetables. Cover, and chill in the refrigerator 8 hours, or overnight.

Southwest Corn and Black Bean Salad

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 ½ cups corn kernels (fresh or frozen)

1/3 cup pine nuts

¼ cup lime juice

2 Tbsp extra-virgin olive oil

¼ cup chopped fresh cilantro

2 (14 oz) can black beans, rinsed

2 cups shredded red cabbage

1 large tomato, diced

½ cup minced red onion

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned for 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. Use freshly ground pepper and salt to taste just before serving.



Simple Orange and Red Onion Salad

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes.

4 cups torn romaine

2 medium navel orange, peeled and sectioned

1 small red onion, sliced and separated into rings

¼ cup olive oil

3 Tbsp red wine vinegar

¼ tsp salt

1/8 tsp pepper

On a serving platter, arrange the romaine, orange and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad; serve immediately.

Beautiful Green Salad

This is a basic green salad with a little “zip” to it.

8 cups baby spinach leaves

½ medium red onion, sliced and separated into rings

1 cucumber, seeds removed and cut into ½ “chunks

1 sweet orange, sliced into sections or triangles

1 ½ cups naturally sweetened dried cranberries

1 cup roasted sliced almonds

1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

Place servings of spinach onto salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in the order. Drizzle dressing over each salad.

Salad Dressings



Many salad dressings call for sugar or honey. I have chosen to exclude those in this Journal, however many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you! More salad dressing recipes are available on The Daniel Fast weblog.

Lemon Olive Oil Dressing

1/3 cup fresh lemon juice (large or 1 ½ small lemons)

¾ cup olive oil (or sometimes I mix canola and olive)

1-2 Tbsp tamari soy sauce

2 large cloves garlic, crushed

Fresh ground black pepper to taste

Shake all ingredients in a bottle. Toss with fresh salad greens. Store leftover dressing in refrigerator.

Tofu Mayonnaise

4 ounce tofu

1/3 cup olive oil

2 Tbsp lemon juice

2 tsp Dijon mustard

1 tsp grated lemon rind

Salt and pepper to taste

Puree the tofu with ¼ cup of water, oil, lemon juice and mustard until smooth. Add grated lemon rind and season with salt and pepper.

You can add 4-6 garlic cloves, mashed with ½ teaspoon salt, to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped white onion or scallion to zip it up.

Zesty Italian

3 Tablespoons white wine vinegar

Pour milk into a blender frozen strawberries or fresh strawberries and ice, and peach slices. Blend until smooth and creamy.

Fruit Power Smoothie

1 cup strawberries

½ cup blueberries

1 kiwi, peeled and sliced

1 banana, peeled and chopped

1 cup ice cubes

½ cup fresh orange juice (i.e., from a juicer)

In a blender, blend the strawberries, blueberries, kiwi, banana, ice and orange juice until smooth.

Strawberry-Pineapple Smoothie

1 cup frozen strawberries

¾ cup fresh pineapple juice (i.e., from a juicer)

¾ almond milk (100% non fat)

6 ice cubes

Blend the strawberries, pineapple juice, milk and ice in a blender until smooth.

Sweet Detox Smoothie

2 cups mixed frozen berries

1 pear, peeled, cored and sliced

1 cup unsweetened pomegranate juice

1 cup ice

Combine all ingredients in a blender and puree until smooth.

Green Power Machine

½ cup apple, peeled, cored, and chopped

4 kale leaves, chopped

½ cup chopped mango

6 romaine leaves, chopped

¼ cup fresh parsley sprigs

1 inch fresh gingerroot, peeled and chopped

1 cup water

Combine all ingredients in a blender and puree on low speed until smooth. Place in refrigerator. Serve chilled.

Old-Fashioned Strawberry-Banana Smoothie

3 ½ cups chopped strawberries

3 bananas, peeled and sliced

¼ cup orange juice, (i.e., from a juicer)

14 cup soy/Almond milk (100% non fat)

1 ½ tablespoons honey

1 cup ice

Combine all ingredients in a blender and puree until smooth.

Light Cucumber Smoothie

1 large garden cucumber, peeled, seeded, and cut into chunks (about 1 cup)

½ cup frozen blueberries

½ tablespoon lemon juice

½ tablespoon lime juice

1 tablespoon honey

Combine all ingredients in a blender and puree until smooth.

Strawberry-Peach-Mango Smoothie

1 cup frozen strawberries

1 peach, peeled, pitted and sliced

1 cup frozen mango chunks

¼ cup Almond milk (100% non fat)

¼ cup ice chips, optional

Combine all ingredients in a blender and puree until smooth

Snacks



Burk's Trail Mix

1 cup cashews

1 cup almonds

1 cup sun-dried unsweetened raisins

1 cup dried assorted fruit with no sugar added

½ cup unsweetened cranberries

Combine all ingredients in a bowl. Enjoy as a healthy, filling snack.

Dry-Roasted Edamame with Cranberries

1 cup roasted edamame

1 cup cranberries

Combine and enjoy!

Spicy Energy Mix

1 ounce pumpkin seeds

1 ½ ounce dried mango

1 ounce pitted chopped dates

¼ teaspoon prepared spice rub

Combine pumpkin seeds, mango, dates and prepared spice rub.