



# **21 Day Daniel Fast**

## **NUTRITIONAL RECIPES**

Cleanse, Nourish and Balance your body

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## **APPETIZERS**

### **Guacamole**

2 ripe avocados	salt & pepper, to taste
3 cloves garlic, minced	freshly squeezed lime juice, to taste
One tomato, chopped	
½ medium onion, finely chopped	

Peel avocados and beat until smooth. Add garlic, tomato and onion. Add salt, pepper and lime juice to taste.

Serve with veggie sticks, or as an addition to fajitas or quesadillas.

### **Hummus**

3 cloves garlic, minced	handful fresh parsley, chopped
3 scallions (no greens)	2 tsp. cumin (approx)
38 oz chickpeas	cayenne, to taste
6 tbsp tahini (gr. Sesame paste)	
6 tbsp fresh lemon juice	

Place garlic, parsley and scallions into food processor and finely chop. Add chickpeas, tahini and lemon juice. Blend. Add cumin and cayenne to taste. Add more of any of these ingredients if needed.

### **Rice – Hummus wrap**

1 tbsp hummus	½ cup cooked brown rice
½ small red onion, sliced	½ cup cooked black beans
½ small tomato, chopped	1 tsp olive oil
1 tsp balsamic vinegar	few sprigs fresh cilantro
Whole wheat tortilla shell(s)	

In a small skillet, sauté the tomato and onion in olive oil and vinegar (onion should still be a little crisp when finished). Lay out tortilla shell and layer in the following order: hummus, rice, beans, onion and tomato mix, cilantro.

Roll up and warm in oven until slightly heated.

### **Salsa**

3 cups chopped tomatoes	2 tbsp fresh cilantro, snipped
½ cup green onion (w. tops), chopped	1 tbsp jalapeno chili, finely chopped
½ cup green bell pepper, chopped	½ tsp salt
2 tbsp fresh lime juice, or to taste	

Mix all ingredients. Improve taste by refrigerating for 2-3 hours before serving. Makes approx 3 ½ cups.

### **Zucchini Burritos**

3-4 med. Zucchini	1 red pepper
1 tbsp olive oil	2 tsp chili powder
1 clove garlic, minced	whole wheat tortilla shells

Cut zucchini into matchsticks. Heat olive oil in pan or wok and add garlic and zucchini. Add chili powder. Cut pepper into matchsticks (about same size as zucchini) and toss into pan. Cook until veggies heat through (do not overcook). Roll up mixture in tortilla shell and bake until heated. Serve with salsa.

## **SALADS**

### **Grated Carrot Salad**

2-3 carrots, washed and peeled  
1-2 apples, to taste  
½ lemon juice  
½ cup raisins

Grate carrots into a bowl. Core and peel apple(s). Apples can be grated or chopped, as preferred. Add lemon juice and raisins and mix well.

### **Green Fruit Salad**

13 fresh green grapes, seedless  
1 small-med green kiwi  
½ green pear, any kind  
1 tbsp lime juice

Wash and cut grapes in half. Peel kiwi and chop into small chunks. Chop pear into small chunks. Place all fruit in bowl. Evenly pour lime juice over fruit. Use less lime juice for a taste that is less sour.

### **Simple Tunisian Salad**

2 cucumbers	½ tbsp olive oil
3 large ripe tomatoes	2 large lemons
1 small- med onion	salt, to taste

Dice cucumbers, onions, and tomatoes. Mix in bowl with juice of lemons, olive oil and salt.

## **SIDE DISHES**

### **Coconut Curry Sauce**

2 tbsp olive oil	1 onion, finely chopped
1 tsp cumin seeds	1 tsp gr. Coriander
1 pinch cayenne pepper	1 tsp turmeric
1 – 14oz tin light coconut milk	salt

Add olive oil to heated saucepan. Add onion and spices. Cook for 30 seconds. Pour in coconut milk and bring to a boil. Season and serve.

This sauce is great over steamed rice and vegetables. Very rich sauce and should be used sparingly.

### **Lemony Lentil-Potato Medley**

2 potatoes	2-3 green onions, chopped
2 cups red lentils	sea salt
1 onion	black pepper
6 cloves garlic, peeled	olive oil
Juice of ½ lemon	3 cups water
12 fresh mint leaves, finely chopped	

Drizzle small amount of olive oil into large deep pan. Add chopped onion, garlic cloves and sizzle over medium heat. Add potato, chopped into small cubes. Cook until onions and potatoes both show a lot of brown colour.

Add lentils and water and boil for about 20 minutes. Lentils should remain firm and colourful- do not cook to mush. Drain off any excess water.

Stir green onions into potato mixture. Cook until green onions are slightly wilted.

Make dressing out of mint leaves and lemon juice, adding an equal amount of olive oil. Pour dressing into vegetables and stir to coat. Add sea salt and pepper to taste.

### **Red Pepper & Garlic Sauce**

2 red peppers (2 per person)  
Garlic cloves, unpeeled (one per each red pepper)  
Black pepper, to taste

Preheat broiler

Remove tops and seeds from red peppers. Flatten peppers, as best as possible and place on baking tray with garlic cloves) the flakiest outer coating should be cut off, but the tough part remain on).

Put peppers and garlic under broiler, until the surface of the peppers are mostly blackened. Remove peppers and garlic from oven and place in container w/lid. Close container so that as little heat as possible will escape. Let peppers and garlic steam for 10 minutes.

Open container. Remove blackened skins from peppers and peel garlic cloves. Place peppers and garlic in food processor or blender, and puree until smooth. Add black pepper to taste.

Serve with fish, brown rice, or chicken. Also great as wrap or salad dressing.

### **Refried Beans**

3 cups cooked pinto beans	½ cup chopped onion
1 tsp minced garlic	garlic powder, to taste
Cayenne pepper, to taste	black pepper, to taste

Steam onions and garlic. Puree pinto beans in food processor or blender. Pour pureed beans into skillet with onions and garlic. Stir mixture constantly on low to medium heat until thickened; season while cooking. Serve hot with veggies.

### **Tomato Sauce**

2 lbs tomatoes, peeled and chopped	½ to 1 tsp dried oregano
1 medium onion, chopped	½ thyme
3 garlic cloves, minced	one 6oz can of tomato paste (no sugar added)
1 tbsp olive oil	3 tbsp cooked lentils (optional)
2 tsp dried basil	

Put tomatoes in a blender or food processor and process to a coarse mixture. In a large heavy pot, sauté the onion and garlic in the olive oil until soft. Add the tomatoes, herbs and tomato paste. Stir to combine. For a meatier flavor and a heartier sauce, add lentils. Simmer over low heat, uncovered, for at least 30 minutes, stirring occasionally.

Use as sauce for brown and/or wild rice, or spaghetti squash. (To prepare, cut squash in half lengthwise and place, open face down on cookie sheet. Bake for approx. 45 minutes at 350°F. Pull out strands with fork after baked.)

### **Ketchup**

1 lb. ripe tomatoes, skinned and chopped	approx. 1 pint vegetable stock
1 med onion, chopped	1 tbsp tomato puree
Crushed garlic, to taste	2 bay leaves
1 med. Potato, finely chopped	salt & pepper, to taste

Soften onion in a tbsp or two of water. Add all the other ingredients and bring to a boil. Simmer for about 30 mins. Allow to cool and remove bay leaves. Liquefy in a blender and store in a sealed container. Store in refrigerator.

## **ENTREES**

### **Insanely Easy Veggie Chili**

1 cup chopped onion	1 can (26oz) diced tomatoes & liquid
¾ cup chopped carrots	11oz whole kernel corn
3 cloves garlic, minced	1 tbsp ground cumin
1 cup chopped gr. Bell pepper	1 tbsp chili powder
1 cup chopped red bell pepper	1 ½ tsp dried oregano
¾ cup chopped celery	1 ½ tsp dried basil
1 can (19oz) kidney beans (drained and rinsed)	

Combine all ingredients in a slow cooker or large pot and cook at low heat until soft.

### **Italian Mock Meatballs**

1 cup cooked brown/wild rice	2 stalks celery w/leaves, finely chopped
1 med red onion, finely chopped	2 cloves garlic, minced
2 lbs. firm tofu, crumbled	1 cup vegetable stock
¼ cup whole rolled oats	3 tbsp Bragg's Liquid Aminos
2 cups fresh basil, finely chopped	2 cups fresh parsley, finely chopped
¼ tsp black pepper	1-2 cups whole wheat tortilla crumbs
1 tbsp olive oil	pinch of cayenne

Leave 8-10 tortillas and leave them out to dry on a counter (or quick-dry in a low heat oven). Break into small pieces and grind in a blender or food processor until fine crumbs. Set aside in a bowl.

Steam fry the celery, onion and garlic until softened. Transfer to a large bowl.

Put tofu, vegetable stock, oats and Liquid Aminos in a blender and blend until smooth. Add parsley, basil, black pepper and pulse until well blended. Add to the onion mix.

Add cooked rice to the onion mix, along with tortilla crumbs, and mix well. Mixture should be slightly sticky. Add more crumbs if the mixture is too wet. Form into 1-2 inch balls and place on lightly oiled baking dish or cookie sheet.

Bake until lightly browned in preheated oven at 400F approx. 20-30 mins.

### **Lentil-Nut Loaf**

2/3 cup lentils	2 cloves garlic, minced
2 2/3 cup cold water	¼ cup flaxseed
½ cup hot water	2 eggs
½ tsp Bragg's Liquid Aminos	¼ tsp thyme
1 cup chopped onion	¼ tsp rosemary
1 cup ground nuts or seeds (sunflower seeds, almonds, pumpkin seeds)	

Rinse lentils, removing any small stones. Put lentils in a pot with the cold water. Bring to a boil, lower heat, and simmer 50 minutes, or until lentils are soft.

Meanwhile, prepare the rest of the ingredients for the loaf. Put the flaxseed in a cup with the hot water. The seeds will absorb the water, forming a gel in about 20 minutes. This will help hold the loaf. It will also provide a soft, crunchy texture, and the flaxseeds are high in EFA's. Preheat oven to 350°F.

In a large bowl, beat the eggs, then add the remaining ingredients, including the cooked lentil and flaxseed gel.

Press the mixture into a lightly greased 9x5x3 inch loaf pan. Bake for one hour.

**For Veggie Burgers:** Form 1" thick patties and place on a lightly greased cookie sheet or baking stone and bake for approx. 15 minutes on each side.

Enjoy with ketchup (recipe in *Side Dishes*).

## No-Meat Burgers In-A-Hurry

1 lb medium-firm tofu, mashed	1 cup rolled oats
½ cup wheat germ	1 onion, finely minced
2 cloves garlic, minced	2 tbsp Bragg's Liquid Aminos
½ tsp sea salt	½ tsp dried basil
½ tsp dried oregano	½ tsp dried pepper

Mix ingredients together in a large bowl. Knead for a few minutes. Shape into patties. Place on a stone or lightly oiled cookie sheet. Place in oven at 325F for 25 minutes. Serve on whole grain, rye or yeast-free bread. Top with lettuce, tomato, sprouts, grated carrot, onion and tomato sauce (see recipe in *Side Dishes*).

## SOUPS

### Borscht

2 lrg carrots	1 lrg onion
½ to 1 green bell pepper	1 small red beet head, peeled
2-3 fresh tomatoes	2-3 potatoes, peeled and cubed
1 small head cabbage	garlic, as many as preferred
1 tbsp tomato puree or paste	1 tbsp olive oil
2 tbsp fresh parsley, chopped	salt, to taste
2 tbsp fresh dill, chopped	8 cups vegetable broth

Boil vegetable broth. While heating broth, chop onions, pepper and beet. Add to broth. Add whole tomatoes to broth and cook on medium heat about 10 minutes (minimum). Add potato cubes. Cook until potatoes are soft.

Meanwhile, cut cabbage into thin slices and add to soup once potatoes feel cooked. Add crushed garlic and salt.

Take out the tomatoes, remove skin, chop and add to tomato paste. Add tomato mixture to olive oil and cook for about 1 minute.

Add to soup. Let soup simmer for 15 minutes. Remove from heat and add parsley and dill. Let sit for another 15 minutes.

Enjoy with plain yogurt (instead of sour cream).

### Quick and Delicious Split Pea Soup

1 cup split peas	3 ¼ cups water
1 cup chopped onion	1 cup chopped celery
1 ¼ sliced carrots	

Wash the split peas. Put the water, split peas, onion and celery in a medium sized pot, bring just to a boil, and then turn down heat. Cover and simmer over low heat for 40 minutes. Put the soup in the blender and puree until smooth.

Add the sliced carrots to blender and blend briefly, just enough to have the bits of carrot in the soup (unless you like it totally smooth). Return the soup to pot and cook for another 10 minutes. Be careful while transferring the hot liquid!

For more flavor, add minced garlic and fresh, chopped parsley.

### Roasted Pepper Soup

4-5 red, yellow, or orange peppers, roasted and peeled	1 tbsp olive oil
½ sweet onion, finely diced	16oz rice or soy milk (natural)
4 cups vegetable broth	salt & pepper to taste
2 tsp ground cumin	

Roast peppers in oven (set to 500 or broil, and place whole peppers on cookie sheet, turn every 5 minutes until skin blisters). Set peppers aside in sealed container until they begin to cool, then peel, discarding the skins, stems and seeds. Slice and chop.

Saute onion in olive oil until creamy. Add rice/soy milk and stir over low heat until well mixed and heated through. Add salt and pepper to taste. Serve hot.