

# DCT Seventh-day Adventist Church Daniel Fast Meal Ideas - Week Two

*Tips and Tricks: This plan is intended to inspire you, not to enslave you! Do what works for you and your situation. Your secret weapons: frozen vegetables, canned beans, bagged salads, your slow cooker and rice cooker, and making double batches to freeze and serve in a pinch! Make a large batch for supper and send leftovers to school for the kids' lunches. Too busy to cook? Use store-bought bean soups and pasta sauces for your whole-grain pasta, with a side of bagged salad. Unsweetened soy milk can be replaced with unsweetened almond or coconut milk.*

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
January 8-14 Breakfast:	Whole grain pancakes* Almond butter Banana, cubed Pineapple, cubed and stewed Sprinkled coconut	Steel cut oatmeal Sprinkle of chia seeds Prunes stewed in orange juice Unsweet. soy milk	"Rice 'n' Shine" hot cereal* Raisins Sprinkle of cinnamon Unsweet. soy milk Handful of almonds	Soy-oat waffles* Natural peanut butter Stewed frozen triple-berry blend	Oatmeal, cooked with grated apple and cinnamon Walnuts Unsweet. soy milk	Homemade muesli: raw quick oats with cubed pears, dried cranberries, and chopped pecans Unsweet. soy milk	Shredded wheat cereal Unsweet. soy milk Raisins or dates Grapefruit
Lunch:	Quinoa salad with red pepper and cilantro* Warmed canned black beans Orange slices	Red lentil soup* Whole grain crackers Celery sticks	Baked sweet potato Warmed canned or frozen black-eyed peas Green salad	Chile Vegan cornbread* Carrot sticks	Baked potato topped with Caramelized onions* (make while potatoes bake) Canned kidney beans, warmed with olive oil, garlic and paprika	Frozen vegetable soup* Whole grain crackers Grapes	Whole grain pasta with bottled chunky vegetable pasta sauce Caesar salad* Frozen corn Fruit platter
Supper:	Fresh fruit salad Handful of raw nuts or Triscuits with peanut butter	Tostadas with canned refried beans and topped with Chunky guacamole*	Hummus* in whole wheat pita, with sliced cucumbers, tomatoes and lettuce Apple wedges	Whole wheat burritos filled with canned/drained pinto beans and Cilantro-lime rice*, and topped with shredded lettuce and Pa's vinegar-free salsa (available at Nourish)	Mediterranean Haystacks*	Leftovers Night	Popcorn popped with oil and salt Fresh fruit or a frozen fruit smoothie

## Whole Grain Pancakes

2 c whole grain flours of your choice  
3 T sugar (omit if desired)  
1 T baking powder  
½ t salt  
1 c water  
1 c soy milk  
2 T vegetable oil

Oil and preheat a griddle. Whisk together the flour, sugar, baking powder, and salt. In a separate, small bowl, whisk together the milk, water and oil. Combine the wet with the dry ingredients, adding a little more water if necessary. Fry.

## Quinoa Salad with Red Pepper and Cilantro

1 cup quinoa, rinsed and drained  
1 1/2 cups water  
Salt and pepper

1/2 red bell pepper, chopped fine  
1/2 jalapeño chile, minced (omit for children)  
2 tablespoons minced red onion  
1 tablespoon minced fresh cilantro  
2 tablespoons fresh lime juice  
1 tablespoon extra-virgin olive oil  
1 small garlic clove, minced  
1/2 teaspoon ground cumin

Place the quinoa, water and 1/4 teaspoon salt in a large saucepan and bring to a simmer. Reduce the heat to low, cover, and continue to simmer until the quinoa has absorbed most of the water and is nearly tender, about 12 minutes. Spread the quinoa out over a rimmed baking sheet and set aside until it is tender and cool, about 20 minutes. When the quinoa is cool, transfer it to a large bowl. Stir in the bell pepper, jalapeño, onion, and cilantro. In a separate bowl, whisk the lime juice, oil, garlic, and cumin together, then pour over the quinoa mixture and toss to coat. Season with salt and pepper to taste and serve.

## Red Lentil Soup

1/4 c olive oil (or less)  
2 large onions, chopped  
6 red potatoes, chopped into bite-sized pieces  
3 c red lentils  
3 T McKay's Chicken Seasoning  
2 t curry powder  
1½ t salt  
1 t basil  
½ t oregano  
1 14-oz. can tomato sauce  
10 c water

Heat the olive oil in a large pot and saute the onions and potatoes until the onions are translucent. Add the remaining ingredients, bring to a boil, then lower the heat and simmer for 45 minutes, stirring regularly.

## Chunky Guacamole

2 ripe avocados  
1 c grape tomatoes, cut in half  
1-2 cloves garlic, minced  
2 T chopped cilantro

1 T lemon juice  
1-2 T olive oil  
salt to taste

Lightly stir together all the ingredients, trying not to mash the avocado. Adjust salt and lemon juice to taste.

### “Rice ‘n’ Shine” Hot Cereal

1 c brown rice  
3 c water  
1/4 t salt

Pulse the dry brown rice in a blender until is chopped into small chunks, but not too powdered. Bring 3 cups water to boil and add the salt and rice. Return to a boil and then lower the heat to a simmer and cover. Cook for about 15 minutes, stirring occasionally. Serve with milk and your favorite toppings.

### Hummus

1 16 oz. can garbanzo beans, strained, liquid reserved  
1/3 cup liquid from the garbanzo beans  
3 Tablespoon sesame tahini  
3 Tablespoon olive oil, plain, not Extra Virgin  
1 - 2 cloves garlic, minced  
1/4 teaspoon salt, mounded  
1/4 teaspoon citric acid crystals, mounded or 1 T lemon juice  
1/8 teaspoon ground white pepper  
1/2 teaspoon sesame oil, (optional)  
1/2 teaspoon cumin, (optional)

Drain the canned garbanzo beans into a strainer over a glass measuring cup. Reserve the liquid. Combine the remaining ingredients with 1/3 cup garbanzo liquid in a food processor, and process for 10 minutes until very smooth. Add more garbanzo liquid if the hummus is too thick. Adjust lemon and salt to taste.

### Soy-Oat Waffles

2/3 c dry soybeans, soaked overnight  
4 c water  
2 T oil  
2 t baking powder  
3 c old-fashioned oats  
1 t salt

Combine all ingredients in a blender and blend until creamy. Batter will thicken on standing. Bake in how waffle iron, sprayed with non-stick spray if needed.

### Vegan Cornbread

1 1/4 c whole grain flour of choice  
3/4 c cornmeal  
2 t baking powder  
1/4 c sugar (omit if desired)  
3/4 t salt  
1 1/4 c soy milk  
1/4 c vegetable oil  
1 1/2 t Ener-G Egg Replacer, mixed with 2 T warm water, or other favorite egg replacer

Preheat the oven to 400°. Combine the flour, cornmeal, baking powder, sugar, and salt in a medium bowl. Add the milk, oil, and egg replacer and mix only until all the ingredients are well combined. Pour the batter into a greased 8x8-inch pan. Bake for 25 to 30 minutes or until the top is golden brown.

### Cilantro-Lime Rice

2 c short-grain brown rice  
4 c water  
2 limes  
1/3 c chopped cilantro  
salt to taste

In a medium saucepan with a tight-fitting lid, combine the short-grain rice and water, and a small pinch of salt (the rice will be seasoned more after it is cooked). Bring to a boil. Stir once, cover, and reduce heat to low. Simmer for 50 minutes. (Do not lift the lid). Remove from heat and let stand, covered, for 5 minutes; fluff with a fork. Squeeze the juice of the two limes over the rice, sprinkle with salt to taste and add the cilantro. Stir to combine.

### Caramelized Onions

To produce perfectly versatile onions, sauté them in a nonstick pan in oil over high heat for the first five minutes to quickly release the moisture, then cooked them over medium heat for 45 minutes for clear onion flavor and a yielding yet firm texture.

2 tablespoons olive or vegetable oil  
1/2 teaspoon table salt  
1 teaspoon light brown sugar (omit if desired)  
2 pounds large onions, root end cut off, halved pole to pole, peeled, and sliced 1/4 inch thick across the grain  
1 tablespoon water  
Ground black pepper

Heat oil in 12-inch nonstick skillet over high heat; stir in salt and sugar. Add onions and stir to coat; cook, stirring occasionally, until onions begin to soften and release some moisture, about 5 minutes. Reduce heat to medium and cook, stirring frequently, until onions are deeply browned and slightly sticky, about 40 minutes longer. (If onions are sizzling or scorching, reduce heat. If onions are not browning after 15 to 20 minutes, raise heat.) Off heat, stir in water; season to taste with pepper.

### Mediterranean Haystacks

This is one of our favorite meals - healthy, simple, and scrumptious! You'll find the recipe for the dressing first, and then the other elements listed below.

#### Tahini dressing:

4 T lemon juice  
1 t each dried oregano, basil, thyme  
1 t minced garlic  
1 t salt

1/2 c Tahini  
1/2 c extra virgin olive oil  
1/2 c water

Mix in a blender and serve over, layered from the bottom up:

Baked brown rice (recipe listed below)  
Black beans, canned or slow cooked  
Broccoli, chopped and steamed  
Tomatoes, diced  
Green onions, chopped

### Baked Brown Rice

This recipe can be doubled or tripled for a crowd.

1 1/2 c brown rice  
2 1/4 c water  
1/2 t salt

Preheat your oven to 350°. Place the ingredients in a Pyrex baking dish, stir and cover with foil. Bake for one hour.

### Frozen Vegetable Soup

1/4 c olive oil  
1 large onion, chopped  
2 garlic cloves, minced  
6 c vegetable stock  
8 c any chopped frozen vegetables  
salt and pepper

Place olive oil in a large pot over medium-high heat. Add onion, sprinkle with a pinch of salt, and saute until soft. Add garlic and saute until fragrant, about a minute. Meanwhile, organize the bags of vegetables on your counter from firmest (squash and beans) to most tender (greens). Start adding the vegetables, firmest first, stirring occasionally until they thaw and begin to get tender. Continue adding and stirring, until the vegetables begin to brown in places, adjusting the heat as necessary. Add the vegetable stock and bring to a boil. Simmer until the vegetables are as tender as you like. Season with salt and pepper and serve.

### “Caesar” Salad Dressing

2 T blanched almonds  
1 clove of garlic, finely chopped  
3 T nutritional yeast flakes  
2 T lemon juice  
1/4 c water  
1 T olive oil  
1 t salt

Finely grind the almonds in the blender, and then add the rest of the ingredients. Blend well and then toss with torn or cut up Romaine lettuce, adding croutons for a fine vegan version of a Caesar salad.