

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

*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 7-13 Breakfast:	Whole grain pancakes* Natural peanut butter Unsweet. applesauce Orange slices	Oatmeal porridge Unsweet. soy milk Sliced banana Pecans Sprinkle of cinnamon	Breakfast tacos: Corn tortillas with warmed canned pinto beans, sliced olives, grape tomatoes, avocado and a squeeze of lime juice	Bob's Red Mill 10-grain hot cereal Unsweet. soy milk Raisins Pumpkin seeds	Soy/oat waffles* Almond butter Frozen blueberries, "stewed" in the microwave	Homemade muesli: raw quick oats with sliced grapes, coconut, chopped nuts, and sliced banana Unsweet. soy milk	Shredded wheat cereal Unsweet. soy milk Raisins or dates Grapefruit
Lunch:	Lentil soup* Green salad with avocado and sliced red onions Lemon vinaigrette*	Haystacks	Curry with potatoes* Baked brown rice* Carrot sticks	Split pea soup Triscuits crackers Green salad with sunflower seeds	Confetti corn and black bean salad* on tortilla chips Pineapple slices	White bean and spinach tacos* Cuties tangerines	Baked brown rice Stewed Lentils Frozen peas Green salad Pineapple slices
Supper:	Fresh fruit salad Handful of raw nuts or Triscuits with peanut butter	Baked winter squash Canned cannellini beans sautéed in extra-virgin olive oil with garlic, Frozen green beans	Minestrone soup Green salad with garbanzos Apple slices	Cooked quinoa Slow-cooker lentil and greens stew* Grapes	Whole-wheat spaghetti with zucchini and sun-dried tomatoes* Sliced cucumbers	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 soymilk  
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.

## Lentil Soup

2 T olive oil  
1 large onion, chopped fine  
2 medium carrots, peeled and chopped  
3 medium cloves garlic, minced  
1 can (14 1/2 ounces) diced tomatoes  
1 bay leaf  
1/2 teaspoon thyme  
2 cup lentils  
1 teaspoon table salt  
Ground black pepper

1/2 t liquid smoke or 1 T Bacon flavor seasoning  
4 1/2 cups vegetable broth  
1 1/2 cups water  
1 t lemon juice  
3 tablespoons minced fresh parsley

Saute onion and carrots until soft, add garlic and cook until fragrant, about 30 seconds. Stir in tomatoes, bay leaf, and thyme; cook until fragrant. Stir in lentils, salt, and pepper to taste and vegetable broth, water and liquid smoke/bacon seasoning; bring to boil, cover partially, and reduce heat to low. Simmer until lentils are tender but still hold their shape, 30 to 35 minutes; discard bay leaf. Puree 3 cups soup in blender until smooth, then return to pot; stir in lemon and parsley, add salt if needed, and serve.

## Lemon Vinaigrette

1 T lemon juice  
1/4 t Colmans English Mustard Powder  
1/8 t salt  
ground black pepper  
3 T extra virgin olive oil

Combine lemon juice, mustard powder, salt and pepper in a small bowl. Whisk to combine. Whisking constantly, slowly drizzle in the olive oil to emulsify.

## Curry with Potatoes, Cauliflower and Chickpeas

2 tablespoons curry powder  
1 1/2 teaspoons garam masala  
1/4 cup vegetable oil  
2 medium onions, chopped fine  
12 ounces red potatoes, scrubbed and cut into 1/2-inch pieces  
3 medium cloves garlic, minced  
1 tablespoon finely grated fresh ginger  
1 tablespoon tomato paste  
1/2 medium head cauliflower, trimmed, cored, and cut into 1-inch florets  
1 (14.5-ounce) can diced tomatoes  
1 1/4 cups water  
1 (15 ounce) can chickpeas, drained  
Table salt  
8 ounces frozen peas  
1/4 cup canned coconut milk

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Heat 3 tablespoons oil in large Dutch oven over medium-high heat until shimmering. Add onions and potatoes and cook, stirring occasionally until onions are soft. Reduce heat to medium. Clear center of pan and add remaining tablespoon oil, garlic, ginger, and tomato paste; cook, stirring constantly, until fragrant, about 30 seconds. Add spices and cook, stirring constantly, about 1 minute longer. Add cauliflower and cook, stirring constantly, until spices coat florets, about 2 minutes longer. Add tomatoes, water, chickpeas, and 1 teaspoon salt; increase heat to medium-high and bring mixture to boil, scraping bottom of pan with wooden spoon to loosen browned bits. Cover and reduce heat to medium. Simmer briskly, stirring occasionally, until vegetables are tender, 10 to 15 minutes. Stir in peas and coconut milk; continue to cook until heated through, about 2 minutes longer. Adjust seasoning with salt and serve over rice.

### **Baked Brown Rice**

This recipe can be doubled or tripled for a crowd.

1½ c brown rice  
2¼ c water  
½ t salt

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

### **Slow-cooker Lentil and Greens Stew**

If you don't have a slow cooker or don't want to use the one you do have, microwave your aromatics as directed, but then place all the ingredients in a dutch oven, and bake at 350° degrees in a preheated oven for one hour.

2 tablespoons vegetable oil  
2 medium onions, minced  
1 pound bagged greens of your choice, chopped coarsely  
6 medium garlic cloves, minced or pressed through a garlic press  
Salt  
6 cups vegetable broth  
1 pound carrots, cut into 1-inch chunks  
1 (15-ounce) can tomato sauce  
2 cups brown or green lentils  
2 bay leaves  
1 tablespoon minced fresh thyme leaves, or 1 teaspoon dried  
1 tablespoon lemon juice

Place the oil, onions, garlic, and 1/4 teaspoon salt in a microwave safe glass bowl and cover with plastic wrap.

Microwave for 5 minutes. Transfer the onion mixture to the slow cooker insert and stir in the broth, carrots, tomato sauce, lentils, bay leaves, and thyme. Cover and cook on low until the soup is thickened and the lentils are tender, 8 to 10 hours, or on high for 5 to 7 hours. Remove and discard the bay leaves. Stir in the greens, cover, and continue to cook until the leaves are wilted and tender, 10 to 15 minutes longer. Stir in the lemon juice, season with salt and pepper to taste, and serve.

### **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.

### **Confetti Black Bean and Corn Salad**

1 (15 oz.) can black beans, drained  
1 small sweet red pepper, finely diced  
1 1/2 c frozen corn, cooked and cooled  
4 scallions, thinly sliced  
2 T chopped fresh cilantro  
1/3 c Pa's vinegar-free salsa (available at Nourish)  
1 T extra-virgin olive oil

In a large glass bowl, combine all the ingredients, let stand for 15 minutes to allow the flavors to blend.

### **Whole-wheat Spaghetti with Zucchini and Sun-dried Tomatoes**

1/4 cup plus 1 tablespoon extra virgin olive oil  
6 medium garlic cloves, minced  
Table salt  
2 medium zucchini, quartered lengthwise and cut into 1/2-inch pieces  
1/2 cup pine nuts, toasted and coarsely chopped  
1/2 cup coarsely chopped fresh basil leaves  
1/2 cup oil-packed sun-dried tomatoes, rinsed and coarsely chopped  
1 pound whole-wheat spaghetti

1. Combine 1/4 cup oil, garlic, and 1/2 teaspoon salt in small bowl; set aside.  
2. Heat 1 tablespoon oil in skillet over medium-high heat, add zucchini and ¼ teaspoon salt, and cook, stirring frequently, until zucchini is tender, about 5 minutes.  
3. Push zucchini to sides of skillet to create 3-inch clearing; add oil-garlic mixture and

cook, stirring constantly, until fragrant, about 1 minute. Stir to combine garlic mixture with zucchini and cook for 1 minute longer. Remove skillet from heat and stir in pine nuts, basil, and sun-dried tomatoes.  
4. Meanwhile, bring 4 quarts water to boil in large Dutch oven. Add pasta and 1 tablespoon salt to boiling water; cook until al dente. Reserve ¾ cup pasta cooking water, drain pasta, and return pasta to Dutch oven.  
5. Add sauce and reserved cooking water to pasta and toss to coat. Season with salt to taste.

### **White Bean and Spinach Tacos**

To quickly warm tortillas, stack and wrap them in damp paper towels; microwave at HIGH for 25 seconds. Serve immediately. Serves 4.

1 tablespoon olive oil  
1 1/2 cups vertically sliced onion  
4 garlic cloves, chopped  
1 (15-ounce) can cannellini beans, rinsed and drained  
3/8 teaspoon kosher salt, divided  
8 cups bagged pre-washed spinach (about 5 1/2 ounces)  
1 1/2 cups chopped tomato, or 1 can diced tomatoes  
1/2 cup finely chopped onion  
1/4 cup chopped fresh cilantro  
1 tablespoon fresh lime juice  
1 sliced jalapeño pepper (omit if serving children)  
12 corn tortillas

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add sliced onion, and sauté 5 minutes or until lightly browned, stirring occasionally. Add garlic to pan; sauté 30 seconds. Stir in beans and 1/4 teaspoon salt; cook 1 minute. Add spinach to pan; cook 1 minute or until spinach wilts and beans are thoroughly heated. Combine tomato, chopped onion, cilantro, lime juice, 1/8 teaspoon salt, and jalapeño in a small bowl. Warm tortillas according to package directions. Arrange 1/3 cup bean mixture in center of each tortilla. Top each taco with 3 tablespoons tomato mixture.