

DCT Seventh-day Adventist Church Daniel Fast Meal Ideas - Week Three

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. Soy milk can be replaced with almond or coconut milk.

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sabbath
January 16-21 Breakfast:	Whole grain pancakes* Peanut butter Frozen strawberries, stewed	Oatmeal Sunflower seeds Sliced banana Soy milk	"Rice 'n' Shine" hot cereal* Raisins Sprinkle of cinnamon Soy milk Handful of almonds	Homemade muesli: raw quick oats with chopped toasted hazelnuts, thawed or fresh raspberries and thawed or fresh strawberries Soy milk	Bob's Redmill 10-grain hot cereal Dried cranberries Pumpkin seeds Soy milk Grapefruit	Soy-oat waffles* almond butter Stewed frozen blueberries	Shredded wheat cereal Soy milk Raisins or dates Cuties tangerines
Lunch:	Pasta with beans, chard and rosemary* Green salad	Canned or home made lentil soup Whole grain crackers Apple wedges	Oven-baked acorn squash Cooked frozen baby lima beans tossed with olive oil and fresh garlic Cucumber slices	Hummus* "wraps" with chopped vegetables in whole grain burritos	Baked brown rice* Stewed lentils Steamed broccoli	Canned or home made split pea soup Whole grain crackers Grapes	Haystacks Fruit salad
Supper:	Fresh fruit salad Handful of raw nuts or Triscuits with peanut butter (Start soaking black beans for tomorrow's supper)	Cuban-style black beans and rice* Carrot sticks	Tostadas with refried beans, shredded cabbage tossed in vinegar-free salsa and salted well, and avocado slices	Italian pasta and bean soup* Green salad	Baked potato with chili and green onions on top, Frozen cooked corn	Leftovers Night	Popcorn popped with oil and salt Fresh fruit or a frozen fruit smoothie Yahoo! We did it!

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.

Pasta with Beans, Chard and

Rosemary

2 tablespoons vegetable oil
1 onion, chopped fine
10 ounces Swiss chard, stems chopped fine, leaves chopped coarse
2 teaspoons minced fresh rosemary
1 garlic clove, minced to paste
¼ teaspoon red pepper flakes
1 (15-ounce) can cannellini beans (do not drain)
1 (15-ounce) can pinto beans (do not drain)
8 ounces (2 1/2 cups) fusilli
Salt
2 teaspoons lemon juice

1. Heat oil in Dutch oven over medium-high heat until smoking. Add onion and chard stems and cook, stirring occasionally, until slightly softened, about 3 minutes.

Add 1 teaspoon rosemary, garlic, and pepper flakes and cook until fragrant, about 1 minute. Stir in beans and their liquid, 1 1/2 cups water and bring to boil. Reduce heat to medium-low and simmer for 10 minutes.

2. Meanwhile, bring 2 quarts water to boil in large saucepan. Add pasta and 1 1/2 teaspoons salt and cook until pasta is just shy of al dente. Drain. Stir pasta into beans and spread chard leaves on top. Cover, remove from heat, and let sit until pasta is fully cooked and chard leaves are wilted, 5 to 7 minutes. Stir in remaining 1 teaspoon rosemary, and lemon juice. Season with salt to taste, and serve.

Cuban-style Black Beans & Rice

Table salt

1 cup dried black beans, rinsed & picked over
2 cups vegetable broth (or water)
2 cups water
2 large green bell peppers, halved & seeded
1 large onion, halved at equator and peeled, root end left intact
5 whole cloves garlic, plus 5 more, minced
1 tablespoon tomato paste
2 bay leaves
1 1/2 cups long grain white rice
2 tablespoons olive oil
1 teaspoon oregano leaves
4 teaspoons ground cumin
1 tablespoons lemon juice
2 medium scallions, sliced thin
1 lime, cut into 8 wedges

1. Dissolve 1 1/2 tablespoons salt in 2 quarts cold water in large bowl or container. Add beans and soak at room temperature for at least 8 hours and up to 24 hours. Drain and rinse well.

2. In large Dutch oven with tight-fitting lid, stir together drained beans, broth, water, 1 pepper half, 1 onion half (with root end), whole garlic cloves, bay leaves, and 1 teaspoon salt. Bring to simmer over medium-high heat, cover, and reduce heat to low. Cook until beans are just soft, 30 to 40 minutes. Using tongs, remove and discard pepper, onion, garlic, and bay leaves. Drain beans in colander set over large bowl, reserving 2 1/2 cups bean cooking liquid. (If you don't have enough bean cooking liquid, add water to equal 2 1/2 cups.) Do not wash out Dutch oven.

3. Adjust oven rack to middle position and heat oven to 350 degrees. Place rice in large fine-mesh strainer and rinse under cold running water until water runs clear, about 1 1/2 minutes. Shake strainer vigorously to remove all excess water; set rice aside. Cut remaining peppers and onion into 2-inch pieces and process in food processor until broken into rough 1/4-inch pieces, about eight 1-second pulses, scraping down sides of bowl as necessary; set vegetables aside.

4. In now-empty Dutch oven, heat 2 tablespoons and chopped peppers and onion, oregano, and cumin and tomato paste. Increase heat to medium and continue to cook, stirring frequently, until vegetables are softened and beginning to brown, 10 to 15 minutes longer. Add minced garlic and cook, stirring constantly, until fragrant, about 1 minute. Add rice and stir to coat, about 30 seconds.

5. Stir in beans, reserved bean cooking liquid, lemon juice, and 1 1/2 teaspoon salt.

Increase heat to medium-high and bring to simmer. Cover and transfer to oven. Bake until liquid is absorbed and rice is tender, about 30 minutes. Fluff with fork and let rest, uncovered, 5 minutes. Serve, passing scallions and lime wedges separately.

"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.

Italian Pasta and Bean Soup

1 tablespoon extra-virgin olive oil
Extra-virgin olive oil for drizzling
1 medium onion, chopped fine (about 1 cup)
1 medium rib celery, chopped fine
4 medium cloves garlic, minced or pressed through garlic press (about 1 heaping T)
1 teaspoon dried oregano
1/4 teaspoon red pepper flakes
1/4 t liquid smoke or 2 t bacon seasoning
1 (28-ounce) can diced tomatoes with liquid
2 cans (15 ounces each) cannellini beans, drained & rinsed
3 1/2 cups vegetable broth
8 ounces orzo or other small pasta

1/4 cup chopped fresh parsley leaves
Salt and pepper

1. Heat oil in large Dutch oven over medium-high heat until shimmering but not smoking, about 2 minutes. Add onion and celery; cook, stirring occasionally, until vegetables are softened, 5 to 7 minutes. Add garlic, oregano, and red pepper flakes; cook, stirring constantly, until fragrant, about 1 minute. Add tomatoes, scraping up any browned bits from bottom of pan. Add beans; bring to boil, then reduce heat to low and simmer to blend flavors, 10 minutes. Add broth, 2 1/2 cups water, liquid smoke or bacon seasoning and 1 teaspoon salt; increase heat to high and bring to boil. Add pasta and cook until tender, about 10 minutes (refer to package instructions to better estimate pasta cooking time).

2. Off heat, stir in 3 tablespoons parsley; adjust seasoning with salt and pepper. Ladle soup into individual bowls; drizzle each serving with olive oil and sprinkle with a portion of remaining parsley.

Baked Brown Rice

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. This recipe can be doubled or tripled for a crowd.

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.