

The Surrender Fast

21

DAYS OF PRAYER & FASTING

Recipe Booklet



Watts Chapel Missionary Baptist Church
3703 Tryon Road
Raleigh, NC 27606
(919) 828-7348
www.wattschapel.org

Table of Contents

Tips

<i>Georgia Caviar</i>	5
<i>“Slow Cooker” Vegetable Lentil Stew</i>	6
<i>Vegetarian Bean Chili</i>	7
<i>Quinoa and Vegetable One Pot Meal</i>	8
<i>“Slow-Cooker” Stuffed Peppers</i>	9
<i>Vegetable Stir-Fry</i>	10
<i>Zucchini Lasagna</i>	11
<i>Roasted Potato Medley</i>	12
<i>Tomato Basil Soup</i>	13
<i>Roasted Brussel Sprouts</i>	14
<i>Apple Cinnamon Blender Muffin</i>	15
<i>Black Rice w/ Carrots & Peas</i>	16
<i>Curried Tempeh Salad</i>	17
<i>Protein Pancake</i>	18
<i>Cranberry Salsa</i>	19
<i>Tex-Mex Salad</i>	20
<i>Spicy Rice Meatballs</i>	21
<i>Roasted Butternut Squash</i>	22
<i>Protein Energy Balls</i>	23
<i>Black and White Chili</i>	25



Table of Contents (cont.)

<i>Black-Eyed Peas and Potato Soup</i>	26
<i>Jamaican Chili</i>	27
<i>Baked Rice with Butternut Squash and Asparagus</i>	28
<i>Cajun Red Beans and Rice</i>	29
<i>Crustless Spinach Quiche</i>	30
<i>Nutty Fruit Cereal</i>	31
<i>Quick & Easy Apple Cinnamon Oatmeal</i>	32
<i>Banana Nut Oatmeal</i>	33
<i>Berry Blast Smoothie</i>	34
<i>Peachy Keen Smoothie</i>	35
<i>Garden Quinoa</i>	36
<i>Green Bean Casserole</i>	37
<i>Sweet Potato Protein Bowl</i>	38
<i>Chipotle Black Bean Burgers</i>	39
<i>Spinach Zucchini Casserole</i>	40
<i>Spinach, Onion, and Goat Cheese Frittata</i>	41
<i>Snacks</i>	42



If you are experiencing weakness or headaches...drink at least 8 glasses of water each day. Often, we do not understand just how much our body needs water, especially when fasting. Be careful not to drink too much water, however, too much liquid can be as bad as not enough.

More liquids, less weight...If you haven't been drinking enough water, your body may have developed a pattern of storing water. This water retention equals extra-unwanted weight. By increasing fluids during the Daniel Fast, you are flushing out toxins and teaching your body that it no longer needs to store water. Drink warm/hot water with lemon slices throughout your day, especially before eating, to help reduce fluid retention.

Love those hunger pangs...so often when we have hunger pangs, we rush for snacks or something that will make it go away. However, some little insights about hunger pangs may have you making a different choice. I love this one: hunger pangs actually mean that your body is using stored fat in our body. So if you want to lose some weight during the Daniel Fast, then welcome those hunger pangs. Dehydration often sends a message that "reads" like hunger. So instead of grabbing a snack...go for a tall glass of water! Finally, hunger pangs often pass after a few minutes. So, when you sense hunger...wait it out.

Keep your diet simple...avoid highly processed foods in favor of simply prepared or raw foods.

Stick with three modest meals and one or two small snacks. However, it is also advisable that you eat smaller meals throughout the day instead of three huge "square" meals and overwhelm your body.

Meal preparation can take more time during the Daniel Fast, but you can also adopt some habits to streamline this essential part of your fasting experiences.

- **Meal Planning** - Plan all of your meals for one week. Make sure you have all the ingredients you need along with snack foods!
- **Set a Cook Day** - Consider using Saturday as the day to plan all meals for the coming week and then cook several meals in advance. This saves lots of time and lots of frustration in the coming week.
- **Salad Prep** - Wash and trim all salad ingredients as soon as you purchase them and then store each item in a container for easy use later in the week. You can make a salad in less than a minute because all the ingredients are already prepared!

You may want to supplement your diet with a multivitamin.



Georgia Caviar

Shared by Sister Linda Davis

Instructions

Combine all ingredients in a large bowl and mix well.

Refrigerate overnight.

Serve with lettuce.

Notes

Ingredients

1 (15 oz) can black-eyed peas, drained

1 (15 oz) can shoe-peg corn, drained

1/2 c. thinly sliced celery

1/2 c. chopped fresh jalapeño peppers

1 med. red pepper, chopped

4 green onions, thinly sliced

1/4 - 1/2 bottle Italian dressing

3 tbsp. red wine vinegar

2 tbsp. honey

1 tsp fresh lemon juice

1 (4 oz jar) chopped pimento

Salt & Pepper to taste

“Slow Cooker” Vegetable Lentil Stew

Shared by Sister Alice Johnson

Instructions

Sauté onion and garlic with olive oil.

Combine sauté mix with the rest of the ingredients in a slow cooker.

Cook on low for 8 hours or high for 4 hours.

Spoon stew in bowls to serve.

Notes

Ingredients

2 Tablespoons olive oil

1 large onion, sliced

3 cloves garlic, minced

2 bay leaves

2 teaspoons salt (optional)

1 cup carrots, chopped

2 cups kale, chopped

2 cups chard, chopped

2 cups dried lentils

8 cups vegetable broth (or stock)

1 can (16oz) chopped tomatoes

Potatoes (optional)

Vegetable Bean Chili

Shared by Sister Linda Davis

Instructions

Heat oil in large saucepan on medium heat.

Add bell peppers, onions, and garlic; cook and stir 8-10 minutes or until tender.

Stir in remaining ingredients and bring to a boil.

Reduce heat to med-low; simmer 10-15 minutes stirring occasionally.

Notes

Makes 6 servings

Ingredients

1 tbsp. olive oil

1 red bell pepper, coarsely chopped

1 green bell pepper, coarsely chopped

1 clove garlic, finely chopped

2 (14 1/2 oz. each) cans no salt diced tomatoes, drained

1 cup unsalted vegetable stock

1 (15 oz) can kidney beans drained and rinsed

1 (15 oz) can white kidney beans drained and rinsed

2 tbsp. tomato paste

2 tsp. chili powder

1 tsp. oregano leaves

1/2 tsp. ground cumin

Quinoa and Vegetable One Pot Meal

Shared by Sister Ta-Nikka “Nikki” Harrison

Instructions

Sauté garlic, carrots, broccoli, sundried tomatoes, and onion in oil in saucepan on medium for about 5 minutes stirring often.

Add quinoa and sunflower seeds to saucepan to lightly toast with veggie mix. Stir mixture for about 3-5 minutes or until quinoa is slightly browned.

Add broth (or water) to mixture and bring to a boil.

Reduce heat to low, cover and cook for about 20 minutes or until liquid is absorbed.

Notes

Makes 4 servings

Ingredients

1 cup Quinoa, rinsed
1 tbsp. extra virgin olive oil
1/2 cup carrots, chopped
1/2 cup broccoli florets
1/2 cup diced onions
4 cloves garlic, minced
1/2 cup jarred sundried tomatoes, chopped
1 cup veggie broth or water
1 tbsp. sunflower seeds (optional)

“Slow Cooker” Stuffed Peppers

Shared by Deaconess Deborah McMillan

Instructions

Slice a thin layer from the base of the peppers so they stand flat.

Slice off the tops just below the stem. Discard stem and chop the tops and place in a mixing bowl.

Remove the seeds and ribs from inside the peppers.

In mixing bowl add beans, cheese, quinoa, scallions, garlic, and oregano. Season with salt and pepper. Mix to combine with a fork. Mash some of the beans with fork while mixing.

Stuff the peppers and place them standing up in the slow cooker.

Cover and cook on high for 2.5 to 3 hours.

Notes

Ingredients

- 5 - 6 large bell peppers (any color)
- 1 (15 oz.) can Cannellini beans, rinsed and drained
- 1 cup quinoa, cooked
- 4 scallions, sliced
- 2 garlic cloves, minced
- 1 tsp. dried oregano
- 2 1/2 cups light vegetable stock
- Coarse salt and pepper to taste
- 1/4 - 1/2 parmesan cheese (this is a dairy-free cheese)

Vegetable Stir-Fry

Shared by Sister Sirena Jones

Instructions

Sauté the ingredients in a little olive oil.

When almost done, add minced garlic and red pepper flakes.

Notes

If you are not using garlic and red pepper, adding minced ginger is also a nice touch.

Serve with brown rice.

Ingredients

Fresh cut broccoli or long stem green bean

1 sliced carrot

1 sliced onion

1 sliced green or red pepper

Mushroom (add last)

Optional:

Red pepper flakes

Minced garlic

Minced ginger

Zucchini Lasagna

Shared by Sister Alice Johnson

Instructions

Preheat oven to 350 degrees.

Warm marinara sauce in sauce pan.

While sauce is warming, sauté onion and bell pepper in small amount of olive oil.

Add onion and olive oil to marinara sauce.

Put a small amount of sauce in the bottom of a baking pan.

Layer: zucchini, sauce, and cheese – zucchini, spinach, cheese – zucchini, sauce, cheese.

Bake at 350 for 45 minutes or until zucchini is tender.

Notes

Ingredients

Zucchini, cut lengthwise (enough to make 3 layers)

2 jars marinara sauce

1/2 onion, chopped

1 bell pepper, chopped

1 bag baby spinach

Low fat mozzarella cheese, shredded

Roasted Potato Medley

Shared by Sister Ta-Nikka “Nikki” Harrison

Instructions

Preheat oven to 400 degrees.

Spread potatoes and onion in baking pan or roaster.

Add oil and seasonings to mixture, rubbing to ensure even coating.

Roast for 30 - 40 minutes or until potatoes are tender.

Notes

Ingredients

4 sweet potatoes, peeled and diced into large chunks

4 white or russet potatoes, peeled and diced into large chunks

4 red potatoes, diced into large chunks (skin on)

1 onion, chopped into wedges

2 tbsp. minced garlic

1/4 cup extra virgin olive oil

1 tsp. dried Italian seasoning

1 tsp. sea salt

Tomato Basil Soup

Shared by Deaconess Deborah McMillan

Instructions

Heat pan over medium heat and add oil.

Add onions and garlic and cook for about 1 minute.

Add chopped tomatoes and continue to cook over medium heat, stirring every few minutes until the tomatoes have broken down and are soft.

Remove from heat and add basil and salt and pepper.

Blitz in a blender or with a hand blender until smooth.

Serve immediately.

Notes

Ingredients

1 tsp. olive oil

1 medium onion, chopped

3 cloves garlic, chopped very finely

7 cups fresh tomatoes, chopped

1 handful of basil (leaves and stalks are fine)

1 - 2 tsp. salt (add to taste)

1 tsp pepper (add to taste)

Roasted Brussel Sprouts

Recipe courtesy of Sister Ta-Nikka “Nikki” Harrison

Instructions

Preheat oven to 400 degrees.

Wash and trim ends off sprouts.

Line baking sheet with foil and spread sprouts on top.

Add oil and seasoning to sprouts, shaking to coat evenly.

Roast uncovered in the oven for about 30 minutes or until sprouts are dark brown and crispy.

Sprinkle salt on top and serve.

Notes

Best to serve and eat while hot.

Ingredients

1 lb. Brussel Sprouts

2 tbsp. extra virgin olive oil

1 tsp. dried Italian seasoning

1 tsp. sea salt

Apple Cinnamon Blender Muffins

Recipe shared by Deaconess Deborah McMillan
From: brendid.com

Instructions

Place diced dates into blender and pour in the boiling water. Allow to sit for 5 minutes then blend until smooth.

Add diced apples and almond milk to the blender and puree until smooth.

Add remaining ingredients and puree until oats are well ground, scraping down sides of blender as needed.

Line muffin tin with muffin papers or spray it with oil. Fill with approximately 1/4 cup batter per muffin.

Sprinkle each muffin with 1/2 tsp. old-fashioned oats, if desired.

Pour batter into muffin tin and top with nuts.

Bake at 350 degrees for 30 minutes, a toothpick inserted in center should come out clean.

Notes

Ingredients

2 1/2 cups old-fashioned oats

1 cup dried dates, chopped

1/2 cup boiling water

1 large apple, diced

3/4 cup almond milk

2 large eggs

1 tsp. real vanilla

2 tsp. baking powder

1/2 tsp. baking soda

1/2 tsp. salt

2 tsp. cinnamon

Muffin paper or spray oil

Black Rice with Carrots & Peas

Recipe shared by Sister Frances Forney

Instructions

Wash black rice thoroughly, discard any dirt and drain as much water as possible.

Bring 2 cups of water to a boil in a medium pot and add rice.

Bring liquid back to a boil then immediately decrease the heat to low.

Stir well to make sure the rice is submerged in water. Cover with a lid and cook for about 35 - 40 minutes.

Add a pinch of salt halfway through the cooking process (this will bring out the natural nutty flavor of the rice and make it tender)

When water evaporates check doneness. Add water if not fully cooked. Set aside.

Heat oil in pan with garlic. When garlic becomes slightly brown, add carrots, snow peas, and onion. Cook for 1 - 2 minutes

Add 1/4 cup water. When liquid has evaporated add peppers and stir fry for about 1 minute.

Transfer to rice.

Notes

Ingredients

1 cup black rice

1 tbsp. olive oil

1 clove garlic, crushed, peeled and finely minced

1/2 cup of sliced snow peas

1/4 cup of onion

2 tbsp. green bell pepper, finely chopped

2 tbsp. red bell pepper, finely chopped

1/4 cup baby carrots, finely diced

1 cup frozen corn, thawed by placing under running water

Curried Tempeh Salad

Recipe shared by Sister Sharon Hinton

Instructions

Cut the tempeh into small cubes, about 1/2 inch thick and place into a bowl

Dice celery into small pieces and add to bowl along with raisins and almonds.

In another bowl, combine all of the ingredients for the dressing and whisk with a fork until well incorporated.

Pour the dressing over the contents of the other bowl and stir together well.

Let sit for (at least) 1 hour in the refrigerator before serving to allow the flavors to marry together.

Notes

Makes 4 servings

Serving size: 1/3 cup

Ingredients

1 (8oz.) package of tempeh

1 stalk of celery

2 tbsp. seedless raisins, soaked and drained

2 tbsp. silvered almonds

Dressing:

2 tbsp. Major Grey's chutney

2 tbsp. low fat mayo

1 tbsp. white vinegar

1/2 tbsp. lemon juice

1 tsp dried cilantro

1/2 tsp garlic powder

1/4 tsp curry powder

1/8 tsp crushed red pepper flakes

Dash of salt

Protein Pancake

Recipe shared by Deaconess Deborah McMillan
From: Know the Cause TV Show

Instructions

Mix liquid ingredients in a large bowl.

Whisk dry ingredients in a small bowl.

Add dry ingredients to liquid ingredients and stir just until blended

In a cast iron skillet or a safe non-stick skillet (not a green pan); melt a tablespoon of coconut oil over medium-high heat.

Scoop out 1/4 cup portions and pour into pan.

Cook until top looks set, flip and cook for about 1 to 2 minutes.

Serve with pure maple syrup.

Notes

Ingredients

1 cup almond milk

2 eggs

2tbsp. Melted and cooled coconut oil

2 tbsp. pure maple syrup

3/4 cup blanched almond meal

1/4 cup flax meal

3/4 tsp. salt

3 tsp. baking powder

Cranberry Salsa

Recipe shared by Sister Frances Forney

Instructions

Combine all ingredients in a bowl and chill.

Notes

As an alternative, you can use mango in place of cranberries and scallions in place of red onion.

Serve with whole wheat Matzah or Urad crisps. (Urad crisps are great when toasted for 30-45 seconds in the oven)

Ingredients

1 (12 oz.) fresh or frozen cranberries, pulsed in blender for a rough chop

1 medium red onion, diced

2 jalapeno peppers, diced

1/2 bunch cilantro, chopped

1 lime, juiced

Salt & pepper to taste

Tex-Mex Salad

Recipe shared by Sister Sirena Jones

Instructions

Combine all of the ingredients and mix them together.

Notes

You do not need to use the whole can of beans.

If you're brave, you can add chopped jalapeño.

Ingredients

1 can black beans, rinsed
1 green pepper, diced
1 red onion, diced
1 cup corn kernels
1 tomato, diced
1 avocado, diced
1 tbsp. fresh cilantro, chopped
1/4 cup goat cheese
Lemon juice, to taste
Salt & Pepper, to taste

Spicy Rice Meatballs

Recipe shared by Sister Brenda Watson

Instructions

In a large bowl, mix together all ingredients except wheat germ and vegetable oil. Cover and chill mixture well, at least 1 hour, in fridge.

Shape mixture into meatballs and roll each in wheat germ to coat.

Heat oil in a nonstick skillet over medium heat. Cook the meatballs in the oil for 8-10 minutes, turning carefully, until light golden brown.

Or place meatballs on a sprayed baking sheet. Bake at 400 degrees F for 25-35 minutes until the balls are hot and golden brown.

Drain meatballs on paper towels. Gently mix meatballs with one 28-oz. jar of spaghetti sauce and place in heavy duty zip lock freezer bags. Freeze.

To serve, thaw overnight in the refrigerator and reheat in a saucepan over medium low heat, stirring occasionally, until meatballs are hot all the way through.

Serve over cooked spaghetti.

Notes

Ingredients

2 cups cooked long grain rice
(white or brown)

1/2 cup quick cooking oats, ground

1 onion, finely chopped

2 cloves garlic, minced

1 jalapeno pepper, minced

1/3 cup dry bread crumbs

1 tablespoon whole wheat flour

2 eggs, beaten

1/3 cup milk

2 Tbsp. flaxseed, ground

1 tsp. dried basil leaves

1 tsp. dried oregano leaves

1/2 tsp. salt

1/4 tsp. black pepper

1/4 tsp. cayenne pepper

1/8 tsp. white pepper

1/2 cup wheat germ

2 Tbsp. vegetable oil, if frying

Roasted Butternut Squash Soup

Recipe shared by Deaconess Deborah McMillan
From: thesimple-veganista.com

Instructions

Preheat oven to 400 degrees.

Toss vegetables in olive oil, place them on a roasting pan or rimmed cookie sheet (use parchment paper), and roast for 40 minutes. Stir once or twice and cook until squash is fork tender.

Remove any onion or garlic that seem to be over roasting and set aside.

Once done, remove and let cook for 10 - 15 minutes.

Place squash and shallots in blender/food processor and blend until creamy.

Place blended mix in a large pot and add water and salt.

Cook on medium low until heated. Add more liquid as needed and taste for seasoning.

Serve topped with pumpkin seeds, rosemary or other herbs and spices or leave it as is.

Notes

Ingredients

1 butternut squash, peeled, seeded, and cubed into 3/4 inch pieces

3 cloves garlic, peeled

2 small shallots or 1/2 sweet onion, peeled and halved

1 tbsp. olive or coconut oil

1/2 tsp. sea salt

2 1/2 cups vegetable broth

Protein Energy Balls

Recipe shared by Sister Alice Johnson

Instructions

Mix ingredients together well.
Use a cookie scooper or spoon and make balls.
Cover and place in refrigerator.

Notes

Any seeds may be substituted for the mini chocolate chips.

Ingredients

1/2 cup peanut butter
1/2 cup Quaker oats
1 tbsp. honey
1/4 cup raisins
1/4 cup sunflower seeds (or nut of choice)
1/4 cup flax seed
1/4 mini chocolate chips

Black and White Chili

Recipe shared by Sister Deborah King-Harris

Instructions

Heat olive oil in a large saucepan over medium heat. Stir in onions, and cook until soft and translucent. Add garlic, and cook one minute, stirring frequently so garlic doesn't burn. Add vegetable broth, beans, chili powder, cumin, and salt. Bring to a boil. Reduce heat, and simmer uncovered for 30 minutes.

Yield: 8 servings (serving size: 1 cup).

Notes

You may use navy beans instead of great northern beans.

Ingredients

1 tablespoon extra-virgin olive oil
1 cup chopped onions
1 clove garlic, minced
4 cups Vegetable Broth or water
3 (15.5-ounce) cans black beans, rinsed and drained
3 (15.5-ounce) cans great northern beans, rinsed and drained
1 tablespoon chili powder
1/2 teaspoon cumin
1/2 teaspoon salt

Black-eyed Peas and Potato Soup

Recipe shared by Sister Deborah King-Harris

Instructions

Heat olive oil in a large stock pot over medium heat. Add onions, carrots, and celery. Cook until vegetables are softened. Stir in garlic, and cook 1 minute. Add vegetable broth, black-eyed peas, potatoes, parsley, chives, cayenne pepper, salt, and pepper. Bring to a boil.

Reduce heat, cover, and simmer 30 minutes.

Yield: 6 servings (serving size: about 1 cup).

Notes

For a chunkier soup with a little more texture, place half in a food processor or blender.

Substitute black-eyed peas with great northern beans, cannellini beans, or navy beans.

Ingredients

1 tablespoon extra-virgin olive oil
1 cup chopped onion
1 cup sliced carrots
1 cup sliced celery
2 cloves garlic, minced
4 cups Vegetable Broth or water
1 (15-ounce) can black-eyed peas, rinsed & drained
2 cups cubed potatoes
2 tablespoons chopped fresh parsley or 2 teaspoons dried parsley
1/2 tablespoon dried chives
1/2 teaspoon salt
1/8 teaspoon cayenne pepper
1/8 teaspoon pepper

Jamaican Chili

Recipe shared by Sister Deborah King-Harris

Instructions

Heat olive oil over medium heat, and cook until onions are soft and translucent. Add yellow pepper and garlic. Cook until pepper is tender. Add water tomatoes, beans, cumin, paprika, and salt. Bring to a boil. Cover, and simmer 30 minutes. Stir in parsley just before serving.

Yield: 4 servings (serving size = 1 1/4 cups)

Notes

For a spicier chili, add a diced jalapeno pepper or hot chili powder.

Use chickpeas instead of cannellini beans.

Add more vegetables, such as carrots, celery, sweet potato, or zucchini.

Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 yellow bell pepper, seeded & chopped (1-1 1/2 cups)
- 1 cup chopped onions
- 2 cloves garlic, minced
- 1 cup Vegetable Broth or water
(see Recipe Notes)
- 3 medium tomatoes, chopped or 1 (14.5-ounce) can diced tomatoes
- 1 (15-ounce) can black beans, rinsed and drained
- 1 (15-ounce) can cannellini beans, rinsed and drained
- 1 (15-ounce) can kidney beans, rinsed and drained
- 1 teaspoon ground cumin
- 1 teaspoon ground paprika
- 1/2 teaspoon salt

Baked Rice with Butternut Squash and Asparagus

Recipe shared by Sister Deborah King-Harris

Instructions

Preheat oven to 350 degrees. Rub a little olive oil along the sides and bottom of a 3-quart baking dish. Add water, rice, garlic, thyme, sage, salt, and pepper. Stir well. Bake uncovered 30 minutes. Mix in squash, asparagus, and onions. Cook 30 minutes, stir, and then bake another 15 minutes, or until water is nearly all absorbed and rice is softened.

Yield: 8 servings (serving size: 1 cup)

Notes

To slice an onion lengthwise, trim the ends. Peel off outer layers. Cut onion in half from top to bottom, making a series of vertical slices.

Use 1 teaspoon dried crushed rosemary in place of the thyme and sage.

Ingredients

3 cups water
½ cup brown rice
½ cup wild rice
2 cloves garlic, minced
1 teaspoon dried thyme
½ teaspoon ground sage
½ teaspoon salt
⅛ teaspoon black pepper

1 ½ pounds butternut squash, peeled, seeded, and cut into 1-inch cubes (about 4 cups)

½ pound asparagus spears, ends trimmed and cut into 1-inch pieces

1 cup sliced onion, sliced lengthwise (*see Recipe Notes*)

Cajun Red Beans and Rice

Recipe shared by Sister Deborah King-Harris

Instructions

Heat olive oil in a large, deep skillet over medium heat. Add green peppers, onions, and celery. Cook until vegetables are softened, about 3-5 minutes. Add water and Creole Seasoning. Stir well. Mix in kidney beans and rice. Lower heat and cook another 5 minutes or until heated through.

Yield: 8 servings (serving size: ½ cup)

Notes

Serve with sliced avocado and/or sliced green onions.

Add 1 (14.5-ounce) can diced tomatoes.

Stovetop directions using dry rice: Sauté vegetables as directed. While vegetables are cooking, bring 2 cups water to a boil. Lower heat, and add vegetables, 1 cup uncooked brown rice, and beans. Cover, and simmer about 45 minutes, or until rice is light and fluffy.

Ingredients

- ½ tablespoon extra-virgin olive oil
- ½ cup chopped green pepper
- ½ cup chopped red onion
- ½ cup sliced celery
- ¼ cup water
- 2 teaspoons Creole Seasoning
- 1 (15.5-ounce) can red kidney beans, rinsed and drained
- 2 cups cooked brown rice

Crustless Spinach Quiche

Recipe shared by Sister Jane Fox Long

Instructions

Heat oven to 400 degrees.

Spray Pam in the bottom of a 9-inch pie plate.

In a bowl, mix together spinach, onion, and cheese.

Place the spinach mixture in the pie plate. In a blender, combine milk, eggs, pie crust mix, salt and pepper.

Blend for about 30 seconds. Pour on top of the spinach mixture. Bake for 30 to 45 minutes or until lightly browned on top.

Notes

Ingredients

10 oz. frozen spinach (thawed and drained)

1 cup chopped onion

2 cup shredded swiss cheese

1 ½ cup milk

1 cup pie crust mix

3 eggs

½ teaspoon salt

¼ teaspoon pepper

Nutty Fruit Cereal

Recipe shared by Sister Deborah King-Harris

Instructions

Place banana slices in a bowl and top with blueberries, almonds, walnuts, and coconut flakes. Pour in almond milk.

Yield: 1 serving (serving size: about 1 $\frac{1}{3}$ cups)

Notes

Substitute chopped pecans for the almonds or walnuts.

Enjoy as a fruit and nut snack without the almond milk.

Ingredients

1 banana, peeled and sliced
(about 1 cup)

$\frac{1}{3}$ cup fresh blueberries

1 tablespoon chopped almonds

1 tablespoon chopped walnuts

1 teaspoon unsweetened coconut
flakes

$\frac{1}{2}$ cup unsweetened almond or
rice milk

Quick & Easy Apple Cinnamon Oatmeal

Recipe shared by Sister Deborah King-Harris

Instructions

Combine all ingredients in a microwave-safe bowl and stir. Microwave on high for 1.5-2 minutes.

Notes

**Additional almond milk can be used in place of the apple juice or cider.*

If substituting old-fashioned oats, increase cooking time to 2.5-3 minutes.

Ingredients

½ cup quick oats

¼ cup unsweetened applesauce

¼ cup 100% apple juice or cider*

½ cup almond milk

Cinnamon to taste

Dash of salt

Banana Nut Oatmeal

Recipe shared by Sister Jane Fox Long
From health.com

Instructions

Combine oats and 1 cup water in a small microwave-safe bowl. Microwave at HIGH 3 minutes.

Top with banana slices, walnuts, and cinnamon.

Notes

Carb Star: Oatmeal equals 6 grams of Resistant Starch per ½ cup raw or toasted oats. Oatmeal for breakfast might help you eat less all day.

Ingredients

½ cup rolled oats

1 cup water

1 banana, sliced

1 tablespoon chopped walnuts

1 teaspoon cinnamon

Berry Blast Smoothie

Recipe shared by Sister Deborah King-Harris
From *ultimatedanielfast.com*

Instructions

Combine all ingredients in a blender and blend until smooth.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Notes

Your smoothie will taste best if either the berries or the banana is frozen. To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

To make this a "green" smoothie, add 1 cup of fresh spinach or kale leaves (stems removed from the kale). Add 1 tablespoon flaxseed meal for a fiber boost.

Ingredients

1 cup water

1 cup frozen blackberries,
blueberries, and raspberries 1
banana, peeled

Peachy Keen Smoothie

Recipe shared by Sister Jane Fox Long
From *ultimatedanielfast.com*

Instructions

Place all ingredients in a blender, and process until smooth.

Yield: 2 servings (serving size: about 8 ounces or 1 cup)

Notes

If your smoothie is too thick, add a little more non-dairy milk or water.

Make sure either the banana or peaches are frozen so your smoothie is chilled.

To freeze bananas, remove peels before placing in freezer. Put in a plastic zip-top bag until completely frozen.

Flaxseed meal is a powder made from ground flaxseeds. It is high in fiber and a good source of Omega-3 fatty acids.

Ingredients

1 cup unsweetened non-dairy milk (almond, coconut, rice, soy) or water

1 cup sliced fresh or frozen banana, peeled (about 1 medium banana)

1 cup sliced fresh or frozen peaches

1 cup fresh spinach or kale leaves

2 tablespoons finely chopped walnuts (about ½ ounce)

1 tablespoon flaxseed meal, optional

Garden Quinoa

Recipe shared by Sister Deborah King-Harris

Instructions

Rinse quinoa under cold running water in a fine-mesh strainer until juices run clear. Transfer quinoa to a small saucepan, and add water. Heat to boiling. Reduce heat to low, and cover. Simmer gently with lid tilted for 20 minutes or until nearly all of the liquid is absorbed.

While quinoa is cooking, heat olive oil in a large skillet over medium heat. Add onions, and cook until soft and translucent. Stir in garlic, and cook for 1 minute. Add asparagus, red peppers, and tomatoes, squeezing tomatoes with your hands to release their juices into the skillet. Cook over low heat for 5-8 minutes.

Add cooked quinoa to skillet, and stir in pine nuts, parsley, oregano, and salt. Stir well, and cook until heated thoroughly. Serve.

Makes 6 1/2 cup servings.

Notes

Can also be served as a cold side dish.

Other vegetable ideas: artichokes, broccoli, carrots, celery, green beans, or mushrooms.

Ingredients

- ½ cup quinoa
- 1 cup water
- ½ tablespoon extra-virgin olive oil
- ½ cup diced red onions
- 1-2 cloves garlic, minced (use 2 if you like a strong garlic flavor)
- ½ cup chopped asparagus spears
- ½ cup diced red bell peppers
- ½ cup diced tomatoes
- 2 tablespoons pine nuts
- ¼ cup chopped fresh parsley
- 1 ½ tablespoons chopped fresh oregano or 1 tsp dried oregano
- ¼ teaspoon salt

Green Bean Casserole

Recipe shared by Sister Deborah King-Harris

Instructions

Place the rice and 2 cups water in a medium saucepan, and bring to a boil. Cover, reduce heat to low, and simmer 20 minutes. In another saucepan, add lentils with the remaining 2 cups of water, and bring to a boil. Lower heat, and simmer 20 minutes, with the lid slightly tilted.

Preheat oven to 350 degrees. Combine cooked rice, cooked lentils, green beans, tomatoes, onions, garlic, basil, and salt. Stir well, and then transfer to a 9 x 13-inch casserole dish. Bake 30 minutes.

Notes

If using fresh green beans, steam or boil them for about 20 minutes before baking.

Ingredients

1 cup brown rice
4 cups water, divided
½ cup lentils, rinsed and sorted
3 cups fresh or frozen green beans, cut into 1-inch pieces
1 (14.5-ounce) can diced tomatoes
½ cup chopped red onion
2 cloves garlic, minced
2 teaspoons dried basil
½ teaspoon salt

Sweet Potato Protein Bowl

Recipe shared by Sister Deborah King-Harris

Instructions

Add coconut oil, onions, and sweet potatoes to a large skillet. Cook about 10-12 minutes, and then add the remaining ingredients. Stir frequently so garlic doesn't burn. Cook another 5 minutes. If the pan becomes dry, just add 1-2 tablespoons of water. Remove from heat and serve when sweet potatoes are crisp tender (not mushy).

Yield: 4 servings (serving size: about $\frac{3}{4}$ cup)

Notes

Substitute kale with fresh spinach leaves.

Use black beans instead of edamame or chickpeas.

Ingredients

1 tablespoon coconut or olive oil

$\frac{1}{2}$ cup chopped red onion

2 cups chopped sweet potatoes, cut into $\frac{1}{2}$ -inch pieces (about 1 pound)

1 cup cooked edamame or chickpeas (or $\frac{1}{2}$ cup each)

2 cups torn kale, lightly packed, torn into bite-sized pieces

$\frac{1}{2}$ cup walnuts

1 clove garlic, minced

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon freshly ground pepper

Chipotle Black Bean Burgers

Recipe shared by Sister Deborah King-Harris

Instructions

Preheat oven to broil setting. With a potato masher or fork, mash black beans in a large bowl, leaving about $\frac{1}{4}$ of the beans whole. Mix in sweet potatoes, oat flour, parsley, chipotle chile pepper seasoning, garlic powder, salt, and pepper. Scoop out $\frac{1}{3}$ cup of bean mixture, and place on an 11 x 17-inch baking sheet that has been rubbed with olive oil. Flatten and shape into a circle with spatula. Repeat with the remaining bean mixture to make 6 burgers.

Broil 4 inches from heat about 7-8 minutes or until golden brown. Flip burgers carefully with spatula. Broil 2-3 more minutes, and serve.

Yield: 6 servings (serving size: 1 burger)

Notes

Make your own oat flour by placing old-fashioned rolled oats in a food processor or blender and process until fine (1 cup old-fashioned oats will yield about $\frac{3}{4}$ cup ground oats)

Ingredients

1 (15-ounce) can black beans, rinsed and drained

1 cup mashed cooked sweet potatoes (about 1 large sweet potato, peeled)

$\frac{1}{4}$ cup oat flour (see Recipe Notes) or brown rice flour

$\frac{1}{2}$ tablespoon dried parsley

$\frac{1}{4}$ teaspoon chipotle chile pepper seasoning

$\frac{1}{4}$ teaspoon garlic powder

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon pepper

Spinach Zucchini Casserole

Recipe shared by Sister Deborah King-Harris

Instructions

Preheat oven to 350 degrees. Pour tomatoes into small saucepan, and add garlic, basil, oregano, parsley, and salt. Heat to boiling. Reduce heat, and simmer about 10 minutes.

While sauce is cooking, prepare vegetables. Lightly coat a 9 by 13-inch casserole dish with olive oil. Place zucchini rounds on bottom of dish, stacking extra rounds to make a second layer, if needed. Spread spinach leaves and onion slices on top of zucchini. When sauce is done, pour sauce over all, making sure vegetables are coated with tomatoes and their juice. If using fresh tomatoes, chop tomatoes and place on top of spinach and onions. Mix tomato sauce, garlic, basil, oregano, parsley, and salt in a small bowl and pour sauce over all. Bake 25-30 minutes, or until zucchini is tender. Stir well before serving with cooked brown rice, lentils, or quinoa. Yield: 6 servings (serving size: about 1 cup)

Notes

Serve alone or as a side dish.

Add ½ cup shredded carrots, mushrooms, chopped black olives, or yellow squash.

To slice an onion lengthwise, trim the ends. Peel off outer layers. Cut onion in half from top to bottom, making a series of vertical slices.

Ingredients

- 1 (28-ounce) can diced tomatoes
- 2 cloves garlic, minced
- ½ tablespoon dried basil
- ½ tablespoon dried oregano flakes
- ½ tablespoon dried parsley
- 1 teaspoon salt
- 2-3 medium zucchini, sliced into ½-inch rounds (about 2-3 medium zucchini)
- 3 cups packed fresh spinach, stems removed
- 1 cup sliced onion, sliced lengthwise (*see Recipe Notes*)
- Cooked brown rice, lentils, or quinoa

Spinach, Onion, and Goat Cheese Frittata

Recipe shared by Sister Brenda Watson

Instructions

Preheat oven to 350 degrees.

In a large frying pan, over medium heat warm 2 tablespoons olive oil.

Add the onions and sauté until tender, about six minutes.

Add the spinach and season with salt and pepper. Sauté about five minutes.

Transfer to a plate. Set aside.

In a large bowl lightly beat the eggs with the garlic and cheese. Stir the spinach into the egg mixture.

In the frying pan, warm the remaining two tablespoons olive oil. Add the egg mixture. Reduce the heat to medium and cook until the eggs are set around the edges, about five minutes.

Transfer to the oven and cook until set, about seven to nine minutes.

Cut into wedges and serve right away.

Notes

Ingredients

- 4 tablespoons olive oil
- 1 small yellow onion, chopped
- 2 cups baby spinach
- 1 tablespoon salt
- 1/2 tablespoon pepper
- 6 large eggs
- 4 cloves garlic, chopped
- 1/4 cup goat cheese

Snacks for the Daniel Fast

Snack ideas shared by Sister Brenda Watson

Notes

To have a successful fast, it's a good idea to have several snack foods available for those times when you "need a little something." Take snacks in "servings" so you don't overeat on these sometimes high-calorie foods.

For further tips and recipe ideas, please visit these websites:

<http://daniel-fast.com/>

<http://daniel-fast.com/DanielFastBreakfasts.pdf>

<http://daniel-fast.com/DanielFastSalads.pdf>

<http://daniel-fast.com/DanielFastSoupsandStews.pdf>

<http://daniel-fast.com/DanielFastSnacks.pdf>

<http://www.caringcarrot.com/>



Rice cakes, just plain old crunchy patties

Rice cakes with peanut butter and raisins

Almonds

Dried fruit including apricots

Apples dipped in nut butter

Sliced fruit

Veggies with dip

Popped popcorn

Trail mix with nuts, raisins, sunflower seeds, coconut pieces, and dried fruit

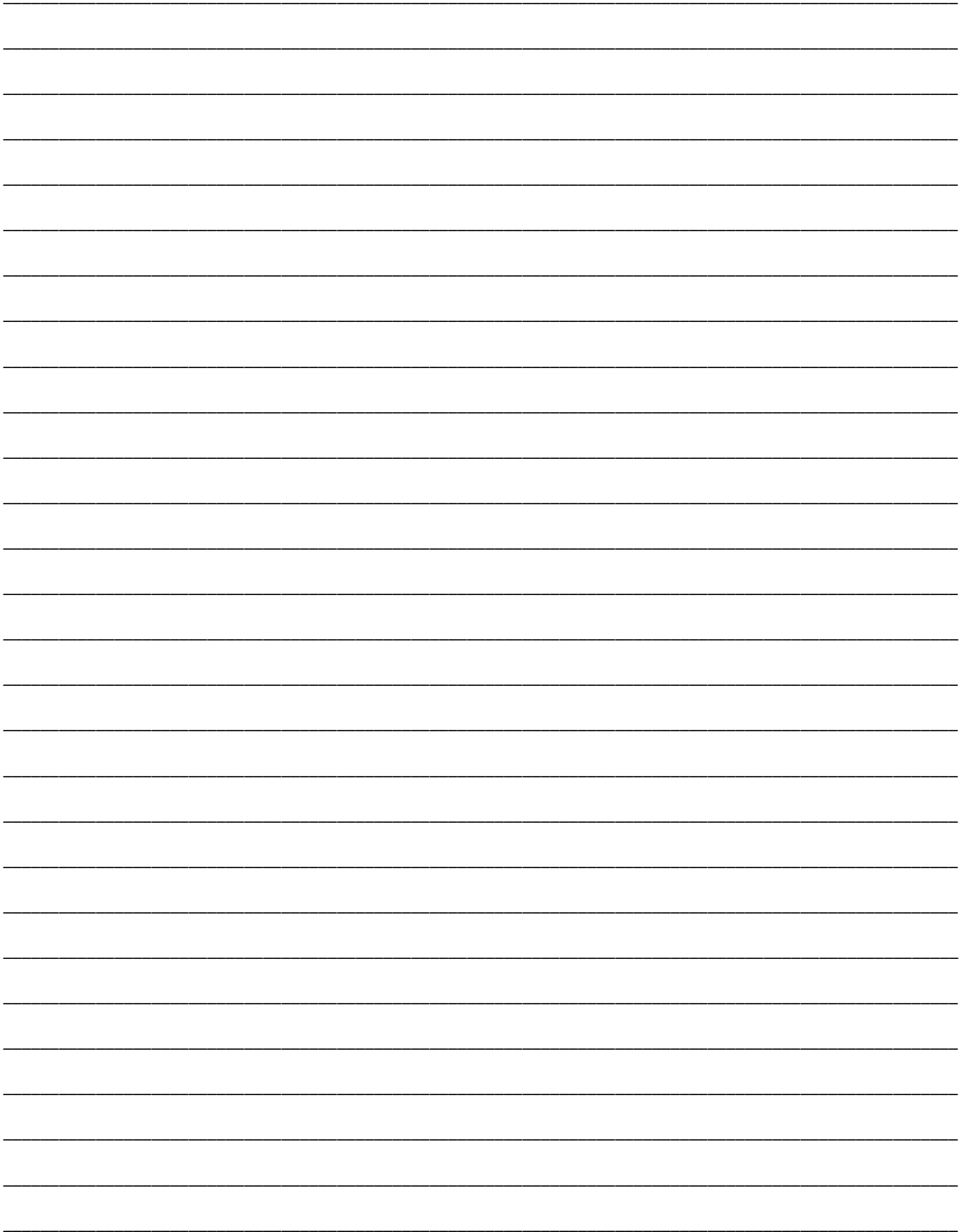
Fruit kabobs

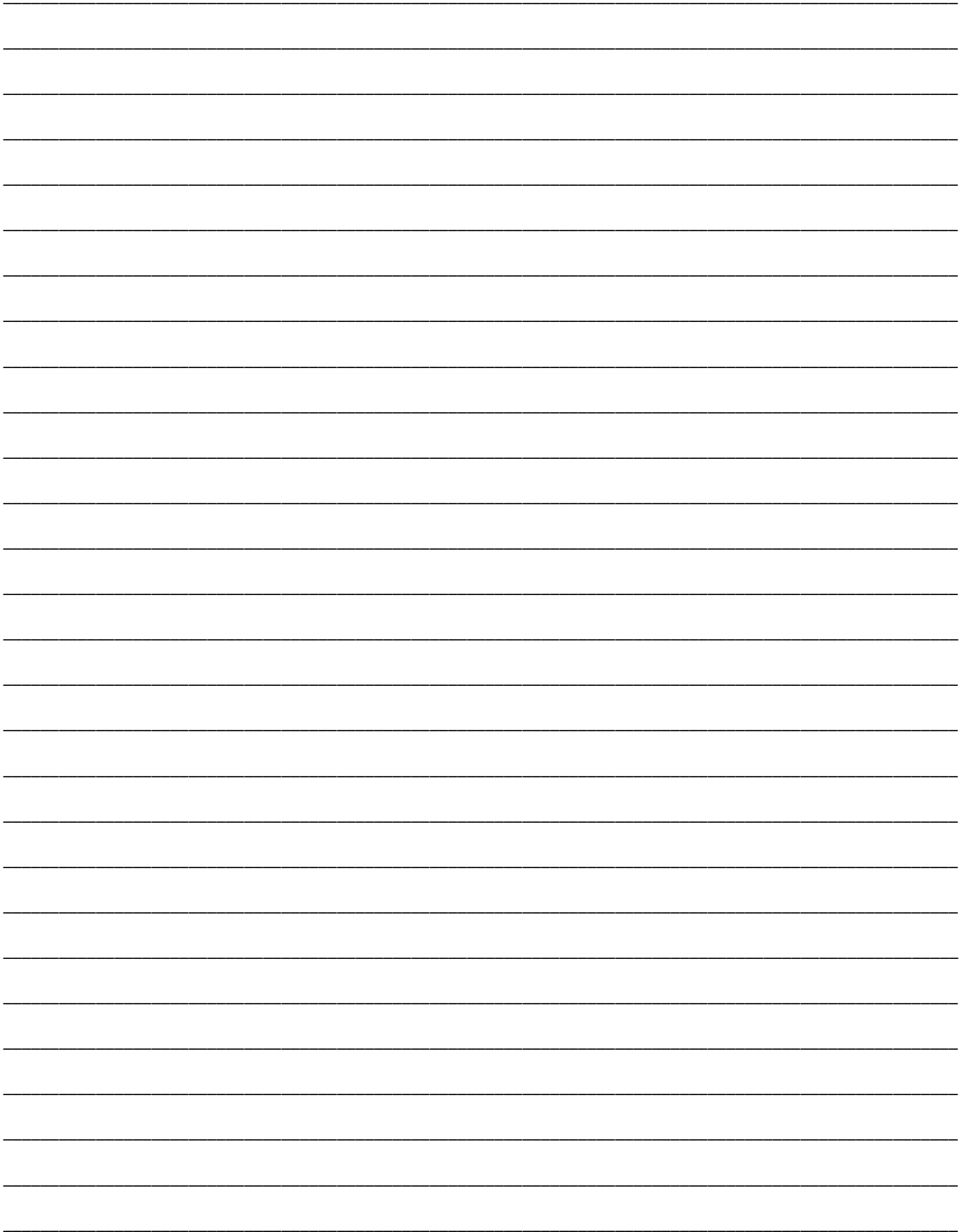
Frozen fruit including grapes, blueberries, strawberries, and bananas

Whole wheat crackers with nut butter

Hummus with flat bread









Rev. Dr. Harry L. White, Jr., Pastor
3703 Tryon Road | Raleigh, NC 27606
919-828-7348
www.wattschapel.org