The Daniel Fast
Recipe & Food Guide Book

“Denying Self and Seeking God.”

A Collection of Recipes for the 2010 Daniel Fast Warriors
(A work in progress)

A Wharton Family Project
Compiled by Linda Wharton
March 2010
DEDICATION

Dedicated to the many brave Daniel Fast warriors throughout the world who have traveled this 40 day journey from Ash Wednesday to Easter Sunday For many, many, many years,

To

Rev. Joan L Wharton, who through her steadfast leadership, resolute dedication and firm commitment to God’s calling on her life, has taken this Daniel Fast journey to a whole new level for the past 10 years

And to

My Mom, Thelma Louise Kirby Wharton, who has been the “consummate cook” all of her life delighting family and friends with her spirited, soulful cooking and artful catering.
Foreword

Since 2000 I've chosen to facilitate a 40-day Daniel Fast for spiritual, physical and mental enrichment. This cookbook represents the recipes of persons who took tender loving care of the bodies to do the right thing. The quality of the food shared has become an essential part of the journey. From the beginning of my participation in leading Daniel Fast journey for family and friends, the Daniel fast warriors have without exception, asked for a cookbook holding the glorious recipes we have enjoyed.

So here it is, a book to help nourish and to educate us about the endless possibilities of delicious vegetarian cuisine. The purpose is to have us to think earnestly about nourishing the temple of God, our bodies, with foods that our Father initially gave us in the Garden of Eden, fruits and vegetables.

The ingredients that went into this collection of recipes were bountiful. Among them was the disciple and sacrifice of each Daniel Fast warriors when deciding to participate in the fast. It included the joy that each Daniel Fast warrior placed into developing creative food dishes, by stretching their imaginations. Add to these two Linda's background as a gifted advisor to nutrition which is integrated throughout this collection. Her dietary skills reflect the creative expression of her passion, wisdom and understanding of how to combine and balance foods.

The overwhelming ingredient in this collection is the love, which is found in each recipe from the Daniel Fast warriors. That love is felt in these pages - a thoughtful labor; a celebration in recognition of and gratitude for a healthy and delightful life.

- Dr. Joan L. Wharton, Founder of Season Women Ministries and the Daniel Fast Warriors Ministry, an Internet/Email Fast; Author of TGIF “Thank God I’m Fasting” and The Daniel Fast Journal
Introduction

“Denying oneself and seeking God.”

“In those days I, Daniel, was mourning three full weeks. I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled.”

- Daniel 10:2, 3

The Daniel Fast Recipes & Food Guide was created to assist those who are traveling on the 40 day journey during the Lenten season, from Ash Wednesday to Easter Sunday morning. The journey is a time of spiritual renewal, sacrifice, personal reflection, discipline and refocusing. It’s a time for a deeper consecration with God. It’s a time to gain a deeper fellowship with God and to demonstrate to God, and to ourselves, that we are serious about a right relationship with Him.

During our 40 day journey, a devotion to daily prayer and mediation, an adherence to a specified exercise program and a dedication to eating healthy plant based foods have produced a rekindled sense of purpose and dedication as we sought a renewed reliance upon the Father.

To help us to have a successful fasting experience on the 40 day fast, the Daniel Fast Recipe and Food Guide was compiled to provide you with tips and nourishing food ideas. It was designed to help sustain you and to keep you focused on God’s purpose for your life through sacrifice and abstention from meats and meat products. Although the fast is limited to plant based foods, only fruits and vegetables, and to water and fresh fruit juices, it can be interesting, fun and delectable.

It is our intent to include food ideas and recipes that will make this sacrifice effortlessly good to the taste and easy to prepare. It’s been a long time coming and compiling this guide has been a labor of pure love. My appreciation is extended to those who found it not robbery to send in their favorite Daniel Fast recipes and cooking tips. Your contribution to the collection is invaluable.

It is my hope that since we have this collection of recipes, you will begin to witness its value in your life and use it not just during the 40 the fast, but throughout the year, and indeed through your life. It all about a living lifestyle

~

Note: The recipes, tips and notes were collected from personal family recipes, Daniel fast warriors, friends, interested parties, vegetarian cookbooks and internet sources.

A word to the wise - if you are facing any health challenges at all, be sure to consult with your health professional before committing to any kind of fast, including the Daniel Fast.
Foods to include in your diet during the Daniel Fast

**All fruits**, These can be fresh, frozen, dried, juiced or canned. Fruits include but are not limited to apples, apricots, bananas, blackberries, blueberries, boysenberries, cantaloupe, cherries, cranberries, figs, grapefruit, grapes, guava, honeydew melon, kiwi, lemons, limes, mangoes, nectarines, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon

**All vegetables**, These can be fresh, frozen, dried, juiced or canned. Vegetables include but are not limited to artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, chili peppers, collard greens, corn, cucumbers, eggplant, garlic, ginger root, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions, parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, veggie burgers are an option if you are not allergic to soy.

**All whole grains**, including but not limited to whole wheat, brown rice, millet, quinoa, oats, barley, grits, whole wheat pasta, whole wheat tortillas, rice cakes and popcorn.

**All nuts and seeds**, including but not limited to sunflower seeds, cashews, peanuts, sesame. Also nut butters including peanut butter.

**All legumes**, These can be canned or dried. Legumes include but are not limited to dried beans, pinto beans, split peas, lentils, black eyed peas, kidney beans, black beans, cannellini beans, white beans.

**All quality oils** including but not limited to olive, canola, grape seed, peanut, and sesame.

**Beverages**: spring water, distilled water or other pure waters.

**Other**: tofu, soy products, vinegar, seasonings, salt, herbs and spices.

Foods to avoid on the Daniel Fast

**All meat and animal products** including but not limited to beef, lamb, pork, poultry, and fish.

**All dairy products** including but not limited to milk, cheese, cream, butter, and eggs.
**All sweeteners** including but not limited to sugar, raw sugar, honey, syrups, molasses, and cane juice.

**All leavened bread** including Ezekiel Bread (it contains yeast and honey) and baked goods.

**All refined and processed food products** including but not limited to artificial flavorings, food additives, chemicals, white rice, white flour, and foods that contain artificial preservatives.

**All deep fried foods** including but not limited to potato chips, French fries, corn chips.

**All solid fats** including shortening, margarine, lard and foods high in fat

**Beverages** including but not limited to coffee, tea, herbal teas, carbonated beverages, energy drinks, and alcohol.
A Few Rules of Thumb

Please be sure to read the label, especially when purchasing packaged, canned or bottled foods. They should be sugar-free and chemical-free. Keep this in mind as you review this list of acceptable foods.

Fruits and Vegetables on the Go!

Busy lives can benefit from food that's nutritious, yet easy to eat on-the-go, like fresh fruits and vegetables. Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.

The Colors of Health

Fruits and vegetables come in terrific colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, folate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.
HEALTHY VEGETABLE SALADS
SYMPHONY SALAD
This is an excerpt from the book, God's Banquet Table

Ingredients
Diced apples
Diced celery
Halved grapes
Chopped walnuts

Instructions
Cover the mixture with pureed bananas, stir and enjoy. Sucanat, sprinkled on top, is truly awesome. Experience an orchestra of taste.

SINGER SALAD
This is an excerpt from the book, God's Banquet Table

Ingredients
3 peeled carrots, grated
2 peeled apples, sliced
1/8 purple cabbage
1/8 turnip

Instructions
Grade ingredients into a food processor
Pour over top of mixture any of the salad dressings in this book.
Then sing with delight.
EARTH AND SEA SALAD

Ingredients

1 head romaine lettuce
Sprinkle doles
1 1/2 mushrooms
2 cups bean sprouts

Instructions:

1. Finely shred lettuce.
2. Slice mushrooms thinly.
3. Add sprouts and sprinkle doles to flavor.
4. This is a wonderfully nutritious, delicious meal. Later on, you will be learning more about the incredible qualities of sprouts.
5. The doles are an excellent source of iodine with a high concentration of minerals absorbed from the ocean depths.
BROCCOLI SALAD

The problem with most broccoli salads is the broccoli - the raw broccoli. Some people like raw broccoli, and actually, I love raw broccoli stems. They taste a lot like cabbage or cauliflower. But the florets, if they're raw, keep them away please. So, how to make a broccoli salad if you don't like raw broccoli? The solution - blanch the broccoli for 1 minute, or no more than two minutes. The broccoli will still be firm enough for the salad, the color will be even prettier, because blanching brings out the green, and the taste will be less raw and more cooked. In this recipe, the broccoli pairs wonderfully with the toasted almonds, bacon, peas, and onion. The honey and vinegar in the dressing adds some sweet and sour to the mix. Normally I cringe at the thought of broccoli salad, but honestly, this is one of the tastiest salads I've ever made, broccoli or not.

BROCCOLI SALAD RECIPE

Ingredients

Serves 4 - 6

1 teaspoon salt
5-6 cups fresh broccoli florets (about 1 pound of florets)
1/2 cup toasted slivered almonds
1/2 cup cooked, crumbled bacon
1/4 cup of red onion, chopped
1 cup of frozen peas, thawed (or fresh peas if you can get them)
1 cup mayonnaise
2 tablespoons apple cider vinegar
1/4 cup honey

Instructions

1. Bring a large pot of water, salted with a teaspoon of salt, to a boil.
2. Add the broccoli florets.
3. Cook 1-2 minutes, depending on how crunchy you want the broccoli. 1 minute will turn the broccoli bright green, and leave it still pretty crunchy. 2 minutes will cook the broccoli through, but still firm.
4. Set your timer and do not cook for more than 2 minutes, or the broccoli will get mushy.
5. Drain the broccoli and immediately put into a bowl of ice water to stop the cooking. Let cool and drain.
6. Combine broccoli florets, almonds, crumbled bacon, chopped onion, and peas in a large serving bowl. In a separate bowl, whisk together mayonnaise, cider vinegar and honey.
7. Add dressing to the salad and toss to mix well. Chill thoroughly before serving.
HEALTHY FRUITS SALADS
ASIAN FRUIT SALAD WITH PAPAYA-MINT SAUCE
Reprinted from lycheesonline.com

Ingredients

1/2 large cantaloupe, peeled, seeded, cut into 1/2-inch pieces (about 2 cups)
1 medium papaya, peeled, seeded, cut into 1/2-inch pieces (about 1 cup)
1/2 large pineapple, peeled, cored, cut into 1/2-inch pieces (about 2 cups)
1 11-ounce can peeled whole lychees in heavy syrup, drained, halved lengthwise
1/2 cup seedless green grapes, halved
1/2 cup seedless red grapes, halved
1/4 cup sweetened shredded or flaked coconut, toasted
Fresh mint sprigs

Directions

Mix first 6 ingredients in large bowl. (Can be made 4 hours ahead; cover; chill.)

PAPAYA-MINT SAUCE
Reprinted from lycheesonline.com

Ingredients

1 large papaya, peeled, seeded, coarsely chopped (about 1 1/2 cups)
3 tablespoons fresh lime juice
3 tablespoons fructose sugar
1 1/2 tablespoons coarsely chopped fresh mint

Directions

Puree all ingredients in processor until smooth. Transfer to bowl. Cover and refrigerate until ready to use. (Can be prepared 1 day ahead; Keep refrigerated.)

LYCHEE-ORANGE SALAD
Reprinted from lycheesonline.com

Ingredients

1 head of Boston or bibb lettuce, torn into bite-sized pieces
1/2 cup fresh or canned lychees
1 orange, peeled and cut into 1" pieces
1 Tbsp Lychee Vinegar
2 thin slices of red onion, separated into rings
2 Tbsp reduced-fat chicken broth
1 Tbsp orange juice
1 tsp olive oil

Directions

In a large bowl, combine the lettuce, oranges, lychees and onions. In a small bowl, whisk the broth, vinegar, juice and oil. Pour the dressing over the lettuce mixture, and then toss gently until all ingredients are coated with dressing. Servings: 4

FRUIT AND SPINACH SALAD

Ingredients

1 large red delicious apple, cored & chopped
1 pkg. (10 oz.) washed fresh spinach, torn in bite-size pieces
4 green onions, sliced
1 med. pear, cored & chopped

Instructions

Combine above ingredients & toss with a fruitied fat-free vinaigrette dressing. 8 servings
STRAWBERRY-MELON SPINACH SALAD AND DRESSING

Ingredients

3 cups bite-size pieces fresh spinach
1/2 cup sliced strawberries
1/2 cup cubed cantaloupe
1/2 cup sliced oranges (Optional)
2 medium green onions, sliced (2 tablespoons)

Salad Dressing
1 tablespoon orange juice
1 tablespoon honey (if you are allowing honey)
1 1/2 teaspoon olive oil

Instructions

In a tightly covered container, shake all dressing ingredients. In large bowl, toss all salad ingredients with dressing.
OUR FAMILY'S FAVORITE FRUIT SALAD RECIPE

**Ingredients**

2 bananas, sliced  
1 apple, cut into chunks  
1 orange, peeled and cut into chunks  
1 cup cantaloupe, made into balls  
1 cup watermelon, made into balls  
1 pear, cut into chunks  
1 mango, cut into chunks  
unsweetened coconut flakes  

Dressing:  
1 banana  
1 orange, sectioned  
1/4 cup coconut milk  
3 tsp. natural jam (your choice)

**Instructions**

Blend until smooth.  
Add a little orange juice if you want a thinner sauce.  

Gently combine all of the fruit with the dressing and place into attractive serving dishes. Lightly sprinkle with unsweetened coconut flakes.
FRUIT SALAD MIX AND MATCH

Instructions

Take any of the fruit that you currently have in your fridge.
Examples: apples, oranges, bananas, strawberries, melons, pears, etc.
Cut the fruit into bite-sized chunks.
Mix the chunks together with 2 tsp. fructose (or Stevia to taste)

Place the fruit in an attractive dish and line the inside rim of the dish with low-fat cottage cheese.

TROPICAL FRUIT SALAD

Ingredients

1 mango, cut into chunks
2 kiwis, peeled and sliced
1 orange, peeled and cut into chunks
1 large banana, sliced
1 papaya, cut into chunks
1/4 cup coconut cream, thin with a little orange juice if it is too thick

Dressing:
1 banana
1 orange, sectioned
3 tsp. natural jam (your choice)
Blend until smooth.

Instructions

Gently combine all of the fruit with the dressing and place into attractive serving dishes. Drizzle 1 tbsp. of the coconut cream over each salad.
RAINBOW FRUIT SALAD
Source: The National Heart, Lung and Blood Institute (NHLBI).

Ingredients

1 large mango(es)
2 cup(s) blueberries
2 slice(s) banana(s)
2 cup(s) strawberries
2 cup(s) grapes, seedless
2 nectarine
1 kiwi
1/3 cup(s) orange juice
2 tablespoon lemon juice
1 1/2 tablespoon honey
1/4 teaspoon ginger, ground

Preparation

1. Prepare the fruit.

2. Combine all the ingredients for the sauce (orange and lemon juice, honey, ginger, and nutmeg) and mix.

3. Just before serving, pour honey orange sauce over the fruit.
SAVORY SOUPS
SHARON WHARTON LEWIS' MIRACLE SOUP

Ingredients
6 Large Onions
2 Green Peppers
4 Whole Tomatoes or large can of Tomato Puree
1 large head of Cabbage
Large bunch of Celery

Directions
1. Cut all vegetables in medium pieces and put in a large pot with cover (water need to be half of the size of the pot), onion soup mix and tomato puree/tomatoes.
2. Season with Dry Onion Soup mix or other seasons you wish except salt.
3. Cover and boil on medium high for 10 minutes.
4. Then lower heat and simmer until vegetables are tender.

Daniel Fast Miracle Soup can be eaten every day and at any time you feel hungry. Eat as much as you want and as often as you like. This soup will not add calories. **The more you eat the more you lose.**
VEGETARIAN SPLIT PEA SOUP RECIPE
Recipe from Food Fit (internet)
Preparation time: 10 minutes - Cooking time: 1 hour

Ingredients
Serves 6

1 tablespoon olive oil
1/3 cup chopped carrots
1/3 cup finely chopped celery
1/3 cup finely chopped onions
1 sprig fresh or 1/4 teaspoon dried thyme
Freshly ground black pepper
1 1/2 quarts vegetable stock
2 cups dried split peas
Salt to taste

Directions
1. Heat the oil in a saucepan over low heat. Add the carrot, celery, onion and thyme, season lightly with pepper and cook for 10 minutes.

2. Add the stock and split peas, and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the peas are tender, about 1 hour.

5. Puree 2/3 of the soup in a blender and stir it into the remaining 1/3.

5. If the soup is too thick, thin it by adding a little more stock. Raise the heat and bring the soup to a boil for 15 seconds.

6. Add salt and additional pepper to taste.
LINDA’S LENTIL SOUP
By Linda Wharton

Ingredients

1 lb Lentil Beans
2 Cups of chopped onions
2-3 stalks of finely chopped celery
1-1/2 Cup chopped Carrots
2 diced cut Tomatoes
1 tbsp olive oil
Sea Salt and Pepper to taste
1/2 tsp Turmeric (Can substitute with 2 tbsp Curry)
4-6 cups of vegetable broth or 8 cups of hot water
3 Minced glove of garlic

Instructions

Wash and sort the beans
Add hot water or the vegetable broth
Bring to small boil
Add all other ingredients
Cover and slow cook for about 20 – 25 minutes or until desired consistency
Stir occasionally
Let cool and take 2 -3 cups of lentils to puree in blender for a creamy soup/ thicker soup
Mix the puree with remaining lentil soup
Garnish with parsley and serve hot
Serves 6
POTATO-APPLE SOUP

Ingredients

2 medium size tomatoes, about 1 1/3 cups
1/2 raw zucchini, about 1 cup
1/2 medium raw yellow squash, about 1 cup
1/2 cooked sweet potato, about 1 cup
1/2 large carrot
1/2 apple
1/2 cups hot water
2 vegetarian bouillon cubes

Instructions:

1. Place all ingredients into the Blender or Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 2-3 minutes or until desired consistency is reached.
CARROT SOUP

Ingredients
Serves 4

2 tablespoons butter
1 cup chopped onion
1 teaspoon curry powder
Coarse salt and ground pepper
2 cans (14 1/2 ounces each) reduced-sodium chicken broth (about 3 1/2 cups)
2 pounds carrots, peeled and cut into 1-inch chunks
1 to 2 tablespoons fresh lemon juice
2 tablespoons coarsely chopped fresh cilantro, for garnish (optional)

Instructions

1. Heat butter in a large (4- to 5-quart) saucepan over medium heat. Add onion, curry powder, 2 teaspoons salt, and 1/4 teaspoon pepper. Cook, stirring occasionally, until onion is soft, about 5 minutes.

2. Add broth, carrots, and 3 cups water; bring to a boil. Reduce heat; cover, and simmer until carrots are tender, about 20 minutes.

3. In a blender, puree soup in batches until smooth; transfer to a clean saucepan. Add more water to thin to desired consistency. Reheat, if necessary. Stir in lemon juice. Serve garnished with cilantro, if desired.

4. Note: Hot liquids will expand when blended, so be careful not to fill the jar of the blender more than halfway. To prevent the liquid from spattering, allow the heat to escape: Remove the cap from hole in lid, and cover lid with a dish towel when blending.
SAVORY POTATO SOUP

Ingredients
Serves 7

5 cups - peeled and cubed potatoes
3 cup - fat-free (skim) milk
1 cup water
3 cups - reduced-sodium chicken bouillon
1 cups - finely chopped onion
½ -- finely chopped celery
1 - Tbsp reduced-calorie margarine
¾ - tsp salt
¼ - ground black pepper
1/8 tsp --- garlic powder

Instructions

1. Place potatoes in a large Dutch oven, cover with water, and cook over medium-high heat until potatoes are tender when pierced with a fork (about 15 minutes). Drain off water.

2. Remove approximately half of potatoes, mash with a potato masher, then return to pan.

3. Add milk, 1 cup water, bouillon, onion, celery, margarine, salt, pepper, and garlic powder to potatoes.

4. Simmer uncovered for 30 minutes or until thickened and heated through.

5. Stir periodically to prevent sticking.

6. Exchanges Per Serving; Starch Exchange 1&1/2; Fat-Free Milk Exchange ½
MARTHA STEWART'S CARROT SOUP

**Ingredients**

- 3 tablespoons unsalted butter
- 2 pounds carrots, preferably with stems, peeled and sliced 1/2-inch thick on the bias
- 1/4 cup diced onion
- 1 clove garlic, chopped
- 1 teaspoon chopped fresh ginger
- Pinch of sugar
- Coarse salt and freshly ground pepper
- 1 tablespoon olive oil
- 2 parsnips, peeled and sliced crosswise into 1/2-inch rounds
- 1 teaspoon white-wine vinegar
- 2 cups homemade or store-bought low-sodium chicken broth
- 3/4 cup milk
- 1/4 cup flat-leaf parsley leaves, thinly sliced

**Instructions:**

1. In a medium-size saucepan with a lid, melt butter over medium heat. Reserve 1/2 cup carrots and add remaining carrots to saucepan along with onion, garlic, ginger, sugar, 2 teaspoons salt, and a pinch of pepper; stir to combine.

2. Reduce heat to medium-low, cover, and cook until carrots are soft, 10 to 15 minutes.

3. Meanwhile, heat oil in another medium-size saucepan over medium heat. Add reserved 1/2 cup carrots, parsnips, and season with salt and pepper.

4. Cook, stirring, until they begin to color slightly, about 2 minutes. Cover and cook until tender, about 5 minutes more.

5. Increase heat to medium-high and add vinegar, stirring to coat; cook for 1 minute.

6. Remove from heat and divide vegetable mixture evenly between 4 soup bowls.

7. Add chicken broth and milk to carrot and onion mixture; season with salt and pepper. Bring to a boil and working in batches, transfer to the jar of a blender (do not fill more than halfway); loosely cover and carefully puree until very smooth and frothy. Pour soup over vegetables in soup bowls and garnish with parsley. Serve immediately.
CABBAGE SOUP
(From Rev. Susan Buckston Green Website)

Ingredients
6 Large Onions
2 Green Peppers
4 Whole Tomatoes or large can of Tomato Puree
1 Large head of Cabbage
A large bunch of Celery
Season with Dry Onion Soup mix and/or other seasons you wish except salt.

Instructions:
1. Cut all the vegetables in medium pieces.
2. Put 4-6 cups of water, Dry Onion Soup mix (no/low sodium) along with the Tomato Puree and/or tomatoes in a very large pot.
3. Cover and boil on medium high for 10 minutes. Then lower heat and simmer until vegetables are tender. SW Miracle Soup can be eaten every day and at any time, you feel hungry.
4. Eat as much as want and as often as you like.

VEGETABLE SOUP AND NAVY BEANS

Ingredients
1 cup puree spinach
1 cup puree green beans
1 can navy beans rinsed and drained
1 tsp salt
1 cup water

Instructions: Put all ingredient in crock pot for four hours on medium
ROASTED GARLIC & SWEET POTATO SOUP
(From Laray William -his Is Laray’s Williams Favorite, Yummy)

**Ingredients:**
- 6 large sweet potatoes
- 1 large cooking onion, chopped
- 1 Tbsp extra virgin olive oil
- 1 head roasted garlic
- 6 cups reduced salt-chicken broth or bouillon
- 1 or 2 cups of water

**Instructions:**
1. Preheat oven to 350F. Slice potatoes in half lengthwise.

2. Rub cut surfaces with olive oil and place cut side down on a baking sheet.

3. On the same baking sheet, place a whole bulb of garlic and drizzle with more olive oil.

4. Bake uncovered in center of oven until the sweet potatoes are soft, about 45 minutes.

5. Meanwhile heat olive oil in a sauté pan. Add chopped onion and sauté until clear and soft. Place in food processor.

6. Remove half the potato pulp from the sweet potatoes and place in a food processor.

7. Squeeze the roasted garlic into the food processor with sweet potato pulp. Run the food processor until a smooth puree forms.

8. Place puree into a large sauce pan and add remaining pureed potato pulp. Add broth and water until desired consistency.

9. Cook on medium until thoroughly heated.
TOMATO AND ROASTED GARLIC SOUP
(From The Eat Clean Diet)

Ingredients:

1 head garlic
1 tsp extra virgin olive oil, divided
1 cup chopped onion
Pepper
1 cup chopped celery
8 cups stewed tomatoes, including juice
1 bay leaf
2 tsp dried oregano
2 tsp dried basil
1 cup water
1 tsp dried thyme

Instructions:

1. Preheat 400F.

2. Remove loose, papery skins from garlic, leaving head intact. DO not remove all of the skin. Cut half an inch off the top of the garlic.

3. Drizzle with olive oil. Sprinkle with salt and pepper.

4. Bake on center rack fro 40 minutes until garlic had softened.

5. Remove from oven. Place on plate to cool.

6. Once garlic had cooled, squeeze roasted garlic into a small bowl. The paste will be added to the soup.

7. In large saucepan or Dutch oven, heat ½ teaspoon olive oil.

8. Add onion and celery and cook until softened, about 5 minutes.

9. Stir in tomatoes and juice, 1 cup of water and all seasonings.

10. Bring to a boil. Reduce heat, add roasted garlic paste and simmer for 30 minutes.

11. Puree with hand blender until mostly smooth.
**PARSNIP COOKING TIPS AND MEASURES**

Parsnip is considered a winter vegetable because its flavor is not fully developed until the roots have been exposed to near-freezing temperatures for 2 to 4 weeks in the fall and early winter. The starch in the parsnip root changes into sugar, resulting in a strong, sweet, unique taste.

- Parsnips need to be peeled. For cooked parsnips, many prefer to boil or steam the washed root and then scrape off the skin to preserve nutritional value.

- Small, tender parsnips may be peeled and grated raw into salads.

- Parsnips are best roasted in the oven, although many like them steamed and mashed like **potatoes**.

- If your parsnips are over-sized, you will need to trim out the bitter core before or after cooking.

- To avoid mushy parsnips, add them to **soups and stews** near the end of the cooking time.

- Peeled and pared parsnips will turn dark when exposed to the air, so cook them right away or hold them in water with a bit of lemon juice added.

- Parsnips may be substituted for carrots in most recipes and vice versa.

- Herbs complementary to parsnips include **basil**, **dill weed**, parsley, **thyme**, and **tarragon**.

  - 1 pound parsnips = 4 servings.
  - 1 pound = 4 to 6 small parsnips.
  - 1 pound = 3 cups chopped parsnips.
  - 1 pound = 2 cups chopped, cooked parsnips.
POTATO AND PARSNIP PUREE RECIPE

Preparation time: 15 minutes
Cooking time: 45 minutes

Ingredients
Serves 4
2 potatoes
2 parsnips
1/2 cup milk
2 tablespoons butter
Salt to taste
Freshly ground black pepper

Cooking Instructions
1. Peel and cut the vegetables into 2" cubes. Place in cold salted water. Bring to a boil and cook for 25 to 30 minutes, until a knife can be inserted without resistance.
2. Drain and mash well.
3. Return to the heat and stir in the milk, butter, salt and pepper. Serve hot.

BUTTERED FRIED PARSNIPS

Ingredients
Serves 4
2 lb Parsnips
4 tbsp Butter
1/8 tsp Nutmeg
1 x Salt & Pepper; To Taste
1 tbsp Parsley; Chopped

Instructions:
1. Wash, trim and scrape the parsnips.
2. Cut into uniform pieces and boil in salted water, 25 to 30 minutes or until tender. Drain well, and let dry.
3. Just before serving, heat the butter in a skillet and sauté over moderate heat until light brown on all sides, letting the parsnips caramelize a little in their own sugar.
4. Season with the nutmeg, salt and pepper and serve in a warm vegetable dish, garnished with parsley.
BLACK BEAN POBLANO CORN CHOWDER

Ingredients

2 whole poblano peppers (Anaheim peppers)
2-15 oz. cans black beans, drained
2 tablespoons olive oil
1 tablespoon chopped garlic, jar ok
1 tablespoon ground cumin
1 teaspoon pepper
1 teaspoon salt
2 tablespoons dried parsley
2-14.5 oz. can diced tomatoes
2 cups frozen corn
1 large onion, chopped with Vidalia fine insert, about 2 cups

Instructions

1. Place the poblano peppers on the grill and char them an all sides.
2. Place in bowl and cover tightly with wrap...after about 5 mins
3. Remove the skin, stem and seeds...drop in food processor and blend. This adds
   great flavor to the soup...however, if time does not allow you to do this...omit peppers
   it will still be delicious.
4. In a large pot, put the olive oil, onions, garlic and sauté for about 5 minutes....add
   the tomatoes juice and all along with the black beans, corn, poblano peppers and all
   the seasonings. Cover with lid and simmer for 20 minutes. Enjoy!
MEDITERRANEAN VEGETABLE SOUP

Ingredients

1 tablespoon olive oil
1 onion, diced
1 carrot, halved lengthwise and sliced
2 stalks celery, sliced
3 cloves garlic, minced
2 cups chicken or beef broth
2 cups water
1 can (14 1/2 ounces) diced tomatoes, not drained
1 tablespoon fresh basil, chopped
1/4 teaspoon oregano
salt and pepper to taste
1 15 oz. can cannellini or white beans, drained and rinsed
1 cup pasta bows
Parmesan cheese (optional)
1 small head escarole (optional)

Heat the oil in a heavy saucepan over medium heat. Add the onion, carrot and celery, and sauté until tender, about 5 minutes. Add the garlic, broth, water, tomatoes, basil, oregano, salt, pepper, and beans.

Instructions

1. Bring to a boil, reduce heat and simmer for 10 minutes. If escarole is being used, wash, tear into 2 inch pieces and add to soup 15 minutes before soup is done, or at the same time as the pasta.

2. Add the pasta bows and cook 10-15 minutes, stirring occasionally until the pasta and escarole is tender.

ROASTED CARROT SOUP

Ingredients:
Serves 6

2 lbs carrots
5 sprigs thyme
3 large onions
8 cups chicken broth
1/4 teaspoon cayenne pepper
1/4 teaspoon powdered ginger
3 Tablespoons olive oil
1 Tablespoon butter
salt and pepper to taste
crème fraiche
fresh chives or parsley, finely chopped for garnish

Instructions:

1. Preheat oven to 375

2. Scrape thyme leaves from stems. Set aside.

3. Peel carrots and cut into quarters.

4. Toss carrots in 2 Tablespoons olive oil and sprinkle with thyme leaves and 1/2 teaspoon salt.

5. Place on a baking sheet in a single layer and roast for 45 minutes.

6. While carrots are roasting, slice onions into thin slices.

7. Heat butter and remaining Tablespoon olive oil in a large skillet; when foam has subsided, add onions and stir to coat with butter/oil mixture.

8. Lower heat to medium low.

9. Cook for 25 minutes, stirring occasionally, until onions are soft and golden brown.

10. When carrots are finished, combine caramelized onions, roasted carrots, and chicken broth in a large stockpot. Add cayenne pepper and ginger. Stir well and simmer for 15-20 minutes.
11. Puree soup with an immersion blender or in batches using a conventional blender. If soup is too thick, add water until it reaches your desired consistency.

12. Salt and pepper to taste.

13. Ladle into bowls and top with a dollop of crème fraîche and a sprinkling of chives or parsley.
ACORN SQUASH AND CIDER SOUP
By Cory Schreiber
Wildwood: Cooking from the Source in the Pacific Northwest

Ingredients
Serves 8

4 pounds acorn squash (4 or 5 squash), halved and seeded
3 teaspoons salt
1 teaspoon freshly ground black pepper
2 tablespoons unsalted butter
6 cloves garlic, chopped
4 carrots, peeled and chopped
3 leeks (white part only), washed and chopped
2 yellow onions, chopped
1 bulb fennel, trimmed and chopped into 1/2-inch pieces
4 cups chicken stock or vegetable stock
4 cups apple cider
1/4 cup undiluted orange juice concentrate
2 teaspoons fennel seeds
1/3 teaspoon ground cloves
1 tablespoon sherry vinegar
1 tablespoon fresh lemon juice
1/2 teaspoon cayenne pepper
1 unpeeled red apple, cored and chopped into 1/4-inch pieces, for garnish

Instructions

1. Preheat the oven to 375 degrees. Season the squash with 1 teaspoon of the salt and the black pepper.

2. Lightly oil a jelly-roll pan and place the squash, cut-side down, in the pan. Bake for about 45 minutes or until tender. Let cool completely, scrape out the squash flesh, and set aside.

3. In a heavy three-quart pan, melt the butter over medium heat. Add the garlic, carrots, leeks, onions, chopped fennel, and 1 teaspoon of the salt. Cover, reduce heat to low, and simmer, stirring occasionally, for 25 to 30 minutes or until the vegetables are soft.

4. Mix in the cooked squash, chicken or vegetable stock, cider, orange juice concentrate, fennel seeds, and cloves; Simmer, covered, for 20 minutes.

5. Add the sherry vinegar, lemon juice, cayenne pepper, and remaining 1 teaspoon of
salt. Let cool completely.

6. In a food processor or blender, puree the soup, in batches if necessary, until smooth. Press through a fine-meshed sieve. Heat the soup and add more chicken or vegetable stock if it’s too thick. Ladle into soup bowls and garnish with the apple pieces.

*Note:* You can also try using Burgess Buttercup or Hubbard Blue squash.
HUNAN HOT & SOUR SOUP
By Kathryn Arnold

A popular appetizer in Chinese restaurants, hot & sour soup makes a great meal in itself with the addition of peas, corn, carrots, cabbage, and meaty shiitake mushrooms.

Prep Time: 15 minutes; Cooking Time: 6 to 8 minutes; Serves 4

Ingredients

Serve 4

6 cups vegetable or chicken stock
2 cloves garlic, minced
1 teaspoon ginger root, minced
1/2 teaspoon black pepper
2 tablespoons tamari
4 shiitake mushrooms, stems removed, thinly sliced
1/2 pound firm tofu, sliced into 1/4 x 1-inch strips
1 cup Napa cabbage, shredded
1 carrot, thinly sliced
1/3 cup frozen peas
1/3 cup frozen corn
2 tablespoons rice vinegar
1 tablespoon mirin (Chinese cooking wine)
1 tablespoon cornstarch dissolved in 3 tablespoons cold water
1 egg, well-beaten (optional)
1/2 cup green onion, chopped
1/4 cup cilantro, chopped

Instructions

1. Bring stock to a boil over medium-high heat in a 2 1/2- to 3-quart saucepan. Add garlic, ginger, black pepper, and tamari. Reduce heat and simmer 1 minute.

2. Add mushrooms, tofu, cabbage, carrots, peas, and corn. Stir and let simmer 5 minutes or until vegetables are tender.

3. Stir in vinegar, mirin, and cornstarch mixture. Continue cooking until soup is thickened, about 1 minute.

4. Remove soup from heat. Slowly pour in beaten egg and stir. Garnish with green onions or cilantro and serve immediately.
SILKY SQUASH AND APPLE SOUP
By Meredith McCarty - www.healingcuisine.com

Ingredients
Serves 4

1 pound delicate squash or a combination (buttercup, acorn, butternut)
2 tablespoons extra virgin olive oil
2 leek whites, sliced
1 rib celery, thinly sliced
1 large Granny Smith apple, peeled, cored, and chopped
1 1/2 cups water
1/2 cup apple cider
1 tablespoon white miso
1 teaspoon sea salt
1 teaspoon fresh ginger, peeled and finely grated
1/2 teaspoon each dried, ground ginger, curry, and cumin
1/4 teaspoon ground cardamom
1/4 teaspoon nutmeg for garnish
1/4 cup walnuts, toasted (20 minutes at 300 degrees F) and chopped for garnish
Chives, cut in 3-inch lengths for garnish

Instructions

1. To avoid the hassle of cutting the squash and to concentrate its sweet taste, bake the squash whole on a dry baking sheet (lined with parchment paper or foil) at 400-450 degrees F until completely soft when pierced with a knife or fork—about one hour. Cut squash in half, remove seeds, scoop out the flesh, and set aside to be puréed later.

2. In a 3-quart pot, heat oil and sauté leeks and celery until soft: Cover pot after a couple of minutes and stir occasionally. Add apple, water, and cider. Bring to boil; then turn heat down, cover, and slow-boil until soft—about 10 minutes.

3. Transfer solids from the soup along with the squash to food processor and purée; add soup liquid gradually to texture desired. Return soup to pot and heat through to marry flavors.

4. Garnish by sprinkling nutmeg and nuts over surface and placing chives crisscrossed in the middle.
KALE & RED BEAN GUMBO
By M. Stallworth

Ingredients

6 cups kale leaves
1 seeded and chopped green bell pepper
1 large green (spring) onion white and pale green parts only, chopped
1 cup (7oz) or can tomatoes in puree
4 cups (32 fl oz) vegetable broth
2 bay leaves
1 teaspoon dried oregano
1 teaspoon dried thyme
1 can (15oz) red beans drained and rinsed
8 pods of fresh okra cut into ½ inch pieces or 1 cup frozen okra
Salt and freshly ground pepper
Hot pepper sauce (optional)
Steamed white rice, for serving

Instructions

1. Cook the vegetables – Combine the kale, bell pepper, green onions, tomatoes, and broth in a heavy-bottomed saucepan or Dutch oven. Add the bay leaves, oregano, and thyme. Bring to a boil over medium-high heat. Reduce the heat to medium-low, cover, and simmer until the kale is tender, about 30 minutes.

2. Finish the gumbo – add the beans and okra to the vegetables. Cover and cook until the okra is just tender, about 15 minutes for fresh, 5 minutes for frozen. Season to taste with salt, pepper, and hot pepper sauce as desired.

3. Divide the rice among deep bowls and ladle the gumbo atop.

4. Serve with white rice – when not fasting. ☺️ It tastes great without the rice and it’s a very light, refreshing soup.
KALE SOUP RECIPE
Preparation time: 20 minutes; cooking time: 40 minutes

Ingredients
Serves: 6

1 tablespoon peanut oil
1/3 cup finely chopped carrots
1/3 cup finely chopped celery
1/3 cup finely chopped onions
Sea salt or Kelp granules to taste
freshly ground black pepper
1 quart Basic Vegetable Stock, or low-sodium broth
6 cups chopped, fresh or frozen kale

Instructions

1. Heat the peanut oil in a saucepan over low heat. Add the carrots, celery and onion, season lightly with salt and pepper, and cook for 10 minutes.

2. Add the stock and bring to a boil quickly over high heat.

3. Lower the heat and simmer until the vegetables are completely tender, about 15 minutes.

4. Add the kale and simmer until just tender, about 5 to 7 minutes.

5. Puree in a blender and strain.

6. Adjust the salt and pepper to taste.
MISO NOODLE SOUP
By Mary Taylor and Lynn Ginsburg

This soup's inviting aroma and nourishing ingredients encourage an open heart.

Serves 4

Ingredients

8 cups water
2 teaspoons minced garlic
2 teaspoons minced ginger
1/4 pound udon noodles
1 carrot, sliced
1 head broccoli, cut in flowerettes
8 fresh shiitake mushrooms, sliced
1/3 cup diced yellow squash
12 snow peas, trimmed
1/2 cup mung bean sprouts
1/3 cup mellow white miso
1/4 cup barley miso
1 teaspoon toasted sesame oil
4 scallions, minced

Instructions

1. Combine the water, garlic, and ginger in a 3-quart saucepan. Cover, place over high heat, and bring to a boil. Lower heat to medium-high and stir in the noodles. Allow them to cook, stirring frequently to prevent them from sticking to the pan, for 3 minutes.
2. Add the carrots to the soup and continue to cook for 5 minutes. Stir in the broccoli and mushrooms. When the broccoli has turned bright green and is just beginning to get tender (about 5 minutes), add the yellow squash and snow peas. Continue to cook until the noodles and vegetables are just tender, about 2 minutes more.

3. Stir the bean sprouts into the soup and remove it from the heat. Combine the two types of miso in a small mixing bowl. Mix enough of the soup broth into the miso to make a smooth paste, and then stir the miso back into the soup. Transfer
VICTORIOUS VEGETABLE MEALS
**TIPS: 3 WAYS TO DRESS YOUR VEGGIES**

Your veggies don't like to be naked. And what couture do they prefer? Try a little healthful-fat finery.

A bit of unsaturated fat can help your body better absorb the fat-soluble nutrients in your vegetables. Here are three different looks to try:

Skip the fat-free ranch dressing. Instead, toss your greens with an olive-oil-based dressing like balsamic vinaigrette.

Make your fat crunchy. Season peppers, corn, carrots, or squash with salt, pepper, and lemon juice, and then top with slivered almonds or toasted sesame seeds.

Go Thai. Create this Spicy Peanut Sauce for dipping lightly steamed broccoli and cauliflower.

In a recent study, people who tossed their salads with a dressing that had some fat in it absorbed more carotenoids from the vegetables than the people who used a nonfat dressing.

Carotenoids are potent antioxidants found in brightly hued produce -- think red, orange, and yellow. But the small intestine needs a little fat to absorb these power nutrients. So do several other fat-soluble vitamins, including:

- Vitamin E (found in spinach and broccoli)
- Vitamin K (found in cabbage, cauliflower, and turnip greens)
- Vitamin D (found in some fish and in fortified dairy)

When you're dressing your veggies, remember the Brylcreem jingle: "A little dab'll do ya." You can nearly undo all the good in veggies by turning them into high-calorie, high-fat side dishes. So don't drown them in sauces and oils. Think lightweight summer ensembles -- a little dribble of olive oil on a sliced tomato or a smattering of chopped walnuts on your spinach salad. Or a bit of Thai peanut sauce on your steamed broccoli. Check out this spicy peanut sauce recipe below.
SPICY PEANUT SAUCE  
Reprinted with permission from Eating Well

**Ingredients**

2 tablespoons smooth natural peanut butter  
2 tablespoons "lite" coconut milk  
1 tablespoon lime juice  
2 teaspoons reduced-sodium soy sauce  
1 teaspoon brown sugar  
1/2 teaspoon crushed red pepper, or to taste

**Instructions**

Whisk together peanut butter, coconut milk, lime juice, soy sauce, sugar, and crushed red pepper in a small bowl until smooth.

ASPARAGUS WITH TRUFFLE OIL VINAIGRETTE

**Ingredients**

2 tablespoons white truffle oil  
1 1/2 tablespoons extra-virgin olive oil  
1 tablespoon champagne wine vinegar  
1/4 teaspoon fresh squeezed lemon juice  
1/2 teaspoon coarse salt or sea salt (fleur de sel)  
Few grindings of black pepper  
2 pounds asparagus stalks, washed and trimmed

**Directions**

In a small bowl, whisk together truffle oil, olive oil, champagne wine vinegar, lemon juice, sea salt, and black pepper; set aside or refrigerate until ready to use. If refrigerating, bring to room temperature before using.

Blanch the asparagus in lightly salted boiling water for about 3 minutes or until crisp-tender; do not overcook. Remove from heat and refresh under cold water; drain well. Toss asparagus with enough truffle vinaigrette to lightly coat. Arrange asparagus on serving platter or individual serving plates.

Makes 4 to 6 servings
MUSHROOMS STUFFED WITH RICE AND GREENS

**Ingredients:**

1 cup brown rice  
2 teaspoons extra-virgin olive oil  
1 small onion, chopped  
4 cups sliced escarole or Swiss chard  
2 large garlic cloves, minced  
1/2 cup jarred roasted red peppers, rinsed and chopped  
4 large Portobello mushrooms, stems discarded  
1/2 cup prepared hummus, preferably basil-flavored  
3 plum tomatoes, sliced  
1/4 cup walnuts, chopped  
1/4 cup grated (Soy) Parmesan cheese (Not made from milk)

**Instructions:**

1. Cook the rice according to the package directions.

2. Preheat the oven to 400°F.

3. Heat the oil in a medium skillet over medium-low heat. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened. Add the escarole or Swiss chard and garlic. Cook, stirring occasionally, for 5 minutes, or until wilted. Remove from the heat and stir in the rice and peppers.

4. Place the mushrooms, gill side up, on a rimmed baking sheet. Spread with the hummus and spoon on the rice mixture, spreading it to the edges. Arrange the tomato slices on top and sprinkle with the walnuts and Parmesan; Bake for 25 to 30 minutes, or until the mushrooms are tender. Let stand for 10 minutes before serving.
ABC'S OF VEGETABLES
Rev. Joan Wharton

Ingredients

1 cup Asparagus
1 cup Broccoli
1 cup Carrots
1 cup Spinach
11 oz. Onion Lipton Soup Mix or Can of Cream of Mushroom Soup
1 tsp. Thyme
½ cup Water
Use Herbal Seasonings

Instructions

1. Layer the Asparagus, Broccoli, Carrots, and Spinach.
2. Cover with Vegetable Cooking Spray
3. Then blend the remaining ingredients and pour it over the vegetables.
4. Cover and Bake at 350 degrees for 30 to 40 minutes

VEGETABLE DELIGHT DISH
By Deacon Reginald Lewis, Baltimore, Maryland

Ingredients

Potatoes
Onions
Mushrooms
Bananas
Parsley
Italian Seasoning
Pepper
Chive
Olive Oil

Instructions

Fried Potatoes with Onions, Mushrooms, Bananas, Parsley, Italian Seasoning, Pepper, chive and cooked with Olive Oil.
CABBAGE COMBINATION
By Sheri Gardner-Thomas, Salisbury, MD

An AWESOME and very TASTY dish with cabbage like you’ve never tasted CABBAGE before

Ingredients

1 small head of cabbage;
1 can of sweet corn
1 small package of string beans
1 can of peas
3 carrots
2 medium size red onions
3 celery stalks
1 green pepper
3 Tbsp vinaigrette dressing

Instructions

1. Shred the cabbage

2. Finely chop carrots, green peppers, onions and celery

3. Mix shredded cabbage, with sweet corn, string beans and chopped carrots, green pepper, onions and celery in a large bowl. You can substitute the vegetable with

5. Add you favorite vinaigrette dressing and mix.

6. Let it sit for a few minutes to absorb the favor

7. Chill and Serve
PARSNIP CURRY
From: Karen Sonnessa
Recipe By: Nikki & David Goldbeck, "American Wholefoods Cuisine"

Serving Size: 4

Ingredients

- 1/2 cup chopped onion
- 1 tablespoon oil
- 1/2 teaspoon cumin
- 1 teaspoon chili powder
- 1 1/2 teaspoons turmeric
- 1/2 teaspoon cayenne -- more for spicy curry
- 1/2 cup water
- 1/2 teaspoon salt
- 1 pound parsnips -- peeled and cubed
- 1/3 cup green peppers -- cut into thin strips
- 1/4 cup chopped peanuts

Instructions

1. Sauté’ onion in oil in a 1 1/2 quart pot for 5 to 8 minutes until golden.

2. Add spices and cook, stirring, for 1 minute.

3. Add water, salt, and parsnips, bring to a boil, cover, and simmer over low heat for 20 to 30 minutes until vegetable is tender but not mushy.

4. Sauce will become quite thick.

5. Garnish with pepper strips and peanuts before serving.
VEGETABLE BAKE
Source: The National Heart, Lung and Blood Institute

Ingredients
28 ounce(s) tomatoes, whole, canned
1 medium onion(s)
1/2 pounds green beans
1/2 pounds okra
3/4 cup(s) pepper(s), green, bell
2 tablespoon lemon juice
1 teaspoon basil, dried
1/2 teaspoon oregano, dried
3 medium zucchini
1 medium eggplant
2 tablespoon cheese, grated Parmesan

Instructions
1. Drain and coarsely chop tomatoes. Save liquid. Mix together tomatoes and reserved liquid, onion, green beans, okra, green pepper, lemon juice, and herbs. Cover and bake at 325 degrees F for 15 minutes.

2. Mix in zucchini and eggplant and continue baking, covered, 60-70 more minutes or until vegetables are tender. Stir occasionally.

3. Sprinkle top with parmesan cheese just before serving.
OVEN-FRIED YUCCA
(From the National Heart, Lung and Blood Institute)

Ingredients
1 pounds yucca
Cooking spray

Preparation
1. Pour cold water over yucca in kettle to 1 inch above it. Bring the water to a boil and slowly simmer for 20 to 30 minutes, or until yucca is tender.

2. Preheat oven to 350 degrees F.

3. Transfer the yucca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into 3/4-inch-wide wedges, discarding the thin, woody core.

4. Coat cookie sheet with nonstick cooking oil spray. Spread yucca wedges on cookie sheet and spray wedges with cooking oil. Cover with foil and bake for eight minutes. Uncover and return to oven to bake for an additional seven minutes.

SPAGHETTI SAUCE
(From the National Heart, Lung and Blood Institute)

Ingredients
2 tablespoon oil, olive
2 small onion(s)
3 clove(s) garlic
1 1/4 cup(s) zucchini
1 tablespoon oregano, dried
1 tablespoon basil, dried
8 ounce(s) tomato sauce
6 ounce(s) tomato paste
2 medium tomatoes (es)
1 cup(s) water

Instructions
1. In a medium-size skillet, heat oil.

2. Sauté onions, garlic, and zucchini in oil for five minutes on medium heat.

3. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.
GREENS
(From the National Heart, Lung and Blood Institute)

Ingredients

3 cup(s) water
1/4 pounds turkey breast, smoked
1 tablespoon pepper(s), red Chile
1/4 teaspoon pepper, cayenne
1/4 teaspoon cloves, ground
2 clove(s) garlic
1/4 cup(s) onion(s)
1/2 teaspoon thyme
1 stalk(s) scallion(s) (green onions)
1 teaspoon ginger, ground
2 pounds mustard greens

Instructions

1. Place all ingredients except greens into large saucepan and bring to boil.

2. Prepare greens by washing thoroughly and removing stems.

3. Tear or slice leaves into bite-size pieces.

4. Add greens to turkey stock. Cook for 20 to 30 minutes until tender.
LIMA BEANS AND SPINACH  
(From The National Heart, Lung and Blood Institute)

Ingredients

2 cup(s) beans, Lima  
1 tablespoon oil, vegetable  
1 cup(s) fennel bulb(s)  
1/2 cup(s) onion(s)  
1/4 cup(s) broth, reduced-sodium chicken  
4 cup(s) spinach leaves  
1 tablespoon vinegar  
1/8 teaspoon pepper, black  
1 tablespoon chives, fresh

Preparation

1. Steam or boil lima beans in unsalted water approximately 10 minutes. Drain.

2. in a skillet, sauté onions and fennel in oil.

3. Add the beans and stock to the onions, cover, and cook for two minutes.

4. Stir in the spinach. Cover and cook until spinach has wilted, about two minutes.

5. Stir in the vinegar and pepper. Cover and let stand for 30 seconds.

6. Sprinkle with chives and serve.
CABBAGE SALVADORE
(From The National Heart, Lung and Blood Institute)

Ingredients

1 head(s) cabbage
2 small carrot(s)
1 small onion(s)
1/2 teaspoon pepper, red, crushed
1/2 teaspoon oregano
1 teaspoon oil, olive
1 teaspoon salt
1 teaspoon sugar, brown
1/4 cup(s) vinegar
1/2 cup(s) water

Preparation

1. Blanch the cabbage in boiling water for one minute. Discard the water.

2. Place the cabbage in a large bowl and add grated carrots, sliced onion, red pepper, oregano, olive oil, salt, brown sugar, vinegar, and water.

3. Place in refrigerator for at least two hours before serving.
MUSHROOMS STUFFED WITH RICE AND GREENS

Although nearly half the calories of hummus come from fat, virtually none of it is saturated. Add olive oil and walnuts and you have a delectable dose of monounsaturated fats to keep you hunger free for hours. Try to use mushrooms that are about 4 1/2” to 5” in diameter. Note: To prevent the mushrooms from becoming waterlogged, remove any sand or dirt with a brush and wipe with damp paper towels instead of rinsing with water.

Ingredients:
Serves 4

1 cup brown rice
2 teaspoons extra-virgin olive oil
1 small onion, chopped
4 cups sliced escarole or Swiss chard
2 large garlic cloves, minced
1/2 cup jarred roasted red peppers, rinsed and chopped
4 large Portobello mushrooms, stems discarded
1/2 cup prepared hummus, preferably basil-flavored
3 plum tomatoes, sliced
1/4 cup walnuts, chopped
1/4 cup grated Parmesan cheese

To Make:

1. Cook the rice according to the package directions.

2. Preheat the oven to 400°F.

3. Heat the oil in a medium skillet over medium-low heat. Add the onion and cook, stirring occasionally, for 5 minutes, or until softened.

4. Add the escarole or Swiss chard and garlic. Cook, stirring occasionally, for 5 minutes, or until wilted. Remove from the heat and stir in the rice and peppers.

5. Place the mushrooms, gill side up, on a rimmed baking sheet. Spread with the hummus and spoon on the rice mixture, spreading it to the edges. Arrange the tomato slices on top and sprinkle with the walnuts and Parmesan.

6. Bake for 25 to 30 minutes or until the mushrooms are tender. Let stand for 10 minutes before serving.
VEGETABLE LATKES

Ingredients

2 large Idaho potatoes
2 med Carrots
2 med Zucchini
1 large Yellow onion, finely chopped
2 Eggs
1/4 tsp Pepper
1 1/2 tsp Salt
1/4 c Flour
Olive Oil for frying

Instructions

1. Pare and coarsely shred potatoes and carrots. Shred zucchini. Place in a bowl with onion.

2. Combine eggs, egg whites, salt and pepper; stir into vegetable mixture. Sprinkle flour over top; stir to mix.

3. Heat non-stick griddle, or heavy skillet to medium-high. Brush with oil. Drop batter by heaping tablespoonfuls onto griddle. Flatten slightly. Cook until browned. Turn; brown other side, adding a little oil as necessary.

4. Drain on paper towels and keep warm until ready to serve. Serve with applesauce or cranberry sauce or combination for dipping.

BAKED SWEET POTATOES
Rev. Joan Wharton

Ingredients
Sweet Potatoes or Yams

Instructions

1. Bake for an hour or 6 or 7 minutes in the microwave.

2. Mash with almond butter

3. Add a dash of cinnamon and nutmeg.
JUDI ACORN SQUASH BAKE

Ingredients

Acorn Squash  
Olive Oil  
4 TBS Agave (sweetener)  
Cinnamon

Instructions

1. Choose a good acorn squash.  
2. Preheat oven to 400 degrees.  
3. Cut squash in half and scoop out the seeds.  
4. Fill shallow baking dish with 1/2 inch of water.  
5. Place squash face down in baking dish and bake for 35 minutes.  
6. Turn squash face up and brush cavity generously with olive oil.  
7. Fill the squash half with agave.  
8. Sprinkle with cinnamon to taste.  
9. Return to oven and bake for 3 additional minutes.  

Eat and Enjoy!
POACHED SALMON WITH HERB SAUCE
By FoodFit

Ingredients
Serves 2

3 cups water
1 cup dry white wine
1 small onion, halved, or 2 scallions, halved
1/2 teaspoon salt
10 peppercorns
2 cloves garlic, minced
2 whole cloves
1 salmon fillet (1/2 pound)
4 tablespoons reduced-fat sour cream
2 tablespoons chopped fresh herbs, such as dill, parsley, or basil
Juice of 1/4 to 1/2 lemon
Salt and pepper to taste

Instructions

1. In a large skillet, combine the water, wine, onion or scallions, salt, peppercorns, garlic, and cloves. Bring to a boil over high heat. Reduce the heat to medium-low and simmer for 10 minutes.

2. Carefully add the salmon in a single layer. Cover and simmer — do not boil — for 6 to 8 minutes, or until the fish is opaque all the way through but still tender. Serve with the Herb Sauce.

3. For Herb Sauce: In a small bowl, mix the sour cream and herbs.

4. Season with the lemon juice, salt, and pepper.
**GRILLED ZUCCHINI RECIPE**

*Recipe by FoodFit*

**Preparation time:** 5 minute; **cooking time:** 8 minutes

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**Ingredients**

Serves 4

2 medium zucchinis, sliced lengthwise about 1/2 inch thick
2 teaspoons olive oil
Salt, to taste
Pepper, to taste

**Instructions**

1. Preheat the grill to medium.

2. Brush the zucchini slices with the olive oil on each side.

3. Season lightly with salt and pepper.

3. Grill until tender, about 3 to 4 minutes per side. To serve, cut the slices on the diagonal into thin strips.
PATRICK O’CONNELL’S RAINBOW TROUT IN A POTATO CRUST RECIPE
Preparation time: 10 minutes; cooking time: 5 minutes

Ingredients
Serves 4

4 rainbow trout fillets
Salt to taste
White pepper to taste
2 tablespoons vegetable oil, plus a little extra
8 small new red potatoes
2 tablespoons finely chopped, fresh parsley
Lemon wedges

Instructions:

1. Remove the skin from the fillets. Lay the fillets on individual squares of waxed paper and sprinkle with salt and white pepper.

2. Slice the unpeeled potatoes about 1/16" thick and lay them in an overlapping "fish scale" pattern on the surface of the fillets.

4. Coat a 10" skillet or sauté pan with oil and heat over medium-high heat. Gently lift each fillet by sliding one hand underneath the waxed paper and carefully flipping the fillet over into the pan (potato side down), being careful not to splash the hot oil.

5. Add more oil to the pan so that the potato "scales" are immersed.

6. Cook for 3 minutes, or until the edges of the potatoes begin to turn golden brown. Using a perforated spatula, gently turn the fillets over and cook 1 minute more.

To Serve: Remove the fillets from the pan and place on warm serving plates. Sprinkle with the parsley and garnish with the lemon wedges. Serve immediately.
BABY BOK CHOI WITH CASHEWS

Ingredients

2 Tbsp olive oil
1 cup chopped green onions, including green ends
3 cloves garlic, chopped
1 pound baby bok choy, rinsed, larger leaves separated from base, base trimmed but still present, holding the smaller leaves together
1/2 teaspoon dark sesame oil
Salt
1/2 cup chopped, roasted salted cashews

Instructions

1. Heat olive oil in a large sauté pan on medium high heat

2. Add onions, then garlic, then bok choy.

3. Sprinkle with sesame oil and salt. Cover, and let the baby bok choy cook down for approximately 3 minutes. (Like spinach, when cooked, the bok choy will wilt a bit.)

4. Remove cover. Lower heat to low

5. Stir and let cook for a minute or two longer, until the bok choy is just cooked.

VINE RIPENED TOMATOES PROVENÇAL

Ingredients

6 medium vine ripened tomatoes; cut -in half
2 TB parsley; minced
2 TB fresh lemon juice
2 TS olive oil
1 TB garlic; finely minced
2 TS chives; minced
1 TS thyme; minced
2 TB low-salt chicken broth; -low fat
1 fresh ground pepper; and
1 salt; to taste

Instructions
1. Preheat the oven to 400 degrees. Prepare the tomatoes and set aside.

2. Combine the remaining ingredients pepper and salt. Mix well. Season with pepper and salt and spread the mixture evenly over each tomato half.

3. Place the tomatoes in a baking dish and bake until the top is slightly browned, about 10 minutes.
VEGETABLE PATTIES

Ingredients

2 large Idaho potatoes
2 medium Carrots
2 medium Zucchini
1 large Yellow onion, finely chopped
1/4 TS Pepper
1 1/2 TS Sea Salt
Olive Oil for frying

Instructions

1. Pare and coarsely shred potatoes and carrots. Shred zucchini.

2. Place in a bowl with onion with salt and pepper;

3. Stir into vegetable mixture; Stir to mix. Make into paddies.

4. 3. Heat non-stick griddle, or heavy skillet to medium-high. Brush with oil.

5. Drop onto griddle. Flatten slightly.

6. Cook until browned.

7. Turn; brown other side, adding a little oil as necessary.

5. Drain on paper towels and keep warm until ready to serve.

Serve with applesauce or cranberry sauce or combination for dipping.
(SUNDAY MENU) TOMATOES STUFFED WITH SHRIMP

Ingredients

6 medium sized tomatoes
1/2 teaspoon minced parsley
1 can of shrimp, halved
1/2 teaspoon salt
1/2 teaspoon minced onion
2 tablespoons butter
2 slices bread, crumbed
A few grains of paprika
1/2 teaspoon green pepper, minced

Instructions

1. Add a few more dry, buttered bread crumbs.

2. Cut off the tops of the tomatoes; scoop out the centers; add the other ingredients except the shrimps.

3. Heat the butter in boiling hot; fry the shrimps; then add to the tomatoes; fill the tomatoes with the mixture; dust the tops with the buttered crumbs, and bake 20 minutes in a moderate oven.
SAVORY SUNSET
This is an excerpt from the book, God's Banquet Table

Ingredients
Serves 2

3 tomatoes
Pinch of oregano
1 beet
Tsp. honey
2 garlic cloves
Pinch of basil
1/2 onion
Pinch of thyme
Pinch of sea salt
1/2 tsp. freshly ground pepper
Tsp. simulated chicken base (optional)

Instructions

1. Blend tomatoes till liquid.

2. Add remainder of ingredients and blend for one minute. Heat for four minutes then add finely chopped vegetables of your choice. Example, green beans, celery, red pepper, or carrots.

3. Cook at low heat for additional 10 minutes. A hardy filling soup less than 100 calories per serving. The enzymes will be destroyed because of cooking over 120 degrees but vitamins and minerals will be intact because of short cooking time. This is a beautiful soup because of the bright red color. It has a rich look and taste and is completely fat free!
PEACEFUL CABBAGE

Ingredients
Serves 1

2 apples
Wedge of cabbage
2 Tbs. honey
1 tsp. cinnamon
1/4 cup water

Instructions - Blend apples into puree, add remainder of ingredients. Blend 3-4 minutes. Chill and serve.

SWEET POTATO HEAD PUDDING

Ingredients

1/2 cantaloupe
1/2 sweet potato
3 Tbs. Sucanat
5 ice cubes
Pinch of cinnamon

Instructions

The flavor is somewhere between pumpkin pie and chocolate pudding. Sweet potatoes are high in beta carotene, rivaling carrots. People have been known to live on sweet potatoes with no deprivation in health. It is a perfect food. If you were going to live off a single food, this would be the perfect choice. Cantaloupe and blenders are a perfect combination. Try cantaloupe and mango, pineapple, peach, orange, grape, strawberry, Sucanat or frozen pineapple concentrates.
CARROT RAISIN APPLESAUCE

Ingredients
Serves 2

4 apples
2 carrots
2 Tbs. honey
1/2 cup raisins
1/2 cup apple juice

Instructions - First puree apple; then add carrots and honey. Mix raisins, and eat hot or cold.

TROPICAL CABBAGE PATCH COOLER

Ingredients

Small wedge of cabbage
1/2 pineapple
2 Tbs. honey

Instructions: A strange marriage, but the cabbage gives it a delicious zing.

CARROT PINEAPPLE PEAK

Ingredients

3 lb. carrots
Cup of raisins
1/2 can frozen pineapple concentrate

Instructions
1. Finely grate carrots

2. Add pineapple concentrate and allow standing in refrigerator overnight. This is a wonderful dessert, meal, or breakfast.

3. Simple to prepare and easy to carry to high altitudes.
Corny Raw Delight

Ingredient

1 raw corn on the cob

Instructions

You’ve really got to try this. Be open-minded. Husk that corn, close your eyes and take a big bite. Your mouth is going to fill with a creamy milky sweet flavor that is absolutely wonderful. You will never kill your corn again. This is the most nutritious way to eat corn. It is high in essential fatty acids that are best when untouched by heat.

Potato Crunchies

Rev. Joan Wharton

Instructions

1. Slice potatoes into 1/8 inch slices, and place on oven grill.
2. Or cut potato into 1/8 wedgies. Cook at 400° for 20 minutes
3. Ready when crunchy
4. No oil is needed, but the kids will love them just as they are.
SAUTÉ BRUSSELS SPROUTS
From Rev. Joan Wharton

Ingredients

1 lb fresh Brussels sprouts
1 whole onion
1/3 Cup mushrooms
3 TBS Smart Blend or healthy margarine
Olive Oil Spray
½ TBS salt-free Worcester sauce
Dash of Lemon Pepper
Dash of garlic

Instructions:

1. Spray the frying pan with the Olive oil spray or vegetable spray.

2. Sauté onions and mushrooms in a pan with margarine.

3. Cut the Brussels sprouts in half and sauté them in the onion and mushrooms. Add the seasonings and the Worcester sauce.

4. Toss or stir occasionally. Let it simmer for about 10 – 12 minutes or until the Brussel Sprouts, are firm and not too soft.

5. Keep in the pan while cooling for about 2 minutes.
SWEET POTATO A L' ORANGE

Ingredients

2 LBS. Sweet Potatoes cooked
or 2 LBS. vacuumed packed Sweet Potatoes
2 TBS. Margarine melted
16 Apricot halves
Fresh Dried Orange slices

Instructions:
1. Arrange the Sweet Potatoes in a baking dish, pour the melted Margarine over the potatoes.
2. Arrange the Apricots on top. Cover. Bake for 15 minutes at 425 degrees. Take it out, add the Orange slices, and enjoy!

VINE RIPENED TOMATOES PROVENCAL

Ingredients

6 med vine ripened tomatoes; cut -in half
2 TBS parsley; minced
2 teaspoon b fresh lemon juice
2 teaspoon olive oil
1 teaspoon garlic; finely minced
2 teaspoon s chives; minced
1 teaspoon thyme; minced
2 teaspoon low-salt chicken broth; low fat
Fresh ground pepper; and
Salt; to taste

Instructions

1. Preheat the oven to 400 degrees. Prepare the tomatoes and set aside.
2. Combine the remaining ingredients, pepper and salt. Mix well. Season with pepper and salt and spread the mixture evenly over each tomato half.
3. Place the tomatoes in a baking dish and bake until the top is slightly browned, about 10 minutes.
HEARTY BROWN STEW

Ingredients
Serves 2

2 cups water
2 Tbs. low-sodium Tamara
1 onion sliced
1/4 cup cider vinegar or apple juice
1 celery stalk, sliced
Grated fresh ginger
1 carrot sliced pinch of marjoram
1 sweet potato, in chunks
Pinch of thyme
4 mushrooms, quartered
3-4 Tbs. powdered oats
2 large cloves garlic, crushed

Instructions:

1. In a large pot, combine all ingredients, except oat powder.

2. Bring to boil, lower heat, cover, and simmer about 15 minutes until vegetables are tender.

3. Mix oat flour and add to the stew. Stir until thickened.

YAM CRUNCHIES
Rev. Joan Wharton

Instructions

1. Peel yams and cut them lengthwise into 3/4 fingers.

2. Cook in oven at 400 degrees for 35 minutes.

3. A slightly crunchy, deliciously sweet, nutritious treat everyone will love.

4. Potatoes can be cut into quarters or eights and cooked with the yams.

5. Cook potatoes till crispy brown.

6. If the potatoes are cooked with the peel part of the wedge on the grill, they will not stick.
ASIAN COLESLAW

Cabbage contains plenty of nutrients including vitamin C and indoles, important cancer-fighting compounds. Red cabbage also contains anthocyanins, the purple pigment also found in blueberries. In the winter months, cabbage is an abundant nutritional resource when other fresh produce is either expensive or unavailable. This recipe calls for SEA SALT. It is used in this dish to soften the cabbage. Then it is thoroughly rinsed off so the recipe doesn't provide sodium. This coleslaw is colorful and makes a delightful accompaniment to any vegetarian main dish. The garnish of minced scallions and toasted sesame seeds brings out the flavor of the slaw and adds additional crunch.

Ingredients
Serves 8

1 medium head green cabbage
1 medium head red cabbage
3 tablespoons sea salt
3 large carrots
1/4 cup minced scallions
1 tablespoon toasted sesame seeds

Dressing:
2/3 cup unseasoned rice vinegar
1/4 cup light brown sugar
1 1/2 tablespoons dark-roasted sesame oil

Instructions

1. Discard the outer leaves of cabbages. Cut heads in quarters; remove and discard cores. Slice cabbage thinly or shred in a food processor. Layer the cabbage in a large bowl with the sea salt. Toss to distribute salt evenly and let cabbage sit for 1 hour to soften.

2. Meanwhile, peel the carrots and grate them into thin shreds.

3. Drain off any liquid produced by the cabbage and rinse the cabbage well in several changes of cold water to remove excess salt. Taste the cabbage; if it is still too salty, rinse it again.

4. Add carrots to the cabbage and mix well.

5. Whisk the rice vinegar, brown sugar and sesame oil together in a small bowl.

6. Pour the dressing over the cabbage and mix well. Let chill. Garnish with minced scallions and toasted sesame seeds before serving.
GARLICKY WHITE BEANS WITH SPINACH AND RED ONION RECIPE
Preparation time: 10 minutes; cooking time: 20 minutes

Ingredients
Serves 4

2 tablespoon olive oil
1 red onion, peeled, halved and sliced
2 cloves garlic, minced
2 bunches spinach (about 1 pound), washed
2 15-ounce cans white beans, rinsed and drained
2 tablespoons balsamic vinegar
(Sea Salt or Kelp Graduals to taste; freshly ground black pepper)

Instructions:

1. Heat the olive oil in a large skillet over medium heat. Add the red onion, season lightly with salt and pepper and cook for 2 minutes.

2. Add the garlic and continue cooking until the onion softens, about 5 minutes.

3. Turn up the heat and cook until the onion turns light brown on the edges.

4. Lower the heat to medium, add the white beans and cook until the beans are thoroughly heated.

5. Add the spinach and balsamic vinegar. Continue cooking until the spinach is just wilted. Adjust the seasonings and serve
ZUCCHINI LASAGNA
(From The National Heart, Lung and Blood Institute)

**Ingredients**

- 1/2 pounds pasta, lasagna noodles
- 3/4 cup(s) cheese, mozzarella, part-skim, shredded
- 1 1/2 cup(s) cottage cheese, nonfat
- 1/4 cup(s) cheese, grated Parmesan
- 1 1/2 cup(s) zucchini
- 2 1/2 cup(s) tomato sauce, low sodium
- 2 teaspoon basil, dried
- 2 teaspoon oregano
- 1/4 cup(s) onion(s)
- 1 clove(s) garlic
- 1/8 teaspoon pepper, black

**Instructions:**

1. Preheat oven to 350 degrees F. Lightly coat 9- by 13-inch baking dish with vegetable oil spray.

2. In small bowl, combine 1/8 cup mozzarella and 1 tablespoon Parmesan cheese. Set aside.

3. In medium bowl, combine remaining mozzarella and Parmesan cheese with all of the cottage cheese. Mix well and set aside.

4. Combine tomato sauce with remaining ingredients. Spread thin layer of tomato sauce in bottom of baking dish. Add a third of noodles in single layer. Spread half of cottage cheese mixture on top. Add layer of zucchini.

5. Repeat layering. Add thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.


Using unsalted cottage cheese will reduce the sodium content for each serving to 196 mg.
VEGGIE PASTA WITH ITALIAN CHICKEN SAUSAGE

Ingredients

2 small zucchini
2 tablespoons extra-virgin olive oil
Salt and pepper, to taste
1 garlic clove, diced
1 cup diced tomatoes
1 teaspoon oregano
½ pound cooked Italian chicken sausage, sliced into small pieces
¼ cup grated Parmesan, to taste

Instructions

1. Using a vegetable peeler and turning as you go, slice zucchini into ribbons.

2. In a skillet, over medium heat, sauté zucchini in 1 tablespoon of oil until it's soft and the edges are clear.

3. Add salt and pepper to taste.

4. Over medium heat, heat 1 tablespoon of oil in another pan, and add garlic.

5. Sauté for a minute, and then add the tomatoes and oregano.

6. Simmer for a few minutes, and then stir in the sausage.

7. Spoon sauce over the zucchini. Sprinkle with Parmesan to taste.
SENSATIONAL STEWS
AND
CAST AWAY CASSEROLES
VEGETABLE CASSEROLE
Rev. Joan Wharton

Ingredients

1 (10 to 12 oz.) box of frozen French style cut beans
1 (10 to 12 oz.) box of whole kernel corn
1 1/2 c. med. green pepper, chopped
1/2 c. celery, chopped
1/2 c. onion, chopped
Can of salt free mushroom or broccoli- all natural soup

Instructions

1. Defrost vegetable and dry off a bit between paper towels.

2. Then mix all ingredients together well with soup.

3. Bake in olive oil greased casserole (2 qt.) and 2 tablespoon Olive Oil/Smart balance etc. butter on top. 350 degrees for 25 - 30 minutes.

4. A wonderful dish to take when you go to a friend house or potluck supper.
VANISHING VEGETABLE CASSEROLE

Ingredients

Tomatoes
2 tsp. kelp
Onions
Pinch Mrs. Dash
String beans
Garlic
Parsley
Lemon juice
1/4 cup oats

Instructions

1. In a casserole dish, place first a layer of sliced onions, secondly, a layer of beans with herbs in between, and lastly, a layer of onions.

2. Repeat these layers if you have enough vegetables.

3. Cook in pot at medium heat till the string beans are tender.

4. Powder oats in coffee grinder and mix in Mrs. Dash and sprinkle over casserole.

5. Slice tomatoes on top and sprinkle with lemon juice.

Sprinkle evenly with Good Tasting Yeast and kelp powder.
VEGETARIAN CHILI
From Rev. Donte Hickman

Ingredients

1 tablespoon olive oil
1/2 medium onion, chopped
2 bay leaves
1 teaspoon ground cumin
2 tablespoons dried oregano
1 tablespoon salt
2 stalks celery, chopped
2 green bell peppers, chopped
2 jalapeno peppers, chopped
3 cloves garlic, chopped
2 (4 ounce) cans chopped green chile peppers, drained
2 (12 ounce) packages vegetarian burger crumbles
3 (28 ounce) cans whole peeled tomatoes, crushed
1/4 cup chili powder
1 tablespoon ground black pepper
1 (15 ounce) can kidney beans, drained
1 (15 ounce) can garbanzo beans, drained
1 (15 ounce) can black beans
1 (15 ounce) can whole kernel corn (optional)

Instructions:

1. Heat the olive oil in a large pot over medium heat. Stir in the onion, and season with bay leaves, cumin, oregano, and salt.

2. Cook and stir until onion is tender, then mix in the celery, green bell peppers, jalapeno peppers, garlic, and green chile peppers.

3. When vegetables are heated through, mix in the vegetarian burger crumbles.

4. Reduce heat to low, cover pot, and simmer 5 minutes.

5. Mix the tomatoes into the pot. Season chili with chili powder and pepper.

6. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes.

7. Stir in the corn, and continue cooking 5 minutes before serving.
BUTTERCUP SQUASH, PARSNIP AND CRANBERRY BEAN STEW

From: Karen Sonnessa

**Ingredients**

Serves 4

1 tablespoon canola oil
1 cup sliced celery -- (about 2 med. stalks)
2 garlic cloves -- minced (2 to 3)
1 chipotle pepper -- minced
4 large tomatoes -- cored and diced
1 1/2 tablespoons paprika
1 tablespoon dried oregano
Salt and pepper to taste
2 cups peeled and diced buttercup or butternut squash
2 cups peeled and diced parsnips -- (about 2 large)
12 pearl onions -- peeled, up to 16
1 cup diced carrots
2 1/2 cups water
1 1/2 cups cooked or canned cranberry beans -- drained
1 cup fresh or frozen corn kernels
8 broccoli florets

**Instructions:**

1. In a large saucepan, heat oil; add celery, garlic and chipotle. Sauté’ 3 to 4 minutes.

2. Add tomatoes, paprika, oregano, and salt and pepper; cook about 8 minutes more over medium-low heat, stirring frequently, until mixture resembles thick pulp.

3. Add squash, parsnips, onions, carrots and water; cook, stirring occasionally, until squash and parsnips are tender, about 30 minutes.

4. Stir in beans, corn and broccoli.

5. Cover and cook 5 to 10 minutes more.

6. Serve in a large bowl with brown rice or quinoa on the side, or in a baked pumpkin.
RAVISHING, RADIANT, RECIPES
VEGETABLE CASSEROLE

Ingredients

1 (10 to 12 oz.) box of frozen French style cut beans or fresh beans
1 (10 to 12 oz.) box of frozen whole kernel corn
1 1/2 c. med. green pepper, chopped
1/2 c. celery, chopped
1/2 c. onion, chopped

Instructions

1. Can of salt free mushroom or broccoli- all natural soup
2. Defrost vegetable and dry off a bit between paper towels.
3. Then mix all ingredients together well with soup.
4. Bake in olive oil greased casserole (2 qt.) and 2 tablespoon Olive/Smart balance etc. butter on top. 350 degrees for 25 - 30 minutes
5. This is a wonderful dish to take when you go to a friend’s house or potluck supper.

HEARTY BROWN STEW

Ingredients

Serves 2

2 cups water
2 Tbs. low-sodium Tamara
1 onion sliced
1/4 cup cider vinegar or apple juice
1 celery stalk, sliced
Grated fresh ginger
1 carrot sliced pinch of marjoram
1 sweet potato, in chunks
Pinch of thyme
4 mushrooms, quartered
3-4 Tbs. powdered oats
2 large cloves garlic, crushed

Instructions

1. In a large pot, combine all ingredients, except oat powder.
2. Bring to boil, lower heat, cover, and simmer about 15 minutes until vegetables are tender. Mix oat flour and add to the stew.
3. Stir until thickened.
**INDIAN CURRY TOFU**  
*(Friend of Shree McKenzie Taylor)*

1 Medium size Onion – chopped  
2 TBSP Canola Oil  
1 Package of Tofu (Extra Firm) – cut into small cubes  
2 medium size Yukon Gold potatoes – peeled and cubed  
1 Sweet Potato – peeled and cubed  
1.5 cups of Broccoli  
1 cup of Chopped Mushrooms  
3 1/2 Cups Water  
3 1/2 TBSP Patak’s Curry Paste  
2 tsp Ground Ginger  
1 tsp Minced Garlic  
2 tsp Soy Sauce  
2 tsp Salt  
1 Can Coconut Milk  

**You can use other vegetables (i.e. peas, carrots, red peppers, green beans, etc.) in place of the potatoes, broccoli, & mushrooms, those are just the ones I prefer.**  
(I would recommend using Jamaican curry powder and scotch bonnet pepper if you don’t want to use the curry paste. - Sharee)

**Instructions**

1. In a Dutch oven or large sauce pan, heat the oil over medium heat. Sauté’ the onions and tofu for 10 minutes. Stir occasionally.

2. While the tofu and onions are sautéing, peel and cut up the potatoes into cubes.

3. Add all of the ingredients in with the tofu and onions. Let simmer for at least 30 minutes. Stir occasionally.  
I serve this dish over white Jasmine rice. It’s my favorite because it reminds me of being in Thailand. I also think it tastes the best and smells divine! However, if you are going for SUPER healthy, then you’ll want to serve the dish over Whole Grain Brown Rice. – Sharee

![Image of Indian curry tofu dish]
DELICIOUS DRINK RECIPES (FRUITS AND VEGETABLES)
LEARN HOW TO MAKE YOUR OWN FRUIT JUICES,
SMOOTHIES & SHAKEs!
(From Health recipes.com)

A FUN and EASY way to get more vitamins & minerals into your diet is by drinking freshly made fruit juices, vegetable juices, and by blending thick and frothy smoothies and shakes from frozen fruit.

Freshly made juices are a tremendous source of bio-available vitamins and minerals which are the partners of enzymes and co-enzymes. Vitamins activate enzymes and without vitamins, enzymes could not carry out their work, and we could not live.

Enzymes act as catalysts in hundreds of thousands of chemical reactions that take place throughout your body, and are essential for digesting, absorbing and converting food into body tissue. Enzymes produce energy at the cellular level and are critical for most of the metabolic activities taking place in your body every second of every day.

Another benefit of drinking fresh juices and smoothies is that your body can absorb MORE of the vitamins and minerals then if you were to eat the fruits and vegetables whole! Many of the nutrients are TRAPPED in the fiber and by blending fruits and vegetables; you break down the fiber and release the vital nutrients.

Example:
When you eat a raw carrot, you are only able to assimilate a small percentage of the available beta carotene. When a carrot is juiced, removing the fiber, a LARGE percentage of the beta carotene can be assimilated by your body.

Of course, you still need to eat whole produce because fiber is also an important part of your daily diet.

Meeting you or your children's need for energy and nutrients is essential for good health. Children who do not meet their needs for energy may stop growing and gaining weight. In severe situations, they can develop a condition which is life threatening called protein energy malnutrition. Vitamins and minerals are only required in very small amounts, but a diet insufficient in these can cause SEVERE deficiency diseases.

You may be showing signs of malnutrition if you...

- Feel tired and weak.
- Feel like you never have the energy to clean your home, make meals or even do the dishes.
- Have difficulty losing or gaining weight.
• Can’t easily get to sleep. Feel stressed and/or nervous.
• Feel drowsy during the day.
• Sometimes can't concentrate, you're mind feels numb, or you get confused easily.
• Have problems with your digestion.
• Have constipation and/or hard dry stools.
• Have mood swings, or get easily upset.
• Don’t have patience for anything.
• Sometimes feel depressed.
• Have overly dry or oily skin.
• Sometimes have nausea and/or abdominal pain.
• Have annoying eye twitches.
• Bruise easily.
• Have muscle cramps and/or low back pain.
• Sometimes get cracks and sores in the corners of your mouth.
• Notice that your nails have become thin and/or brittle.
• Are losing your hair.
• Have water retention.
• Have uncontrollable temper outbursts.
• don't eat a well-balanced nutritious diet EVERY DAY

Natural vitamins are found only in living things, that is, plants and animals. Your body, with a few exceptions, can't manufacture vitamins. They must be supplied in your food or in dietary supplements but supplements can't replace food, especially fruits and vegetables which provide thousands of substances, some of which have well-known functions, and some whose roles in the human body are not yet understood or recognized.

**Vitamins and minerals...**

- Reduce your risk of getting a stroke or heart attack!
- Strengthen your nails!
- Improve your hair condition, strength and growth by providing certain essential nutrients to the hair follicle!
- Beautify your skin by keeping it smooth, soft and disease-free!
- Provide essential compounds that are necessary for growth, health, normal metabolism and physical well-being! Without them, you would die!
- Promote normal growth and development!
- Maintain bone density and strength!
- Regulate blood clotting!
- Help in the function of nerves and muscles, including regulating a normal heart beat!
When it comes to choosing a healthy diet for their children, many parents don't realize the important role that beverages play. For example, fruit flavored drinks and soft drinks are not a substitute for real fruit. Many of these drinks only contain 10% real fruit juice. The very best drinks are made from whole fruit and you can make great fruity healthy drinks at home.

**How to make homemade fruit and vegetable juices:**

1. You'll need an inexpensive juice machine.

2. All fruits and vegetables should be juiced raw.

3. Small seeded fruit, such as watermelon and pears, may be juiced with their seeds, with the exception of papaya and apple seeds. Orange and grapefruit seeds might impart a bitter taste to your juice. Remove the large pits from fruits like peaches and nectarines, etc.

4. Peel all fruits and vegetables that are not organically grown because the peel is where most of the chemical residues can be found. While most skins of organically grown fruits and vegetables may be left on, with the exception of waxed produce, the skins of pineapples, kiwis, oranges, grapefruits and papaya should be removed.

5. Choose fresh ripe produce. Rubbery vegetables, bruised fruit, wilted greens and over or under-ripe fruits will produce juices that are neither tasty nor healthful.

6. Cut the fruits or vegetables into pieces that will fit into the mouth of your juice machine. Turn the juice machine on and push the pieces through the mouth of the juicer. As you juice, pulp will collect in a large receptacle. If you don't clean the pulp out right away, it will develop a sour odor and tiny gnats and fruit flies may appear after 8 to 10 hours.

7. It is best to drink freshly made juices within one day.

**How to make perfect homemade smoothies and shakes:**

1. Put the fruit in the blender first. Make sure that the items are smaller than a golf ball so they will blend completely. Add the liquid ingredients next.

2. Fasten the lid and press the start button. Use high speed for about 20-30 seconds.

3. Stop the blender and check to see if the ingredients are well blended. Sometimes the frozen fruit will jam under the blade. If there is jammed fruit, use a spatula to unjam the fruit, and blend again.
4. Once the mixture is evenly blended, slowly add two ice cubes through the opening of the blender lid. Keep adding one or two ice cubes at a time until the blender sounds smooth. If your blender is not strong enough to blend ice cubes, omit the ice and substitute just enough ice cold water or fruit juice so that the shake will have a milkshake consistency.

- If the shake/smoothie is too thin, add more fruit or ice. If it’s too thick, add more liquid.

Now let’s get started
HEALTHY SMOOTHIE RECIPES! SO CREAMY!

It is amazing what you can do with a fridge full of fresh fruit and a blender. The difference between blender recipes and juicing is the added advantage of soft fibers.

This is wonderful for cleaning and maintaining a healthy colon. Blender recipes are an excellent addition to a healing and cleansing program.

APRICOT PINEAPPLE SMOOTHIE

Ingredients

1/4 cup crushed pineapple
1 fresh apricot, diced
6 strawberries
1/2 banana
1 1/2 cup water
1 tbsp. skim milk powder
1 heaping tbsp. high-quality protein powder (optional)
1 tsp. flax seed oil (optional)

Instructions - In a blender, process fruit with the rest of the ingredients. Blend until thoroughly mixed and serve.

BANANA-STRAWBERRY FRUIT SMOOTHIE

Ingredients

1 banana, frozen
6 strawberries, frozen
1 1/4 cup water
1 tbsp. skim milk powder
1 heaping tbsp. high-quality protein powder (optional)
1 tsp. flax oil (optional)

Instructions - In a blender, process all the ingredients until thoroughly mixed and serve.
BANANA-BERRY FRUIT SMOOTHIE

Ingredients

1/2 pear, cored
1/4 cup frozen blueberries or frozen mixed berries
1/2 banana, frozen
1 1/4 cup water
1/8 tsp. cinnamon
1 tbsp. skim milk powder
1 heaping tbsp. high-quality protein powder (optional)
1 tsp. flax oil (optional)

Instructions - In a blender, process all the ingredients until thoroughly mixed and serve.

GREEN TROPIC SMOOTHIE
(From Smoothieweb)

Ingredients:

- 2 cups of spinach
- 1 mango
- 1 banana
- 1 cup pineapple chunks
- 1 cup water

Instructions

Blend together on blender. Serves 2, but you won’t be surprised if you finish it by yourself.
CRUNCHY GRANOLA SMOOTHIE
(From Smoothieweb)

No time for a bowl of granola cereal? Take a granola smoothie to go. This is a great breakfast smoothie.

**Ingredients:**

- 1 cup 1% milk
- 1 banana
- 2 Tbs honey
- 3/4 cup granola
- 1/2 cup ice

**Instructions**

1 serving, but it is a delicious serving. Feel free to use more or less fat in your milk as you prefer. I like a little milk fat, so I chose 1%.

CHERRY VANILLA SMOOTHIE
(From the Tree Things Recipe Site)

**Ingredients**

1 cup apple juice or cider
1/2 cup low-fat vanilla yogurt
1 tsp vanilla extract
1 1/2 cups frozen pitted cherries

**Instructions:** Blend and drink! Serves 2

BERRY BONANZA SMOOTHIE

**Ingredients**

1/2 cup EACH frozen blackberries, blueberries, raspberries, and strawberries
1 cup vanilla yogurt
1 cup cherry juice

**Instructions**

Blend and drink! Serves 2
HEIDI'S DAIRY-FREE MORNING SMOOTHIE

Ingredients

1/2 cup frozen strawberries
1/2 cup frozen peach slices
1/4 cup frozen blueberries
1 ripe banana
2/3 cup orange juice

Instructions

Blend and drink! Makes 1 large or 2 smaller smoothies
***Variations: can add 1/2 cup regular or soy yogurt, and/or 2 Tbsp wheat germ or Flax Seed

BERRY BANANA SMOOTHIE

Ingredients

Serve 3

1 cup reduced-fat vanilla yogurt
1 medium-ripe banana, peeled, cut into chunks and frozen
1/4 cup each frozen, unsweetened strawberries, blueberries, raspberries and blackberries
1 cup fat-free milk substitute with soy milk or almond milk or rice milk

Instructions:

1. Combine all ingredients in a blender or food processor.

2. Cover and process until smooth.

3. Pour into chilled glasses; serve immediately.
GREEN SMOOTHIE GOODNESS
(From Smoothieweb)

This is another green smoothie with a distinct flavor. Mixing pear and banana is something you will discover is a delicious and wonderful flavor combination. You won’t even taste the kale, but you will still get the health benefits.

**Ingredients:**

- 2 bananas
- 1 Gala apple
- 1 pear
- 1 cup of kale
- 1/2 cup water

This makes 2-3 servings, but don’t feel bad downing the entire smoothie by yourself. It is that good.

BANANA-ORANGE-STRAWBERRY FRUIT SHAKE

**Ingredients**

1/2 cup orange juice
1/2 banana, frozen
6 strawberries, frozen
1/2 cup water
1 tbsp. skim milk powder
1 heaping tbsp. high-quality protein powder (optional)
1 tsp. flax oil (optional)

**Instructions** - In a blender, process all the ingredients until thoroughly mixed and serve.
FRUIT SHAKE

Ingredients
5 strawberries
1/2 pint of blueberries
1 banana
1 cup of milk or juice
4-5 ice cubes
1 scoop of whey protein

Instructions

1. Blend in a blender...drink...enjoy all the benefits.

2. Variation: **add 1 1/2 cups of cantaloupe for a new flavor; **use mint leaves instead of blueberries
HEALTHY ICY FRUIT SORBET RECIPES
(Recipes are from the drinks cookbook:
I Hate Counting Calories! Smoothies, Fruit Juices and Other Drinks)

BERRY SORBET

Ingredients

1/2 cup frozen mixed berries
1 cup ice
1/2 cup water
1 tsp. fruit sugar, or Stevia to taste

Instructions - Process all the ingredients in a blender until the ice has turned to slush.

FABULOUS FRUIT DRINK

By Deacon Sharon Lewis

For the smoothie drink, add ice if the fruit is fresh and more juice if the fruit is frozen. You can drink it in the Morning, Afternoon and evening or when you need a Pick-me-up

Ingredients

6-8 Fresh or Frozen Strawberries
10 – 12 Pineapple Chunks
½ c Peaches
½ c Mangos
3 Fresh Bananas
1 Ripe Kiwi
½ c Grapes
100% Apple Juice and a splash of Orange Juice

Instructions:

1. Place ingredients in a blender.
2. For the smoothie drink, add ice if the fruit is fresh and more juice if the fruit is frozen.
3. You can drink it in the Morning, Afternoon and evening or when you need a Pick-me-up
CANTALOUPE CRUSH

Ingredients
1 cup cantaloupe cubes
1/3 cup pineapple chunks
1/4 cup orange juice
1/2 cup frozen or canned peaches
1 teaspoon sugar
3 ice cubes

Instructions –
Whirl all ingredients in a blender until smooth. Enjoy. Serves 2

MANGO BLUEBERRY "FOOL"

Ingredients
1 (1-lb) ripe mango, pitted, peeled, and cut into chunks
1/4 cup sugar, or to taste
2 Tbsp fresh lime juice, or to taste
1 cup chilled heavy cream
1 1/2 cups blueberries (1/2 lb)
Grated lime zest to taste

Instructions -
1. Purée mango, sugar, lime juice, and a pinch of salt in a blender until very smooth. Add cream and blend until very thick. Blend in additional lime juice and sugar to taste.
2. Transfer to a bowl and fold in most of blueberries, then divide among 6 glasses. Top with remaining blueberries and zest. If desired, chill, loosely covered, 30 minutes.
3. Could substitute peaches for mangos if desired
**TROPICAL FRUIT SHAKE**

*Ingredients*

1/2 mango  
2 tbsp. frozen pina coloda mix (or 1/8 tsp. natural coconut extract)  
1/2 banana, frozen  
4 strawberries, frozen  
6 ice cubes  
1 1/4 cup water  
1 heaping tbsp. high-quality protein powder (optional)  
1 tsp. flax oil (optional)

*Instructions* - In a blender, process all the ingredients until thoroughly mixed and serve.

**LEMON LIME SLUSHIE**

*Ingredients*

Juice from two limes  
Juice from one lemon  
1 cup water  
1 cup sparkling water  
1 cup ice  
4 tsp. fruit sugar, or Stevia to taste

*Instructions* - Blend the ice with the lemon and lime juice in a blender until the ice has turned to slush. Pour into two tall glasses and add the sparkling water.

**CAPPUCCINO ICE**

*Ingredients*

1/2 cup low-fat cappuccino yogurt (or any coffee flavored yogurt)  
1/4 tsp. instant coffee  
1 cup ice  
1/4 cup water

*Instructions* - Blend all the ingredients in a blender until the ice has turned to slush.
PEACH SLUSHIE

*Ingredients*

1 frozen peach, skin removed
1/4 cup peach yogurt
1 cup ice

*Instructions* - Process all the ingredients in a blender until the ice has turned to slush.

FRUIT FIZZ

*Ingredients*

1 cup fruit juice, fresh or from concentrate, any type (preferably without added sugar)
1/2 cup sparkling water
1/2 cup ice

*Instructions* - Blend the ice with the fruit juice in a blender until the ice has turned to slush. Pour into a tall glass and add the sparkling water.

SPARKLING TROPICAL FRUIT JUICE

Recipe taken from I Hate Counting Calories!

*Ingredients*

1 kiwi, peeled
1 orange, peeled and sectioned
1/2 mango, peeled and sliced
sparkling mineral water

*Instructions*

Process the fruit in a juicer. Pour the juice in a large glass and fill to the top with sparkling water and serve.
GINGERED APPLE CIDER JUICE

*Ingredients*

1 inch piece ginger  
3 apples or 1 cup apple cider

*Instructions* - Process through a juicer and serve.

PEACH PEAR APPLE JUICE RECIPE

*Ingredients*

1 apple, cored and sliced  
2 peaches, remove seed  
1 pear, sliced

*Instructions* - Process through a juicer and serve.

FRUIT PUNCH (JUICE)

*Ingredients*

6 strawberries, fresh or thawed from frozen  
1 apple, cored and sliced  
1/2 orange, peeled and sectioned

*Instructions* - Process the fruit in a juicer and serve.

FRUIT NECTAR RECIPE

*Ingredients*

1/2 cup raspberries, fresh or thawed from frozen  
1 orange, peeled and sectioned  
1 nectarine, pitted and sliced

*Instructions* - Blend or process the fruit in a juicer and serve.
BLUEBERRY CHERRY JUICE RECIPE

Ingredients

A handful of cherries, pitted
3/4 cup blueberries
1 apple, cored and sliced

Instructions - Process the fruit in a juicer and serve.

FRUIT JUICES

Ingredients

1 cup strawberries
2 med. apples
1 tsp. lemon juice

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Ingredients

1/2 red grapefruit
1 med. orange
2 handfuls cranberries

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Ingredients

1 pear
1 peach
1 apple

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Ingredients

1 orange
1 mango
1 apple
JOAN’S JOYFUL JUICE (JJJ)

Ingredients

1 and 1/2 cups of fresh or frozen strawberries
1 cup of cut up fresh pineapples or frozen pineapple chunks
1/2 cup of blueberries
1 medium banana
32oz. fresh 100% orange juice (or any other 100% juice)

Instructions:

1. Use a blender or juicer.
2. Puree strawberries, pineapples and bananas along with juice for approximately one minute.
3. To chill, place in freezer for approximately 45 minutes.
4. For a frozen cup, leave in freezer for about 4-5 hours. For juice, drink straight from blender.
5. For a slurpee, use a straw.

LEMON~LIME GINGER ALE

Ingredients

A handful of grapes
1 apple, cored and sliced
½ inch fresh ginger (less if you find the taste too strong)
1/2 lime
1/4 lemon
sparkling mineral water

Instructions

1. Remove the grapes from the stem. Juice the apple and ginger together, then juice the rest of the fruit.
2. Pour the juice in a large glass and fill to the top with sparkling water and serve with ice.
FRESH VEGETABLE DRINKS
(From Old Recipe Book.com)

All fresh vegetable recipes that follow can be made in a high speed juicer. Feel free to adjust or add to the recipes according to your tastes. Green sprouts, or wheatgrass juices are but a few positive additions.

As with fruits, the freshest vegetables will yield the most healthful juices. Fresh vegetable juices will keep two or three days in the refrigerator.

SPRING 8

Ingredients

1/2 cup asparagus
4 medium carrots
1 radish
2 handfuls spinach
4 collard leaves
3 stalks celery
1 cup watercress
1 scallion


FALL 8

Ingredients

3 medium parsnips
1 cup Jerusalem artichokes
5 leaves kale
1 cup cabbage
5 leaves lettuce
3 stalks celery
3 handfuls spinach
1 scallion

SWEET HEART

Ingredients

5 medium carrots
1 small apple
1/2 medium beet


CABBAGE PATCH

Ingredients

1/4 head cabbage
2 stalks celery
1 cup fennel


HAIR FOOD

Ingredients

6 lettuce leaves
3 handfuls spinach
3 medium carrots
1 cup cabbage
4 kale leaves
1/2 cup fennel

PEPPERONI

Ingredients

1 large green pepper, stem removed
1 large red pepper, stem removed
3 stalks celery
1/3 medium cucumber
5 lettuce leaves


SKIN TRIP

Ingredients

2 medium carrots
1/2 medium cucumber
1/2 medium green pepper
1 handful watercress
2 handfuls spinach
3 kale leaves


EIGHT VEGETABLE DRINK

Ingredients

1/2 medium tomato
1/4 medium cucumber
1 medium carrot
1 stalk celery
1 handful spinach
1/2 medium red pepper
1/2 cup cabbage
1 scallion

MOCK TOMATO

Ingredients

2 medium carrots
1/2 medium beet root
2 stalks celery
1 cup mung sprouts


NICE 'N SWEET

Ingredients

2 medium carrots
1/2 medium apple
1/4 medium beet
1 celery stalk
1/2 medium pear, hard variety
1/4 cup fennel


RED HOT

Ingredients

3 radishes
1/4 cup radish sprouts
1/2 medium beet
1/2 medium sweet red pepper
1/2 medium cucumber

CRESSIDA

Ingredients
3 handfuls watercress
3 stalks celery
1 medium parsnip
1/2 medium green pepper, stem removed
1 cup fennel


LET US DRINK

Ingredients
6 lettuce leaves
2 celery stalks
1 large apple


POPEYE'S PRIDE

Ingredients
5 handfuls spinach
1 medium cucumber
2 medium carrots

DR. OZ GREEN DRINK

Ingredients
Serve 1-2

- 1 lemon
- 1/2 cup parsley,
- chopped 1 rib of celery
- 2 big handfuls of Spinach
- 1 pinch of peeled ginger
- 1 medium cucumber
- 2 apples preferred amount of ice cubes (which is of course, optional)

Instructions
1. In a juicer, put all the ingredients except the ice cubes in a juicer until done. Serve in your favorite martini glass, or whatever you want! Add the optional ice cubes at this point now that it's finished.

2. Of course, you can adjust these ingredients to your own taste. Maybe you really like the cucumber taste. Excellent! Add a few more cucumbers instead.

3. When you start making green juice, I recommend a few more apples than usual until you get used to the taste. There is no absolute requirement to start out with something that tastes like mud. Start with something with a fruit/sweet taste. After that, if you want you can add a few more vegetables and less of those fruit. That's the reason why green smoothies are popular - they are most of the time 60% or more of fruit, and 40% or less of vegetables.

4. The dark green color is a great indication that you have more than enough greens in the juice. As long as it's green, you will know that you're getting the excellent alkaline benefits of greens.

Variation of Ingredients (Servings: 3 - 4)

- 2 apples
- Juice of 1/2 lemon
- 2 cups spinach
- 2 cups cucumber
- 1 head of celery
- 1 bunch parsley
- 1/2 inch or teaspoon ginger root
- Juice of 1 lime

This is another variation of the green drink; I suggest trying out both and messing around with the amounts of the ingredients, according to your taste.
DELECTABLE
DELICIOUS DESSERTS
DELECTABLE DELICIOUS DESSERT  
Rev. Joan Wharton

**Ingredients**

1 carrot  
2 apples  
1 yam  
2 frozen bananas  
1/2 can frozen apple concentrate  
1/2 cup raisins  
1 tsp. cinnamon  
Pinch of ginger

**Instruction**

Peel bananas and freeze them if freezer bag. Soak raisins in water overnight. Blend apples, carrots, and yams with frozen apple concentrate. Add raisins and spices to the mix. Slice in frozen bananas. Chill and serve.

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**BUTTERNUT SQUASH APPLE CRANBERRY BAKE**

**Ingredients**

1 large butternut squash, peeled and cut into 1-inch cubes  
2 large tart cooking apples cut into 1/2-inch thick slices  
1/2 cup fresh or frozen cranberries  
1/2 cup brown sugar  
1/4 cup (half a stick) butter  
1 Tbsp flour  
1 teaspoon salt  
1/2 teaspoon ground mace (can substitute ground nutmeg)

**Instructions**

1. Preheat oven to 350°F  
2. Slice and peel squash and apples.  
3. Put squash cubes in ungreased 7x11-inch baking dish. Place apples on top and then cranberries. Mix the flour, salt, sugar, and mace and sprinkle on top. Dot with butter.  
4. Bake 50-60 minutes.
APPLE CINNAMON COBBLER
From "ADA Cookbooks"© American Diabetes Association

Ingredients
4 apple(s), cooking
1 cup(s) water
2 teaspoon cinnamon, ground
2 tablespoon cornstarch
1/4 cup(s) sugar
1 cup(s) flour, whole-wheat pastry
1 teaspoon baking powder
1/4 cup(s) oil, canola
1 tablespoon honey
1/2 cup(s) buttermilk

Instructions
1. Preheat the oven to 375 degrees F. In a large saucepan over medium heat, combine the apples, water, cinnamon, cornstarch or arrowroot powder, and sugar. Cook until the apples are soft and the mixture is thickened, about 10 minutes.

2. Meanwhile, combine the whole-wheat pastry flour and baking powder. Add in the oil, honey, and buttermilk.

3. Stir until biscuits are moist. Add additional milk if necessary. Pour the apple mixture into a casserole dish. Drop the biscuit dough by tablespoonfuls on top of the apples. Place in the oven and bake for 20 minutes until biscuits are golden brown. Serve warm.

CARROT RAISIN APPLESAUCE
Rev. Joan Wharton

Ingredients
Serves 2

4 apples
2 carrots
2 Tbs. honey
1/2 cup raisins
1/2 cup apple juice

Instructions - First puree apples, and then add carrots and honey. Mix raisins, and eat hot or cold.
TROPICAL CABBAGE PATCH COOLER
Rev. Joan Wharton

Ingredients

Small wedge of cabbage
1/2 pineapple
2 Tbs. honey

Comment - A strange marriage, but the cabbage gives it a delicious zing.

BANANA BOATS

Ingredients

3 Bananas
Peanut Butter
Raisons
Agave
Cinnamon

Instructions:

1. Use one or two bananas, depending on how hungry you are.

2. Split each banana length-wise and spread each half generously with peanut butter.

3. Top with raisins, drizzle on the agave nectar or honey, and dust with cinnamon.
HONEY NUT GRANOLA

Make adjustments according to the food items that you are removing from your diet during the fast. Use soy milk for a great cereal and store some granola for snacking throughout the day.

Ingredients

4 cups rolled oats  
1 cup sliced almonds  
1 cup chopped pecans  
1 cup raw sunflower seeds  
1/3 cup canola oil  
1/2 cup honey  
1 teaspoon vanilla extract  
1 tablespoon ground cinnamon

Instructions:

1. Preheat oven to 300 degrees F (150 degrees C).

2. In a large bowl, stir oats, nuts and sunflower kernels together. In a separate bowl, mix together oil, honey, vanilla and cinnamon.

3. Add to dry ingredients; mix well.

4. Spread mixture onto two ungreased baking sheets.

5. Bake in preheated oven, for 10 minutes, remove from oven and stir.

6. Return to oven and continue baking until golden, about 10 minutes.

7. Remove from oven and let cool completely before storing.