



## **Apple Pie Oatmeal**

### **Ingredients:**

- 4 cups water**
- 1/4 teaspoon salt**
- 2 cups rolled oats**
- 1/2 teaspoon Apple Pie Spice (see recipe below)**
- 1/4 cup chopped apple**

- 1. Bring water to a boil in medium saucepan over medium-high heat. Add salt, and when dissolved, stir in oats and Apple Pie Spice. Reduce heat and continue to cook for 4 minutes**
- 2. Add chopped apple and cook for 1-2 more minutes until oats are cooked.**
- 3. Serve in individual bowls with unsweetened soy milk, if desired.**

**(Makes 4 servings)**

### **APPLE PIE SPICE:**

- 1/2 teaspoon ground cinnamon**
- 1/4 teaspoon ground nutmeg**
- 1/8 teaspoon ground allspice**
- 1/8 teaspoon ground cardamom**

**Combine all ingredients. If making a larger batch, store in an airtight container.**



## Potato and Scallion Breakfast Frittata

### Ingredients:

- $\frac{1}{4}$  cup Olive Oil
- 1 onion, finely chopped
- 4-5 scallions, chopped, with the green and white parts separated
- 4 cloves garlic, minced
- 2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)
- 2 teaspoons salt, divided
- $\frac{1}{2}$  teaspoon freshly ground black pepper, divided
- 2 blocks firm tofu, cut into chunks
- 2-3 tablespoons soy sauce

1. Preheat the oven to 350 degrees.
2. Heat the olive oil in a large skillet over medium heat. Add the onion and the white part of the scallions; sauté for 2-3 minutes; add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 teaspoon of the salt, and  $\frac{1}{4}$  teaspoon of the pepper; cook for 10-5 minutes, tossing the potatoes regularly until they are well-browned.
4. Place the tofu, soy sauce, and the remaining salt and pepper in a food processor; blend until creamy.
5. Pour creamy mixture and the green part of the scallions over the fried potatoes and mix. Pour this mixture into a large, oiled pit or tart pan.
6. Bake for 30-40 minutes or until the center is firm. Invert the frittata onto a warmed serving plate.  
(Makes 4 servings)



## **Breakfast Burritos**

### **Ingredients:**

- 1/2 tablespoons olive oil**
- 1/2 cup finely diced yellow or white onion**
- 2 cloves garlic, finely minced**
- 2 cups cooked brown rice**
- 1 cup extra firm tofu, crumbled**
- 3 Roma tomatoes, seeded and diced**
- 1/2 cup chopped fresh cilantro**
- 2-5 serrano chiles, seeded and finely chopped (optional)**
- 2 teaspoons fresh lime juice**
- 1 teaspoon salt**
- 4 whole wheat burritos**

- 1. Heat olive oil in a skillet over medium heat; add the onion and garlic; sauté until soft, about 3 minutes. Add the brown rice and tofu and stir until well heated.**
- 2. Stir in the tomatoes, cilantro, and chiles, mixing until all the ingredients are well heated.**
- 3. Just before serving, stir in the lime juice and salt; spoon in equal portions onto whole wheat burritos. (Makes 4 servings)**



## **Home-Fried Breakfast Potatoes**

### **Ingredients:**

- Salted water (for boiling potatoes)**
- 4 red potatoes**
- 3 tablespoons olive oil, divided**
- 1 yellow onion, chopped**
- 1 green bell pepper, seeded and chopped**
- 1 teaspoon salt**
- 3/4 teaspoon paprika**
- 1/4 teaspoon freshly ground black pepper**
- 1/4 cup chopped fresh Italian parsley**

**1. Bring a large pot of salted water to a boil over high heat. Add potatoes, and cook until just tender, about 15 minutes (be careful not to overcook). Drain, cool, and cut into 1/2-inch cubes.**

**2. Heat 1 tablespoon olive oil in a large skillet over medium-high heat. Add onion and green pepper; cook until soft, stirring often, about 5 minutes. Transfer to a plate, and set aside.**

**3. Heat remaining 2 tablespoons of oil in the same skillet over medium-high heat. Add potato cubes, salt, paprika, and black pepper. Cook until potatoes are browned, stirring often, about 10 minutes.**

**4. Add onions, green peppers, and parsley; cook for another minute or until all ingredients are well-heated. Adjust seasoning and serve hot.**

**(Makes 4 servings)**



## **Single-Serving Fruit Smoothie**

**(This basic fruit smoothie recipe is a great option for breakfast with your favorite seasonal fruits.)**

### **Ingredients:**

- 1 cup unsweetened soy milk or silken tofu**
- 1 ripe banana, broken into chunks**
- 1/2 cup of your favorite fresh or frozen fruit (strawberries, peaches, pitted cherries)**
- Pinch of cinnamon**
- 2-3 ice cubes**

- 1. Place all ingredients (except ice cubes) in a blender, and puree until smooth.**
- 2. Add ice cubes one at a time to reach desired consistency.**
- 3. Serve cold.**  
**(Makes 1 serving)**

## **Berry Banana Smoothie**

### **Ingredients:**

- 1 ripe banana, broken into chunks**
- 1 cup frozen blueberries**
- 1 cup unsweetened almond, rice, or soy milk**
- 1 tablespoon ground flaxseed**
- 1/2 teaspoon cinnamon (optional)**
- 2-3 ice cubes**

- 1. Place the banana, blueberries, almond milk, flaxseed, and cinnamon in a blender; blend until smooth.**
- 2. Add ice to reach desired consistency, and serve cold.**  
**(Makes 1 serving)**



## **Black Bean, Corn, and Brown Rice Stuffed Peppers**

### **Ingredients:**

- 2 cans (15 oz. each) black beans, drained**
- 3 cups cooked brown rice, divided**
- 1 cup frozen corn kernels, thawed**
- 2 scallions, sliced**
- 1/4 cup chopped fresh cilantro**
- 2 tablespoons extra-virgin olive oil**
- 2 tablespoons fresh lime juice**
- 1 clove garlic, minced**
- Salt and freshly ground pepper to taste**
- 2-3 large bell peppers, cut in half lengthwise and cored**
- 2 cups 100% vegetable or tomato juice**

- 1. Preheat the oven to 350 degrees.**
- 2. Using a large bowl, gently combine the beans, 1 cup of the brown rice, corn, scallions, cilantro, olive oil, lime juice, and garlic. Season with salt and pepper to taste.**
- 3. Place the pepper halves in a large glass baking dish and stuff them with the bean and rice mixture.**
- 4. Carefully spoon some of the juice over each stuffed pepper, trying not to disrupt the filling. Pour the remainder of the juice into the dish. Cover with foil and bake for 45-60 minutes.**
- 5. To serve, place about  $\frac{1}{2}$  cup of brown rice on each plate, spoon some of the juice from the baking dish on the rice, and then place a stuffed pepper on top of the rice.**
- 6. Serve hot.**  
**(Makes 4 servings)**



## **Daniel Fast Cabbage Rolls**

### **Ingredients:**

- 12 large cabbage leaves**
- 2 tablespoons olive oil**
- 1/2 pound mushrooms, sliced**
- 1 cup chopped onion**
- 1 cup cooked brown rice**
- 1 can (15 oz.) small white beans, rinsed and drained**
- 1 cup shredded carrot**
- 2 tablespoons chopped parsley**
- 1 teaspoon crushed oregano**
- 1/2 teaspoon salt**
- 1/4 teaspoon pepper**
- Vegetable oil to prepare baking pan**
- 1 can (15 oz.) tomato sauce**
- 1 teaspoon Italian herbs**

- 1. Preheat oven to 350 degrees.**
  - 2. Bring a large pot of water to boil, cook cabbage leaves, a few at a time, for about 2 minutes or until softened. Drain and cool.**
  - 3. Heat oil over medium heat in a large skillet; sauté mushroom and onion until tender.**
  - 4. Add rice, beans, carrot, parsley, oregano, salt, and pepper; stir gently until well-blended.**
  - 5. Prepare a shallow 2-quart baking dish by brushing with vegetable oil.**
  - 6. Spoon mixture onto individual cabbage leaves; roll up and place seam-side down in baking dish.**
  - 7. Cover with foil, and bake at 350 degrees for 30 minutes.**
  - 8. Heat tomato sauce and Italian herbs in small saucepan, stirring often to prevent sticking.**
  - 9. Serve cabbage rolls with heated sauce.**
- (Makes 6 servings)**



## **Daniel Fast Shepherd's Pie**

### **Ingredients:**

- 2 tablespoons vegetable oil (not necessary if using a Crock-Pot)**
- 1 onion, chopped**
- 3-4 cloves garlic, minced**
- 2 stalks celery, diced**
- 2 cups chopped carrots**
- 4-5 potatoes, peeled and cut into small chunks**
- 1 can (about 15 oz.) garbanzo beans**
- 1 bay leaf**
- 1 can (about 15 oz.) stewed tomatoes**
- 1 large can (about 28 oz.) tomato sauce**
- Salt and pepper to taste**

### **MASHED POTATO TOPPING:**

- 6 small potatoes, peeled and cut into 2-inch pieces**
- 2 tablespoons olive oil**
- 1/2 small onion, chopped**
- 2 cloves garlic, peeled and minced**
- 1/2 cup unsweetened soy or rice milk**
- 1/2 cup vegetable broth**
- Salt and pepper to taste**
- Paprika**

- 1. You may want to make the stew portion of this meal in your slow cooker. Just add all the ingredients and cook according to the manufacturer's directions (usually on high for 6-12 hours).**
- 2. To prepare on the stove top, heat the oil in a large soup pot over medium heat. Add the onion and garlic, then sauté for 3-4 more minutes (add a little water to prevent scorching).**





- 3. Add the potatoes, garbanzo beans, bay leaf, stewed tomatoes, and tomato sauce; bring to a simmer and cook until the vegetables are softened, about 30 minutes.**
- 4. Adjust seasoning with salt and pepper.**
- 5. While the stew is cooking, begin preparing the mashed potato topping by boiling potatoes.**
- 6. Heat the oil in a large skillet over medium heat and sauté the onion and garlic until softened.**
- 7. Slowly add the soy or rice milk and vegetable broth, heating just to a boil.**
- 8. When the potatoes are cooked, drain them and return them to the pot; pour the soy milk and vegetable broth mixture into the pot and mash the potatoes until smooth; season with salt and pepper.**
- 9. When the stew is cooked, place the mixture in a large casserole dish. Spoon the mashed potato mixture evenly over the top; sprinkle with paprika.**
- 10. Heat the oven broiler; place the casserole in the oven about 6-8 inches from the hat; broil until browned. Serve hot.  
(Makes 6 serving)**



## **Quick Slow-Cooker Veggie Soup**

### **Ingredients:**

- 2 cans (15 oz. each) diced or crushed tomatoes, with juice**
- 1 small can (6 oz.) tomato paste**
- 1 can (15 oz.) tomato sauce**
- 1 can (15 oz.) yellow corn, drained**
- 1 can (15 oz.) green beans, drained**
- 1 can (15 oz.) potatoes, drained**
- 1 can (15 oz.) peas, drained**
- 1 can (15 oz.) sliced carrots, drained**
- 2 medium onions, diced**
- 1 clove garlic, minced**
- 1 tablespoon Italian herbs**
- 4-5 bay leaves**
- Salt and freshly ground pepper to taste**

- 1. Gently combine the tomatoes, tomato paste, tomato sauce, corn, beans, potatoes, peas, carrots, onions, garlic, Italian herbs, and bay leaves in a large slow-cooker or soup pot.**
- 2. If necessary, add water to cover the ingredients; cook in the slow-cooker for 3-4 hours, or simmer on the stove top in soup pot.**
- 3. Adjust seasoning with salt and pepper before serving.  
(Makes 4-6 servings)**



## **Tex-Mex Chili Pot**

**(This low-calorie high-protein chili is packed with healthy fiber, plus it's quick and easy to prepare. Create this hearty meal in just 30 minutes; add a green salad, and sliced fruit, and you have a lovely "fast food" meal. Tex-Mex Chili also freezes well, so it's a great "make-ahead" dish.)**

### **Ingredients:**

- 2 tablespoons olive oil**
- 1 tablespoon garlic**
- 1 leek, chopped (discard tough leaves first)**
- 1 tablespoon chili powder**
- 1 teaspoon ground cumin**
- 1 red bell pepper, diced**
- 1 carrot, diced**
- 2 zucchinis or yellow squashes, cut in 1/2 -inch cubes**
- 4 cups vegetable broth**
- 1 can (15 oz.) black beans, rinsed and drained**
- 1 can (15 oz.) pinto beans, rinsed and drained**
- 1 can (15 oz.) white beans, rinsed and drained**
- 1/4 cup chopped fresh cilantro**

- 1. Heat olive oil over medium-high heat; add garlic, leek, chili powder, and cumin and sauté for 3 minutes.**
- 2. Add bell pepper, carrot, and zucchini or yellow squash and cook for 5 more minutes.**
- 3. Stir in broth and increase heat to bring to boil. Reduce heat to medium and add rinsed and drained beans. Cook for 10 minutes until well-heated.**
- 4. Stir in fresh cilantro, and serve.  
(Makes 8 servings)**



## **Daniel Fast Cabbage Soup**

### **Ingredients:**

- 1/2 cup olive oil**
- 1 yellow onion, chopped**
- 4-5 cloves garlic, minced**
- 4 stalks celery, chopped**
- 1 head green cabbage, cored and sliced**
- 2 quarts vegetable stock**
- 3 carrots, cut into ½-inch pieces**
- 2 cups green beans, cut into ½-inch pieces**
- 1 can (15 oz.) diced tomatoes, with juice**
- 1 cup brown rice**
- 2 tablespoons Italian herbs**
- Salt and freshly ground black pepper**

- 1. Heat the olive oil in a large soup or stock pan over medium heat; add the onion, garlic, bell pepper, and celery; sauté until the pepper and celery begin to soften.**
- 2. Add the cabbage, vegetable stock, carrots, green beans, diced tomatoes, rice and Italian herbs. Adjust heat to a simmer level for the soup.**
- 3. Adjust seasoning with the salt and pepper to taste. Simmer for about 40 minutes, or until the rice is cooked and the carrots are tender.**
- 4. Adjust seasoning one more time, and serve.  
(Makes 8-10 servings)**



## **Herb-Roasted Sweet Potato Fries**

### **Ingredients:**

- 1 pound small sweet potatoes or yams**
- 2 teaspoons olive oil**
- 1/2 teaspoon dried thyme**
- 1/2 teaspoon dried rosemary**
- 1/4 teaspoon salt**
- 1/8 teaspoon freshly ground black pepper**

- 1. Preheat the oven to 425 degrees. Coat a heavy-weight rimmed baking sheet, with cooking spray or brush with vegetable oil.**
- 2. Cut each potato in half crosswise. Place the halves cut side down on the cutting board, and cut each into 4 wedges.**
- 3. Combine the oil, thyme, rosemary, salt, and pepper in a large bowl. Add the potato wedges and toss to coat well.**
- 4. Transfer the potatoes to the prepared baking sheet, spreading them out in a single-layer. Bake for about 35 minutes, tossing 2 or 3 times, until the potatoes are tender and lightly-browned.**
- 5. Serve hot.**  
**(Makes 4 servings)**

## **Mexican Rice Pilaf**

### **Ingredients:**

- 2 ½ cups water**
- 1 ½ teaspoons salt, divided**
- ½ teaspoon freshly ground black pepper**
- 1 tablespoon olive oil**
- 1 small onion, finely chopped**



- 2 small jalapeno peppers, stemmed, seeded, and minced (use precaution when handling)**
- 1 tablespoon tomato paste**
- 2 cloves garlic, minced**
- 1 ½ cups long-grain brown rice**
- 1/4 cup minced fresh cilantro**
- 1 medium tomato, halved, seeded, and diced small**
- 1 tablespoon fresh lime juice**

- 1. Heat the water in a small saucepan over medium-high heat. Add 1 teaspoon salt and the ground black pepper; bring to a boil, then reduce heat and cover to keep hot. Set aside for later.**
  - 2. Meanwhile, heat the oil over medium-low heat in a large saucepan or skillet; add the onion, chiles, and ½ teaspoon salt and blend. Cover and cook, stirring occasionally, until the onion is softened, 8-10 minutes.**
  - 3. Increase the heat to medium and add the tomato paste and garlic. Cook for just 30 seconds or so.**
  - 4. Add the brown rice and stir to coat the grains with oil. Cook until the edges of the grains begin to turn translucent, about 3 minutes. Now add the hot water you prepared earlier and bring the mixture to a boil.**
  - 5. Reduce the heat to low, cover, and simmer until all the water is absorbed and the rice is cooked, 16-18 minutes.**
  - 6. Remove the pot from the heat and sprinkle the mixture with the cilantro and tomato, but do not stir the rice at this point.**
  - 7. Lay a clean, folded kitchen towel over the uncovered pot, and then place the lid on top. Let the rice stand for 10 minutes.**
  - 8. Add the lime juice, and gently stir and fluff the rice mixture with a fork; adjust the seasoning with salt and pepper to taste.**
- (Makes 6 servings)**



## **Daniel Fast Trail Mix**

### **Ingredients:**

- 1/2 cup chopped dried apricots and/or dried pears**
- 1/2 cup chopped dried apples and/or prunes**
- 1/2 cup raisins or chopped dates**
- 1 ½ cups raw sunflower seeds and/or raw pumpkin seeds**
- 1 cup unsalted nuts (peanuts, walnuts, and/or almonds)**

- 1. Mix all the ingredients in a large bowl.**
- 2. Store in an airtight container.**  
**(Makes 4 cups of trail mix)**

## **Daniel Fast Ketchup (Homemade Ketchup with no sugar)**

### **Ingredients:**

- 1 cup tomato paste**
- 2 cups tomato sauce**
- 2 tablespoons apple juice**
- 1 teaspoon kosher salt**
- 1/4 teaspoon ground cloves**
- 1/8 teaspoon ground allspice**

- 1. Place the tomato paste, tomato sauce, apple juice, salt, cloves, and allspice in a large saucepan, and blend. Bring to a boil over medium heat; then reduce the heat to low and simmer, uncovered, until thickened, about 20 minutes.**
- 2. Spoon into airtight container, and store in refrigerator.**  
**(Makes about 3 cups)**