

GRITS WITH OKRA & TOMATO

Grits

Olive Oil

Okra (fresh or frozen, cut into small pieces)

Tomato Paste

Green Onions (1 stalk)

Tomato (chopped)

Water, as needed

Seasoning as desired (parsley, oregano, salt, pepper)

Cook grits and season to taste. Boil water with a little olive oil; add okra and cook about 10 minutes. Remove from water and set aside.

In a skillet with olive oil, saute a few teaspoons of tomato paste. Add okra and green onion; mix well. Add enough water to make sauce. Add chopped tomatoes. Add parsley, oregano, salt and pepper. Serve over grits; top with green onions if desired.

CHICK PEA STEW

Chick peas

Yellow onion

Jalapeno pepper

Green Onion

Fresh ginger

Garlic

Coconut milk

Curry paste (red)

Seasonings: curry powder, paprika, chili flakes, salt, pepper

In a skillet with olive oil, cook onions and jalapeno pepper until translucent (about 3 minutes).

Add green onion, fresh ginger and garlic (cook until soft and fragrant)

Season with curry powder (2 tbsp.); 2 tbsp. paprika, chili flakes and salt and pepper to taste (mix well)

Add Curry paste and Coconut milk (simmer for about 5-10 minutes)

Add chickpeas (rinsed and drained) and let sit about 5 minutes

Serve over rice or noodles

Top with green onion and a wedge of lime

“MEATLESS SAUCE”

Lentils or chickpeas (precooked)

Onion, Celery, Carrots, Green Peppers

Tomato Paste

Walnuts or pecans (chopped)

Vegetable Stock

Basil, oregano, parsley, salt, pepper

Chop onion, celery, carrots, and green peppers. Add to a pot with olive oil and cook til tender

Add chopped nuts; add tomato paste and vegetable stock; season with basil, oregano, parsley, salt & pepper

Simmer 30 minutes

Mean Meatless Greens

Green veggies are packed with vitamins, minerals, and antioxidants, which help fight disease.

Ingredients:

- 1 lb. greens
- 2/3 c of vegetable broth
- 2/3 c chopped yellow pepper
- 2/3 c chopped red pepper
- 2/3 c chopped orange pepper
- 2 large, chopped garlic cloves
- ¼ c diced onion
- ¼ tsp seasoned salt
- ¼ tsp baking soda
- 2 tbsp extra virgin olive oil

Directions:

Place all ingredients in a pressure cooker and cook for 15 minutes. Enjoy!

No Joke Sweet Potato Compote

Sweet potatoes are a superfood because of their antioxidants, vitamins, and mineral content.

Ingredients:

2 large, sweet potatoes that have been oven-roasted not boiled

¼ tsp cinnamon

¼ tsp nutmeg

½ tsp pure vanilla extract or rum extract

4 tbsp pure maple syrup

2 pinches of salt

1/8 tsp of lemon juice

1/3 cup of pepitas

1 tbsp water

Directions:

Place sweet potatoes and water in a food processor and process until creamy. Remove potatoes and stir in all the ingredients except the pepitas. Heat and sprinkle pepitas on top before serving. Enjoy!

Not Five Guys but Still a Good Burger

Black beans are weight loss-friendly, high in protein and fiber, and can help manage blood sugars and promote heart health.

Ingredients:

- 2 cups cooked black beans (approximately 1 can) strained well
- 1 cup shredded zucchini
- ½ of a small red or white onion, diced
- 4 garlic cloves, roughly chopped
- 1/2 cup walnuts
- 1/4 cup ground chia seeds
- 1/4 cup parsley
- 1/2 tbs each: thyme leaves, sage leaves, poultry seasoning
- 1 tsp smoked paprika
- 1/4 tsp sea salt or smoked salt
- 2 tbs extra virgin olive oil
- ¼ - ½ cup of water
- 3 dashes of liquid smoke

Directions:

Sauté onions and garlic on high heat in 1/4 cup of water for about 5 minutes until onions are tender. Add remaining water to keep onions from sticking to the pan. Stir frequently to prevent onions and garlic from sticking to the pan. Add the reserved water if needed to keep the onions and garlic from sticking.

Place chia seeds in a food processor and process on high for 30- 40 seconds. Add the walnuts, parsley, thyme, sage, poultry seasoning, smoked paprika, and salt and pulse (not grind) until coarse crumbles are formed. Set aside in a medium mixing bowl. Place zucchini in the food processor and pulse until coarsely chopped.

Place black beans, garlic, and onions in the food processor and pulse five times until roughly combined. Add zucchini and pulse three more times. Don't over-process. Add to the contents of the mixing bowl. Mix all ingredients until well combined.

Form into 5-6 small patties and bake or pan sear. Bake at 350 degrees for 30 minutes on a baking tray lined with parchment paper and flip after 15 minutes. Pan sear on medium heat with olive oil until lightly browned on both sides, about 8 minutes on each side. Serve on sprouted bread or buns with mustard, avocado, lettuce, and sugar-free ketchup.

Oh! My goodness it is Good Oatmeal

Eating oatmeal can help improve gut health and can help you feel fuller!

Ingredients:

½ cup of uncooked oatmeal

2 tbsp all-natural peanut butter (I like the chunky peanut butter)

1 scoop of vegan protein powder

¼ tsp cinnamon

¼ tsp nutmeg

¼ tsp of real vanilla extract

1/8 tsp salt

1 tsp maple syrup

¾ - 1 cup of chopped fresh fruit (blackberries, blueberries, cherries, and apples work well)

1 ¼ c water

Place all the ingredients in a deep microwave-safe bowl except fruit and ¼ cup of water and stir well. Microwave for 2-3 minutes and stir again. Add the chopped fresh fruit and stir again. Add the reserved ¼ cup water if the oatmeal is too thick and microwave 1 more minute. Enjoy!

Pear, Mango, Spinach Juice

2 Pears (green)

1 Mango

1 cup of Raw Spinach



Peel and core fruit. In a blender blend pears then add mango. Put spinach in last and blend together until mixture has a green tint. Enjoy. (Pastor Tyrone P. Jones, IV).

Pico de galo (Latin Salsa)

4 cups of diced tomatoes (No juice or liquid)

1 Jalapeño Pepper thinly diced

1/2 cup on red onion diced

1 garlic pressed

1/2 of lime squeezed

1/4 cup of cilantro



Directions: Add all ingredients into a bowl. Mix well. Refrigerate for 1 hour.

Portobello Steaks

6 portobello mushroom caps

1/2 cup fresh squeezed lemon juice

2 tablespoons apple cider vinegar

2 tablespoons honey

2 teaspoons fresh grated ginger

1/2 teaspoon marjoram



Wash mushrooms and place in a gallon size plastic sealable bag. Combine remaining ingredients in a bowl and stir to combine. Add to the mushrooms and marinate for a few hours. Grill indoors or out until cooked through.

SWEET POTATO AND BLACK BEAN CHILI

Prep 20 m; Cook 1 h 10 m; Ready In 1 h 30 m

2 pounds orange-fleshed sweet potatoes, peeled and cut into cubes
1/2 teaspoon ground dried chipotle pepper
1/2 teaspoon salt
2 tablespoons olive oil, divided
1 onion, diced
4 cloves garlic, minced
1 red bell pepper, diced
1 jalapeno pepper, sliced
2 tablespoons ancho chile powder, or to taste
1/4 teaspoon dried oregano
1 (28 ounce) can diced tomatoes
1 cup water, or more as needed
1 teaspoon salt, or to taste
1 teaspoon unsweetened cocoa powder
2 (15 ounce) cans black beans, rinsed and drained
1 pinch cayenne pepper, or to taste
1/4 cup chopped fresh cilantro, for garnish (optional)



1. Preheat oven to 400 degrees F (200 degrees C). Line a baking sheet with parchment paper or a silicone baking mat.
2. Combine sweet potatoes, chipotle pepper, 1/2 teaspoon salt, and 1 tablespoon olive oil in a large bowl and toss to coat. Spread sweet potatoes on the prepared baking sheet in a single layer.
3. Roast sweet potatoes in the preheated oven until the outside is crunchy and inside is tender, 20 to 25 minutes. Allow to cool to room temperature.
4. Cook and stir remaining 1 tablespoon olive oil, onion, garlic, red bell pepper, jalapeno pepper, ancho chile powder, cumin, and dried oregano together in a large pot or Dutch oven over medium heat. Cook and stir until onion is softened, about 5 minutes.
5. Pour tomatoes and water into the onion mixture and bring to a simmer. Add cornmeal, 1 teaspoon salt, and cocoa powder. Bring to a simmer, stirring constantly, reduce heat to low and simmer for 30 minutes.
6. Stir black beans and cooled sweet potatoes into the onion-tomato mixture. Add more water if mixture is too thick. Simmer until heated through, about 15 minutes. Season with salt and cayenne pepper to taste. Serve topped with and cilantro.

Green Beans With Roasted Nuts and Cranberries

Prep time: 10 mins, serves 8

Ingredients

- kosher salt and pepper
 - 1 1/2 pounds green beans, trimmed
 - 2 tablespoons extra-virgin olive oil
 - 1/2 cup roasted, unsalted mixed nuts, roughly chopped
 - 1/4 cup dried cranberries
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How to Make It

- **Step 1**
Bring a large pot of water to a boil. Add 1 tablespoon salt and the green beans and cook until tender, 4 to 6 minutes.
- **Step 2**
Meanwhile, in a large bowl, combine the oil, nuts, and cranberries.
- **Step 3**
Drain the green beans and transfer them to the bowl. Add 1/2 teaspoon salt and 1/4 teaspoon pepper and toss to coat. Serve warm or at room temperature.

Vegan Tuna

Ingredients

1 can Garbanzo beans rinsed and drained

2 tablespoons of Vegan Mayonaise

1/2 red onions chopped

1 celery stalk chopped

Directions:

Fork smash garbanzo beans in a bowl. (You may also use a food processor to smash garbanzo beans)

Add the rest of ingredients mixing well.

Great w/lettuce and tomatoes and rye bread



APPLE & PB 'WICHES

1 apple(s), any variety

2 tablespoon peanut butter, natural, (or any preferred nut or seed butter)

Core the apple and slice into thin wedges. Spread the peanut butter over half of the wedges. Then place the remaining apple wedges on top to make the Apple & PB sandwiches

Asian Tofu Stew

- 1/2 cup 100% peanut butter
- 2 cups vegetable broth
- 2 tablespoons canola oil
- 1 cup chopped onion
- 3-4 cloves garlic, minced
- 1 cup chopped green bell pepper
- 1 cup chopped carrots
- 2 pounds firm tofu, cut into 1 1/2-inch cubes
- 2 tablespoons soy sauce
- 1 teaspoon Five Spices
- 1 cup diced tomatoes
- 1 bay leaf
- 1/2 teaspoon thyme
- 1/2 teaspoon ground ginger
- 1 tablespoon lemon juice
- 2 6-8 cups cooked brown rice (on Sunday only)



WHISK together the peanut butter and vegetable broth in a medium bowl until well blended. SEASON the tofu with soy sauce and Five Spices. Heat the oil in a large stew pot over medium heat. Add the onion, garlic, bell pepper and carrots. Sauté until the onions are translucent. Add the tofu and continue to cook, stirring often, until browned on all sides. Add the peanut butter mixture, tomatoes with liquid, thyme, bay leaf, ginger and lemon juice. Stir well. Bring to a boil. Reduce heat to low and simmer, stirring occasionally for about 20 or until the vegetables are tender. SEASON to taste with salt and pepper. Serve hot over cooked rice on Sunday.

Baked Oatmeal (Dessert)

1 1/2 cups old-fashioned rolled oats
1 1/2 cups unsweetened almond milk
1/2 cup unsweetened applesauce
1/4 cup chopped dried apricots
1/4 cup chopped dates or raisins
1/4 cup chopped pecans or walnuts
1/2 teaspoon cinnamon
1/4 teaspoon salt



Preheat oven to 350 degrees. Put all ingredients in a large bowl and stir well. Transfer to an 8 by 8-inch baking dish that has been lightly rubbed with olive oil. Pour oatmeal mixture into dish and bake 45-50 minutes or until slightly browned and crispy on top. Yield: 6 servings (serving size: 2 squares). Recipe Notes: Spread almond butter or Date Honey on each serving. This recipe can be doubled and baked in a 9 by 13-inch casserole dish.

Baked Tilapia with Spicy Tomato-Pineapple Relish (Sunday Dish)

4 fish, tilapia, (6-ounce) fillets
1/4 teaspoon salt, Kosher
1/2 cup(s) pineapple, crushed, well-drained
1 tomato(es), plum, diced
1 teaspoon chili paste, Oriental, hot, such as siracha (or more to taste)

Preheat the oven to 375°F. Line a baking sheet with aluminum foil, and coat the foil with oil spray. Place the tilapia fillets on the prepared baking sheet and season them with the salt. In a small bowl, combine the pineapple, tomato, and chili paste. Divide the topping evenly among the tilapia fillets. Bake for 12 to 15 minutes, or until the tilapia flakes easily with a fork.

Bean Soup With Kale

1 tablespoon olive oil or canola oil
8 large garlic cloves, crushed or minced
1 medium yellow onion, chopped
4 cups chopped raw kale
4 cups vegetable broth
2 (15 ounce) cans white beans, such as cannellini or navy, undrained
4 plum tomatoes, chopped
2 teaspoons dried Italian herb seasoning
Salt and pepper to taste
1 cup chopped parsley



In a large pot, heat olive oil. Add garlic and onion; sauté until soft. Add kale and sauté, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

Broiled Pineapple Slices (Dessert)

6 fresh or canned pineapple slices
1 tablespoon Date Honey
1 tablespoon fresh lime juice
1 tablespoon unsweetened coconut flakes

Turn oven to broil setting. Place pineapple slices on a broiler pan lined with foil or an 11 x 17-inch baking sheet rubbed with olive oil. Mix Date Honey and lime juice in a small bowl. Spread on top side of pineapple. Place 3-4 inches below broiler for about 8 minutes. Remove from oven and sprinkle each slice with 1/2 teaspoon coconut flakes. Broil for 2 minutes and serve. Yield: 6 servings (serving size: 1 slice).

Recipe Notes: Cut slices into chunks and mix in with oatmeal.

(Alternative) Omit the coconut flakes and just spread Date Honey and lime juice on top.

Brown Rice with Edamame and Vegetables (Sunday Dish)

2 cups brown rice
4 cups water or vegetable broth
1 cup fresh squeezed orange juice
1 package frozen, shelled edamame
1 cup shredded carrots
1 cup sliced white mushrooms
1/2 teaspoon cumin
1 clove garlic minced
1/2 cup chopped green onion



Combine orange juice and water/broth in a saucepan and bring to a boil. Add brown rice and bring back to a boil. Cover and reduce heat to low. Simmer for 45 minutes to 1 hour. Remove lid to let steam escape and set aside. While rice is cooking, prepare edamame according to package directions but without salt. Drain. Sauté garlic, cumin, mushroom and carrot just until tender (do not overcook). Put rice in a large bowl and add the edamame and other vegetables. Top with chopped green onion. Servings:4-6 entrée size. Serve with orange slices and celery sticks.

Chocolate Nut Ice Dream Bars (Dessert)

Prepare frozen bananas in advance by peeling and cutting bananas into thirds. Place in a Ziploc bag and freeze for several hours.

4 frozen bananas, 2 Tbsp raw almond butter
1-2 Tbsp raw cocoa powder (depending on how chocolaty you like it)
1 Tbsp coconut butter
1/4 cup light coconut milk
1 scoop pea protein powder
10 drops liquid stevia, Chocolate flavored. I prefer Sweet Leaf brand.
2 Tbsp shaved coconut

Put frozen banana pieces in a blender with almond butter, cacao powder, coconut butter, coconut milk, protein and stevia. If necessary, add a little almond milk to help blend. Blend on highest level or "Ice Cream" setting until smooth and creamy. Put in dessert dishes. Sprinkle with coconut shavings. Put in freezer for 20- 30 minutes and serve cold or pour into popsicle trays, place sticks in the center and freeze for several hours for delicious tasting ICE DREAM BARS.

Easy High-protein Breakfast Stir-fry for the Daniel Fast

1 tablespoon olive oil
1 medium onion, sliced
1/2 green pepper, chopped
1 cup firm tofu, diced in bite-sized pieces
garlic salt to taste
Italian herbs to taste

Heat a skillet over medium heat. Add oil and heat for a couple minutes. Add the onions and green peppers and stir fry for 2-3 minutes. Add tofu, garlic salt and Italian herbs. Continue to cook until vegetables are soft. Makes two servings.

Harira

2 Tbs canola oil
1 cup chopped onion
1/2 cup chopped celery
2 cups warm water
Pinch of saffron threads
1/2 tsp salt, divided
1/4 tsp peeled fresh ginger, minced
1/4 tsp ground red pepper
1/4 tsp ground cinnamon
2 garlic clove, minced
2 cups organic mushroom broth
1 1/2 cups chopped and seeded plum tomatoes
1/2 cup dried small red lentils
2 15 oz. cans no-salt-added chickpeas, drained

3 Tbs chopped fresh cilantro
3 Tbs chopped fresh parsley

Heat oil in a large saucepan on medium heat. Add onion and celery and sauté 4 minutes or until tender. Combine 2 cups warm water and saffron, let stand 2 minutes. Add 1/4 tsp salt, ginger, red pepper, cinnamon, and garlic. Cook 1 minute. Add saffron water mixture, broth, tomato, lentils, and chickpeas. Bring to boil then reduce heat. Simmer 20 minutes or until lentils are tender. Stir in cilantro, parsley, and remaining 1/4 tsp salt. Yield: 4 servings

Garlicky Lima Bean Spread

2 cups fresh lima beans
1/3 cup fresh parley leaves
1/2 cup water
1 tablespoon fresh lemon juice
1 table spoon olive oil
2 teaspoon roasted garlic paste
1/2 teaspoon sea salt
1/4 teaspoon fresh ground black pepper
1/4 teaspoon hot sauce



Sort and wash beans; drain and place in a medium saucepan. Cover with water to 2 inches above beans; bring to boil. Cover, reduce heat and simmer 20 minutes or until tender. Drain. Place beans and remaining ingredients in a food processor; process until smooth.

Gazpacho

6 med. tomatoes, quartered

2 large cucumbers

1 small red onion

1 med. zucchini, chopped

3 med. garlic cloves, smashed

1 med. green bell pepper

Chopped fresh herbs: parsley, basil, chives

2 Tbsp. lemon juice

2 Tbsp. extra virgin olive oil

1 tsp. sea salt

1 tsp. cayenne pepper

1 tsp. ground cumin seed

2 cups vegetable stock or tomato juice

In food processor, combine tomatoes, cucumbers, onion, zucchini, garlic, and green pepper and process on high until coarsely chopped. Add herbs, lemon juice, oil, salt, cayenne, and cumin. Process a few more burst. Blend in stock or tomato juice. Transfer to large bowl. Refrigerate at least 1 hour before serving. Serves 4. Preparation Time:10 minutes.



Green Bean Stir-Fr with Shredded Coconut

1/4 cup canola oil

1 Tbs. yellow mustard seeds

24 curry leaves, roughly torn (optional)

1-1/4 tsp. cumin seeds

2 lb. green beans, trimmed and cut into bite-size pieces (about 7 cups)

3/4 cup unsweetened shredded coconut

1-1/2 tsp. kosher salt; more to taste

Heat the oil and the mustard seeds in a large wok or skillet over medium-high heat until the mustard seeds start to sizzle and pop, about 1 minute (use a splatter screen, if you have one, so the seeds don't pop out of the pan). Add the curry leaves (if using) and the cumin seeds and cook, stirring often, until the cumin becomes fragrant and browned, 1 to 2 minutes. Add the green beans and cook for 5 minutes, stirring occasionally. Stir in the coconut and 1 cup water and bring to a simmer. Cover the pan, reduce the heat to medium low, and cook until the green beans are tender, 8 to 10 minutes. Uncover, increase the heat to medium, and cook until all of the water has evaporated, stirring often, 2 to 5 minutes. Stir in the salt, taste, and add more salt if needed.



Grilled Vegetable Salad

Thin asparagus spears may need to cook only four minutes.

Vinaigrette:

- 2 tablespoons sherry vinegar
- 1 tablespoon extra virgin olive oil
- 1/2 kosher salt
- 1 1/2 teaspoons honey
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon freshly ground black pepper



Salad

- 8 ounces asparagus, trimmed
- 2 (4-inch) Portobello mushroom caps (about 6 oz)
- 1 medium zucchini, cut lengthwise into 1/4 inch thick slices
- 1 yellow squash lengthwise into 1/4 inch thick slices
- 1 small red onion, cut into 1/4 inch thick slices
- 1 red bell pepper, halved and seeded
- cooking spray
- 2 tablespoons chopped fresh basil
- 1 tablespoons chopped fresh chives
- 1 tablespoons chopped fresh parsley

Prepare grill to medium-high heat. To prepare vinaigrette, combine first 6 ingredients in a large bowl and set aside.

Salad: Cook asparagus, mushrooms, zucchini, squash, onion and bell pepper with cooking spray. Place vegetables on grill rack; grill 4 minutes on each side or until slightly blackened. Remove vegetables from grill; cool slightly. Cut vegetables into 1-inch pieces. Add vegetables, basil, chives, and parsley to vinaigrette' toss gently to coat.

Guacamole

3 avocados pitted and crushed (Leave some chunks)

1/2 cup of red onion diced

1/2 lime squeezed

1/4 cup cilantro

1/2 cup diced tomatoes

1 garlic piece crushed

1/4 of jalapeño pepper (You can add more)

salt and pepper to taste

Directions: Add crushed avocado, onion, cilantro, garlic in a bowl. Fold mixture together. Add Lime juice, pepper and tomatoes carefully. Then add salt and pepper to taste.

Hummus

2 1/2 cups of garbanzo beans

1 clove of garlic

2 tablespoons of Tahini

2 table spoons of lemon juice

2 tablespoons of olive oil.

salt*

pepper*

cayenne*

roasted red peppers*



Place garlic, tahini, lemon juice and beans into a food processor. Blend. Slowly add olive oil to the mixture. Remove lid and add the * (optional) ingredients.

Indian-Spiced Grilled Bay Squash

1 tablespoon olive oil

1 teaspoon grated peeled fresh ginger

1/2 teaspoon ground coriander

1/4 teaspoon ground cumin

1 pound baby pattypan squash, cut in half crosswise
1 medium red onion, cut into 1 inch pieces
cooking spray
1 tablespoon fresh lemon juice
1 tablespoon thinly sliced fresh mint leaves

Preheat grill. Combine first 7 ingredients in a large bowl; toss well. Thread squash and onion alternately onto each of 8 (10-inch) skewers. Place skewers on grill rack coated with cooking spray; grill 10 minutes or until tender turning frequently. Drizzle with juice. Sprinkle with mint.

Italian Salad Dressing

1/2 cup extra-virgin olive oil
2 tablespoons fresh lemon juice
1 clove garlic, minced
1 teaspoon dried basil
1/2 teaspoon dried oregano
1/4 teaspoon salt



Combine all ingredients in a blender. Refrigerate until chilled. Makes 1/2 cup.

Mango and Black Bean Salad

1 can (15 oz) black beans, drained and rinsed
2 cups fresh mango, diced
1 cup sweet red bell pepper, diced
6 green onions, thinly sliced
1/4 cup cilantro leaves, chopped
1/4 cup fresh lime juice
1 tablespoon olive oil
1 seeded Jalapeno pepper, minced (or hot sauce to taste)

Roasted Butternut Squash & Shallots with Rosemary

3 cups 3/4-inch-diced, peeled butternut squash (from about a 2-lb. squash)

4 medium shallots

2 Tbs. extra-virgin olive oil

1 tsp. chopped fresh rosemary

1 tsp. kosher salt

1/2 tsp. granulated sugar

1/2 tsp. freshly ground black pepper



Position a rack in the center of the oven and heat the oven to 450°F. Put the squash on a heavy-duty rimmed baking sheet. Peel and quarter each shallot and add them to the squash. Drizzle the oil over the vegetables; toss to coat. Sprinkle the rosemary, salt, sugar, and pepper over the squash; toss to coat. Distribute the vegetables evenly on the baking sheet. Roast for 20 minutes. Stir, then continue roasting until the vegetables are tender and lightly browned, 10 to 15 minutes more. Before serving, taste and season with more salt if needed

Seasoned Sautéed Brussel Sprouts

Wash brussel sprouts, cut stems off, cut each brussel sprout into one-half. Coat skillet or sauté pan with olive oil and heat. Add brussel sprouts. Add a generous amount your choice of seasonings such as:

Rosemary, oregano, garlic, sea salt, fennel seed, onion powder and etc. Stir frequently with a spatula. Add addition oil if needed. Cooking time is about 20 minutes. If you put too much seasoning, you can add water to dilute the seasonings.

For this recipe, you can substitute brussel sprouts with asparagus spears. Wash them, cut ends off, cut remaining stem into three parts at an angle. Following the recipe above beginning with coat skillet or sauté pan with olive oil.



Sautéed Plantains



2 plantains, yellow with a few black spots, If only green plantains are available, ripen them at room temperature for a few days.

1 tablespoon canola oil

Peel plantains; cut each into thirds crosswise. Cut each piece into 4 (2 inch) lengthwise slices. Heat oil in a large nonstick skillet over medium heat. Add plantains to pan; cook 3 minutes on each side or until lightly browned. Transfer plantains to a plate; sprinkle with salt.

Sautéed Cabbage and Onions

1 Medium head of cabbage (shredded) including dark green leaves) yields 4-6 cups

1 Large yellow, Vidalia (sweet) or red onion thinly sliced

4 medium to large cloves of garlic chopped very fine

¼ cup of olive oil

2 tablespoons kosher or sea salt (add black or white pepper to taste)

1 teaspoon chopped parsley

¼ cup green onion or 1 teaspoon of chives

2 tablespoons white balsamic vinegar



In a large heated skillet add ½ of the olive oil; start adding handfuls of cabbage allowing each handful to wilt slightly before adding more until all the cabbage has been wilted. Make a hot spot in the skillet by moving some cabbage to one side of pan, add onion and garlic and sauté until onions are slightly cooked with garlic, incorporate into cabbage. Add salt, pepper and continue cooking until cabbage is al dente (still has some crunch) cook longer if you desire it to be softer. Stir in remaining olive oil, green onion, and parsley. Remove from heat, stir in white balsamic vinegar.

Simple Black Beans

- 1 1/2 tablespoon canola oil
- 1 cup chopped onion
- 1/2 cup green pepper
- 3/4 cup finely chopped red bell pepper
- 1 1/2 teaspoon minced garlic
- 1/4 teaspoon freshly grown black pepper
- 1/4 teaspoon grown cumin
- 1 cup water
- 2 (15 oz) cans of black beans undrained
- 1 tablespoon of white wine vinegar, apple or white vinegar

Heat oil in a large pot over medium heat. Add onion and bell pepper to pan; cook 5 minutes or until tender, stirring occasionally. Stir in garlic, black pepper and cumin; cook 1 minute, stirring constantly. Stir in 1 cup of water and beans; bring to a boil. Partially covered reduce heat and simmer 15-30 minutes or until slightly thick. Remove from heat, and stir in vinegar.

Spaghetti Squash Primavera

Note: This recipe makes a lot so you may want to cut the ingredients in half.

- 3 whole spaghetti squashes, about 1 pound each
- 2 tablespoons extra-virgin olive oil, divided
- 1 yellow onion, diced
- 2 yellow squash, diced
- 1 cup diced bell pepper (red, yellow, orange, or a combination)
- 1 cup broccoli florets
- 3 large cloves garlic, pressed or minced
- 1 can whole tomatoes, in juice (28-ounce)
- 1 tablespoon crushed red pepper flakes (or to taste)
- 1 teaspoon dried oregano
- 1 tablespoon fresh thyme



Preheat oven to 425 degrees. Cut spaghetti squash in half lengthwise and remove seeds with a spoon. Place squash, cut side up, on a baking sheet. Drizzle with 1 Tablespoon olive oil and season with salt and pepper. Turn cut side down and roast for 25 minutes.

Meanwhile, heat remaining olive oil in a large saucepan over medium heat. Add onion, zucchini, squash, bell pepper, and broccoli; saute until vegetables begin to soften, about 5 minutes, stirring frequently. Add garlic and toss to combine. Add tomatoes, crushing with a spoon. Season with red pepper flakes, oregano, thyme, and salt and pepper.

Saute for another 5 minutes or so. When squash is tender, use a fork to scrape into spaghetti-like strings. Divide among shallow bowls. Spoon primavera sauce over "noodles". Serve immediately.

Spicy Black Beans

1 poblano pepper, dried
1 medium red pepper, diced
1 medium green pepper, diced
1 medium onion, finely diced
2 jalapeno peppers, diced (with or without seeds-seeds add heat)
5 cloves of garlic
4 Tbsp of olive oil
2 13 ounce can of Goya Black Beans, undrained
2 packets of Sazon Goya without Annatto
2 Tbs. white vinegar
2 Tbs. apple cider vinegar
1/2 cup water
1 tsp of oregano

In a large pot over medium heat sauté oil, onions, and garlic, then all peppers and cook until tender about five minutes. Stir in remaining ingredients. Reduce heat and simmer 15-20 minutes until beans are tender. You may add more vinegar for an added kick

and/or more water if you desire more broth. Serve over brown rice or quinoa (on Sundays) or enjoy a plain bowl of beans (Rev. Dr. Elizabeth Sapp Jones)

Strawberry-Banana Smoothie #1

- 4 ounces extra-firm tofu
- 1/4 cup unsweetened almond milk or soy milk
- 1/2 cup apples
- 2 tablespoons Date Honey
- 1 cup sliced strawberries
- 1 frozen banana, peeled, sliced (about 1 cup)



Place all ingredients in a blender, and process until smooth. Yield: 2 servings (serving size: about 1 cup or 8 ounces). To prepare banana ahead of time, remove peel and place in a plastic zip-top bag until frozen. Instead of using Date Honey, soak 3-4 Med cool dates in warm water at room temperature for an hour before adding to blender.

Strawberry-Banana Smoothie #2

- 1 cup unsweetened almond milk
 - 1 frozen banana, peeled and sliced (about 1 cup)
 - 1 cup whole frozen strawberries (about 6 strawberries)
 - 1 Medium cool date, pitted
- Place all ingredients in a blender, and process until smooth. Yield: 2 servings (serving size: about 1 cup or 8 ounces)
- 1 Sweet Potato
 - 1 Pear
 - 1/4 cup Vanilla Almond Milk
 - 1/2 tsp cinnamon
 - 1/4 tsp, chia seeds (optional)



Place sweet potato and pear in juicer, transfer juice to pitcher; add remaining ingredients. Enjoy.

Texas Mexican Black Bean and Corn Stew

- 1 tablespoon canola or other Daniel Fast approved oils
- 1 small onion, chopped
- 4 cloves garlic, minced
- 1 teaspoon chili powder
- 1 teaspoon ground cumin
- 1 can (about 14 ounces) fire-roasted diced tomatoes
- ¾ cup salsa
- 2 medium zucchini or yellow squash (or 1 of each), cut into ½ inch chunks
- 1 cup frozen corn kernels
- 1 can (about 15 ounces) black beans, rinsed and drained
- ¼ cup chopped fresh cilantro or green onion



Heat oil in large saucepan over medium heat. Add onion; cook and stir 5 minutes. Add garlic, chili powder and cumin; cook and stir 1 minute. Stir in tomatoes, salsa, zucchini, corn and black beans. Bring to a boil over high heat. Reduce heat; cover and simmer 20 minutes or until vegetable are tender. Ladle into shallow bowls; top with cilantro.* Makes 4 servings (about 1 ¼ cups per serving, 284 calories)*Option: Top with shredded cheese after the Daniel Fast is over.

Tomato Basil Soup

- 1/2 TB extra-virgin olive oil
- 1/2 cup chopped onions
- 3 (14.5-oz) cans diced tomatoes
- 1/2 cup water
- 1 clove garlic, minced
- 1 ½ tsp dried basil
- 1 tsp salt
- 1/8 tsp pepper
- Toasted pumpkin seeds, optional
- Toasted sunflower seeds, optional
- 1 cup of olives, optional



Heat olive oil over medium heat in a large skillet. Add onions, and cook until soft and translucent. Add tomatoes, water, garlic, basil, salt, and pepper. Cook 20 minutes. Place mixture in a food processor or blender, and purée until desired consistency is reached.

Return to skillet, and cook 5-10 more minutes. Sprinkle pumpkin and/or sunflower seeds on top, if desired. Makes about 4 (1 ¼ cup) servings.

Tomato Soup with Zucchini

6 Tbs. unsalted butter or olive oil

3 medium zucchini (about 1-1/2 lb.), cut into medium dice

Kosher salt

2 cloves garlic, minced

1 cup chopped yellow onion

Three 15-oz. cans whole peeled tomatoes, drained

1-1/2 cups vegetable broth

1/2 cup dry cooking white wine

1/2 cup fresh basil leaves, chopped, for garnish



Place 4 Tbs. of oil in a large stockpot over medium-high heat. Add the zucchini and 1 tsp. salt and cook, stirring occasionally, until the zucchini is crisp-tender but not browned, about 5 minutes. Add the garlic and cook for 1 minute. Using a slotted spoon, transfer the zucchini mixture to a medium bowl. Use the remaining 2 Tbs. oil in the stockpot over medium-high heat. Add the onion and cook, stirring, until it becomes translucent, about 3 minutes. Increase the heat to high, add the tomatoes and 1 tsp. salt to the pot, and cook, stirring constantly for 1 minute. Add the vegetable broth and the cooking wine and bring to a boil. Reduce the heat and simmer, stirring occasionally, until the liquid has reduced by half, about 20 minutes. Remove the pot from the heat and let the tomato mixture cool slightly. Purée the soup in the pot with a hand blender or in batches (with the top vented) in a regular blender. If you use a regular blender, return the soup to the pot. Bring to a boil and cook until heated through, about 2 minutes. Stir the zucchini into the soup. Garnish each serving with some of the chopped fresh basil.

Vegetable Bean Soup

- 1 tablespoon extra-virgin olive oil
- 1/2 cup chopped onion
- 1/2 cup chopped carrots
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 6 cups water
- 1 (8-ounce) can tomato sauce
- 1 (14.5-ounce) can light red kidney beans, rinsed and drained
- 1 (15-ounce) can black-eyed peas, rinsed and drained
- 1 (14.5-ounce) can French-style green beans, drained
- 1 cup chopped yellow summer squash, unpeeled
- 1/2 tablespoon chili powder
- 1 bay leaf
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons chopped fresh parsley



Heat olive oil over medium heat in a large saucepan. Add onions, carrots, and celery. Cook until vegetables are softened. Add garlic, and cook for 1 minute, stirring constantly so garlic doesn't burn. Pour in water and all remaining ingredients. Bring to a boil, and then lower heat. Simmer, uncovered, 30 minutes. Discard bay leaf and stir in parsley before serving.

Vegetarian Chili

- 2 medium-sized green peppers, chopped
- 1 medium-sized yellow onion, chopped
- 1 zucchini, sliced
- 1 yellow squash, sliced



2 tablespoons salad oil
2 tablespoons chili powder
¾ teaspoon salt
¼ teaspoon ground red peppers
2 cups corn kernels (fresh or frozen)
2 16 oz. cans tomatoes (juice and all)
2 16 oz. cans pinto beans (juice and all)
2 16 oz. cans black beans (juice and all)
1 4 oz. can mild green chilies
1 4 oz. can of tomato paste

Chop and sauté in oil the peppers and onions. Add the sliced squashes, chili powder, salt, ground red peppers, and corn. When all the vegetables are soft but still firm, add the tomatoes, all the beans, the green chilies, and the tomato paste. Stir until just blended. Bring to a boil and then reduce the heat. Let simmer for 20 minutes stirring occasionally to prevent sticking. Yield: 6 generous servings

White Bean, Kale, and Vegetable Soup

1 tablespoon extra-virgin olive oil
½ cup chopped onion
1 cup chopped carrots, peeled
2 cloves garlic, minced
4 cups water or Vegetable Broth
1 (15-ounce) can cannellini beans, rinsed, drained
1 (14.5-ounce) can diced tomatoes
2 cups fresh or frozen green beans, cut into 1-inch pieces
2 cups kale, torn into bite-size pieces, lightly packed
1 teaspoon dried basil
1 teaspoon dried parsley
½ teaspoon salt
1/8 teaspoon pepper



Heat olive oil in a large saucepan over medium heat. Cook onions and carrots until vegetables are softened. Stir in garlic, and cook for another minute, stirring constantly so garlic doesn't burn.

Add water or broth, cannellini beans, tomatoes, green beans, kale, basil, parsley, salt and pepper. Bring to a boil. Simmer, uncovered, over low heat about 30 minutes to allow the flavors to blend.

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

Vegan Tomato Sausage Soup

1 Can of Organic Tomato diced and no salt added (add water to make this soup)

2 tb s of organic tomato paste vine ripe tomato

1White onion

1Green pepper

1Yellow pepper

1Orange Pepper

1Red Pepper

Italian sausage less sausage Trader Joe

Tofurky Kielbasa Polish style meatless sausage

Organic Tomato sauce from Wegmnans nature section (optional)

Baby Bella Mushrooms

Seasonings:

Basil

Sea Salt

Ground Cumin

Trader Joe Everyday season

Ms. Dash

Organic Oregano Trader Joes

Cut up sausage and stir fry onions and peppers

Put all ingredients in crock pot to cook for 2 hours.



Vegan Brownie

Vegan & Gluten Free Black Bean Brownies Recipe

Yields: 9 servings

Ingredients:

15 ounces canned black beans, drained and rinsed

2 whole bananas (regular size)

1/2 cup agave nectar

1/4 cup unsweetened cocoa powder

1/2 tablespoon cinnamon

1 teaspoon vanilla extract

2/3 cup quick cooking oats

1/2 cup walnuts (optional)



Directions:

Preheat the oven to 350 degrees Fahrenheit and lightly grease an 8 by 8 inch pan.

Place black beans, bananas, agave nectar, cocoa powder, cinnamon, and vanilla extract into a food processor or blender. Blend until smooth.

Move the wet ingredients to a large mixing bowl and fold in oats; as well as walnuts

When the oats, and other ingredients, are evenly distributed throughout the batter, pour the brownie batter into the prepared square pan.

Bake black bean brownies for about 30 minutes or until a toothpick can be inserted in the center comes out clean.

Allow the brownies to cool in pan on a before slicing. You may have to employ a protection system to keep you family and friends, or yourself, from devouring too soon

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Avocado TLC Sandwich



Ingredients:

- 2 slices - Ezekiel Bread
- Tomato
- Lettuce
- Cucumber
- Hummus
- ½ ripe Avocado
- Pink Himalayan salt (to taste)
- Black Pepper (to taste)
- Bean sprouts (optional)

Directions:

- Take 2 slices of Ezekiel Bread and spread Hummus on both slices as you would with mayo
- Sprinkle Pink Himalayan salt and Black Pepper to taste (this is totally optional)
- Layer your Tomato, Lettuce, and Cucumbers on one slice of the bread
- Top with Bean sprouts (optional).
- Deseed and shell ½ of a ripe Avocado, slice it and place on top of other ingredients.
- Put both slices of bread together to make the sandwich and Enjoy

Tips:

You may mash the avocado on one slice of the bread so that it doesn't slide off while eating
You may toast your Ezekiel bread if you'd like

Breakfast Quinoa

(Adapted from the Blum Center.)

1/2 cup of quinoa
1 cup water
1 cup unsweetened Almond milk
1/2 teaspoon sea salt
1/2 teaspoon raw honey
1/4 teaspoon ground cinnamon
1 teaspoon vanilla extract
1/4 cup soaked and slivered almonds or chopped walnuts
1 cup organic berries.



1. Rinse the quinoa with cold water in a fine mesh strainer and drain.
2. Put the water, milk and salt in a pot and bring to a boil.
3. Stir in the quinoa, turn the heat down to medium low and cover the pot and gently simmer for 15 minutes. Stir the quinoa in the pot.
4. The cereal is done when the quinoa is soft and has the consistency of oatmeal. If more liquid is needed, add more milk and continue to simmer for another 5 minutes.
5. Remove from the heat and stir in the raw honey, cinnamon, vanilla, nuts and berries.

Green Lentil & Quinoa Salad

(An original Clean Body Living recipe.)

Ingredients

Olive oil
2 1/2 tablespoons extra virgin olive oil (plus a little more for cooking the lentils)
1 medium chopped onion
2 cloves garlic chopped
1 chopped Scotch bonnet pepper (optional)
1 low sodium MSG free bouillon cube (like one made by Celifibr or Edward & Sons)
1 1/2 cups uncooked quinoa
1 cup dry green or brown lentils (washed, soaked and drained)
5 cups low sodium vegetable stock
1 tablespoon curry powder
2 cups broccoli florets
12 Cherry tomatoes

Juice of 1 fresh lime
3 tablespoons balsamic vinegar
2 teaspoon Dijon mustard
1/2 Tsp sea salt
Freshly ground black pepper
3 green onions trimmed and chopped
1 Tbsp fresh parsley chopped (you can substitute dried parsley)
Organic no salt seasoning (like Mrs. Dash)



Cooking Instructions:

Lentils

Lightly sauté onions, garlic, Scotch bonnet pepper, some organic no-salt seasoning, parsley and curry powder. Add lentils and stir. Allow to sauté for about 30 seconds. Then add 2 cups vegetable stock and the bouillon cube. Bring to a rapid boil, then reduce heat and cook on medium heat until all water is absorbed about 25-30 minutes. Taste the lentils while they are cooking

Quinoa

Wash the quinoa thoroughly until the water runs clear. Combine quinoa with 3 cups vegetable broth, some organic no salt seasoning and a quarter of an organic bouillon cube and a couple of dashes of parsley. Bring to a vigorous boil. Lower heat, cover and simmer until all the water has evaporated drained (about 15 minutes). Allow the quinoa to cool completely. Put it in the refrigerator to speed up the process.

Putting it all together

Prepare dressing by combining olive oil, garlic, vinegar, lime juice, mustard, salt & pepper in a jar and shake well or whisk

Add chopped green onion, tomatoes and parsley to cooled rice and lentils.

Add dressing when ready to serve

Serve chilled

Weekend Kickoff Smoothie

(An original Clean Body Living recipe.)

(This is on the thicker side. Add more liquid if you want it to be thinner.)

About 9 ounces of water

A handful of pea sprouts

1 small avocado

1 apple (cored)

2 inches of ginger (diced)

2 carrots

2 handfuls of spinach

2 teaspoons of almond butter

1/2 teaspoon coconut oil

2 teaspoons chia seeds

2 teaspoons pumpkin seeds

1 heaping teaspoon bee pollen (optional & if you're not allergic to it)

2 teaspoons goji berry powder (optional)

1 heaping teaspoon cacao powder (optional)

Wash all of the fruits and vegetables. Peel the avocado, carrots and ginger. Add the ingredients on the ingredient list to your blender in the order that they are listed. Blend and enjoy. Add more water if it's too thick for your liking. Enjoy!

Sweet Orange Roots

(An original Clean Body Living recipe.)

Carotenoids are compounds in colorful fruits and vegetables which give them red, yellow and orange pigments and decrease the risk of certain cancers, including breast cancer. Try this delicious recipe of full of carotenoids from sweet orange (and yellow) root vegetables with some wild caught fish or organic chicken (on Sundays only)!

- 2 medium sweet potatoes
- 2 golden beets
- 4 carrots
- olive oil
- cumin
- ginger powder
- garlic powder
- sea salt
- cayenne pepper

Preheat oven to 375 degrees Fahrenheit (190 degrees Celsius).

Chop beets and sweet potatoes into medium quarter size pieces. Chop the carrots into medium pieces. Place the beets, sweet potatoes and carrots in a casserole dish that has a cover. Generously coat and toss the veggies with olive oil. Mix and season the veggies with a few dashes of cumin, ginger, salt, cayenne pepper and garlic powder. Cover the casserole dish and place in the oven. Bake for 35-40 minutes until soft. Enjoy!

Spicy Curried Lentil Soup

(An original Clean Body Living recipe.)

- Olive oil
- 1 medium chopped onion
- 2 cloves garlic minced
- 5 carrots peeled and sliced
- ¾ pound lentils (washed, soaked & drained)
- 6 cups reduced sodium vegetable broth
- 1 tablespoon dried parsley
- 1 chopped Scotch bonnet pepper
- 12-15 Brussel sprouts (washed and chopped in half)
- 1 low sodium MSG free bouillon cube (like one made by Celifibr or Edward & Sons)
- 2 tablespoons Indian curry powder
- 1 tablespoon Salt free herbal seasoning (like Mrs. Dash)



1. Heat oil in a medium size pot (4 quarts or larger) over medium heat. Stir in onion and cook, stirring until softened. Stir in garlic and scotch bonnet pepper. Stir in lentils. Then add the broth. Bring to a boil over high heat. Add the bouillon cube, parsley fresh ground pepper, curry and salt free herbal seasoning other seasonings.

2. Cover and cook for 15 minutes and then add the carrots. Allow to cook for an additional 15 minutes. Add the Brussel sprouts and cook for an additional 10 minutes or until the lentils are soft.

3. While it is cooking, periodically taste it and adjust the seasonings accordingly. Remove from heat and enjoy!