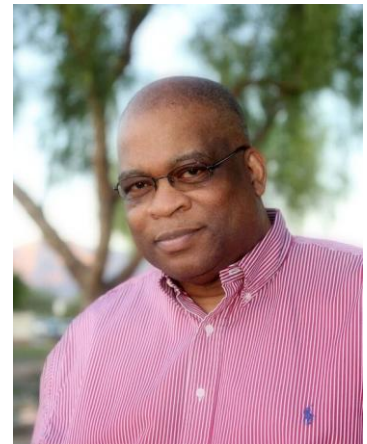


# Being The Change I Want To See - 2018 Ten Day DanielFAST

For Spiritual and Physical Victory



*Search me, O God, and know my heart! Try me and know my thoughts! <sup>24</sup> And see if there be any grievous way in me, and lead me in the way everlasting!*

**Psalms 139:23-24 ESV**

**Victory Baptist Church**  
**Dr. Robert E. Fowler, Sr., Pastor**



**Fasting** goes a long way in helping the believer keep his balance. **Fasting** should be **God-ordained** and God-centered. Fasting promotes spiritual strength and helps us overcome barriers that might, over time, prevent us from living the victorious Christian life.

### *What is the Daniel Fast?*

*So I turned to the Lord God and pleaded with him in prayer and petition, in fasting." Daniel 9:3*

The Daniel Fast is a partial fast based upon Daniel's own experiences as recorded in the Bible. The purpose is to restrict commonly enjoyed foods as an act of worship and consecration to God. Someone who chooses to undergo a Daniel Fast demonstrates a physical commitment that reflects a deep spiritual desire for a more intimate relationship with the Lord.

On one occasion, Daniel was greatly concerned for his people and sought the Lord's wisdom during a 3-week time of prayer and fasting. Daniel 10:2-3 says, "At that time I, Daniel, mourned for three weeks. I ate no choice food; no meat or wine touched my lips." The meaning of "choice food" is not clear; however, most commentaries conclude that he ate no bread or sweets. The Message translation sums up Daniel's eating habits during that time: "I ate only plain and simple food."

The intention of today's Daniel Fast is not to duplicate exactly what Daniel did but the spirit in which he did it. Daniel's passion for the Lord caused him to hunger and thirst for spiritual food rather than physical food, which should be the desire for anyone doing the Daniel Fast.

**Over the next 10 days, we will be corporately engaged in the  
DanielFAST for Spiritual and Physical Victory**

*No meat, No sweets, No strong drink (10 days)*

**DAY 1**

***Prayer Focus:*** Today, we focus in on **Personal Repentance**. **God wants to show us His forgiveness.** Once you receive His forgiveness, recognize that it's our pattern for forgiving others also.

***Scripture:***       **Colossians 1:14; Daniel 9:9; Ephesians 1:7**

***Prayer:***       Eternal God, I asked this day for forgiveness of my transgressions against you. Father, purify my heart as I seek the desires of Your heart. Help me become who You wish for me to be. Forgive me God for my thoughts, actions and behaviors that are opposite of the example You set before me in Your Son Jesus the Christ. Aid me in forgiveness of others that I may be free to accept Your forgiveness and live where I don't participate in any form of dishonesty. Help me Lord to reflect the fruit of the Spirit to bring You honor, adoration, adulation and love. For it is my desire to serve You now and forever more in Jesus' name. Amen! **“Your Word assures me that You are a forgiving God, I thank You for the freedom in forgiveness.”**

## DAY 2

***Prayer Focus:*** Today, we pray for **Godly Wisdom**. May God grant us the serenity to accept the things we cannot change, the courage to change the things we can and the **wisdom** to know the difference.

***Scripture:*** **Proverbs 2:6; Ephesians 1:17-18; James 1:5-6**

***Prayer:*** Dear God, help me to acknowledge You in all my ways and lean not to my own understanding. My request today is that You grant me wisdom and increased knowledge of Your ways that I may live a life that not only draws me nearer to You, but others as well. Let the things that I do, the things that I say in every place that I go bring the light of Christ whether in action or words. You have granted me life. Allow me to speak life into all circumstances and situations. My hope Lord is that I am able to shut out the noise of the world to hear from You and apply what I receive to my everyday life. **“Thank you for the godly wisdom you grant me that I may be a blessing to you and to others.”**

## DAY 3

***Prayer Focus:*** Today, we pray for **Keen Discernment**; that we are able to discern the evil from the good. **It is so powerful and enlightening to be able to discern between what is good and what is evil.**

***Scripture:*** **Proverbs 14:8; Romans 12:2; Psalms 139:23**

***Prayer:*** Father, You sent your Son to suffer and die for me, and leaving me an example, so that I may follow in His steps. Grant me the ability to see and hear clearly godly examples and words of truth not folly. Lord bless me with clarity in making my choices that what I do will please You and not grieve Your Spirit. There is much for me to do in Your kingdom. Reveal to me each day the yearning to do Your will and not my will. You have set Your ways before me. Help me to walk the narrow path of righteousness. **“My Lord thank you for blessing me with the desire to follow you and acknowledge you with the life you have blessed me with today, in Jesus’ name. Amen!”**

## DAY 4

***Prayer Focus:*** Today, we pray for **Divine Protection**. We accept that **these are the days of the divine**.

***Scripture:*** **Ecclesiastes 7:12; Psalms 9:9; Acts 18:10**

***Prayer:*** Heavenly Father, dress me in Your armor so that I can stand firm against the schemes of the enemy. Life can overwhelm us and life can give birth to fear in our spirit. I know my struggle is not against flesh and blood, but against rulers and powers of this dark world. Surround me with Your divine hedge of protection. Guard me Lord against my vulnerability to sin, encompass me Lord with Your strength and Your might. You are who I trust. You are my rock and my refuge. Thank You Father! I need not look far because you are an ever present help, Lord in Jesus' name. Amen! **“Dear God, I acknowledge that I am blessed to be Yours and that I am protected by my heavenly Father against all that is intended to do me harm.”**

## DAY 5

***Prayer Focus:*** Today, we focus on **Increased Sensitivity and Responsiveness to the Voice of God.**

There are many voices out there. Learning to distinguish God's voice is invaluable to the believer.

***Scripture:***           **Psalms 85:8; John 10:27; Rev 3:22**

***Prayer:***           Father God, I believe You want to speak to me and I desire to hear from You. I ask this day, Father, that all distractions from You lessen and my attraction to You increases. Lord allow me to hear from You so that I may be a better member of the body of Christ and a contributing member of my church, serving in ministry at whatever capacity you call me to. I pray, Lord, that I be supportive of my Pastor and the vision You set before him. I join with him and my church to fulfill what it is You have for us to do. **“Please Lord, open my ears and make me to hear and respond to You in Jesus’ name. Amen!”**

## DAY 6

***Prayer Focus:*** Today, we pray for the willingness to be open to the instructions and the directions that will come from God during 2017. If we want to get to the place of provision, we must pay attention to the instructions and directions. We've got to know His voice.

***Scripture:***       **Psalms 25:4-5; Joshua 1:7-8; Hebrews 11:8**

***Prayer:***       Father God, I stand in awe of You, because of Your love I am able to pray to You and hear from You and exist in Christ. Dear God, I thank you for Your undeniable essence in, around and through my life. My prayer this day is that You open my heart and overwhelm me with a spirit to stay when You say stay, go when You say go, be still when You say to be still and move when You say move. I want to have victory in my life when it comes to receiving direction and instruction from You. **“Loving God, I thank You in advance for every instruction and every bit of direction that will come my way this year and commit myself to hearing and obeying Your voice, in Jesus’ name. Amen!”**



## DAY 7

***Prayer Focus:*** Today, we focus in on the **Removal of Hindrances** that are blocking the **full revelation** of our **true value**. This will lead into God bringing us in touch with people who really matter.

***Scripture:***        **Isaiah 12:2; Hebrews 12:1; 2 Corinthians 10:4-6**

***Prayer:***        Perfect, Pleasing and Precious God, I come to You today asking for Your help with making wiser choices. I understand that because of the cross I am no longer chained to sin. I am free to walk away from sin by the power of God. I know my hindrances won't dissipate until I confess and repent of my sinfulness. I realize that not by my strength am I able to overcome anything, but it is by Your might. God remove my fears and worries that may paralyze me. **“Thank You Lord that our paths will cross and we will not miss one another this time. I give You praise, honor and glory for all that You are and all that You do, for and in, the lives of Your people; in Jesus' name. Amen!”**

## DAY 8

***Prayer Focus:*** Today, I give thanks for a **Fresh Anointing (Fresh Oil)** that has been released to the body. “It’s on my Bishop...it’s about to fall on me!”

***Scripture:***        **Luke 4:17-19, Psalm 92:10**

***Prayer:***        Lord God, my prayer today is that You bless me with Your anointing so that I may accomplish Your plan. Fasting is helping me sharpen my awareness and it is bringing me closer to You. I pray that I may receive a fresh anointing to do Your will and to increase where I lack in my personal and spiritual life so that I may be all I can be for You. Help me God to regulate my health for you, exercise, eat right, get rest and strengthen myself to run the race you have set before me. **“Thank You Lord for this fresh outpouring of Your anointing upon my life. I face my future with confidence and I will walk in victory, in Jesus’ mighty name and for the glory of God. Amen!”**

## DAY 9

***Prayer Focus:*** Today, we focus in on **God's People Being in Position for all that is Coming.** **"I can feel something coming; I can't afford to miss it this time!"**

***Scripture:*** **Proverbs 24:14; Psalms 62:5; 2 Corinthians 7:1**

***Prayer:*** Now Eternal God, the Giver and Sustainer of life, I thank You with all my heart, for planning my future and making the necessary provisions for the same, long before I got here. With this life You have blessed me with I seek to fulfill the purpose in which I was created. Help me Lord to hear and heed Your voice. I desire to move when You say move, stay where You desire me to stay. My heart is to Love You Lord, obey You Lord and to serve You Lord. Encourage me where it may seem difficult to me, strengthen me where I am weak. I pray God that I not let anything or anyone stand between me and Your desire for my life regarding where You want me to be. **"You have already opened doors that needed to be opened and closed doors that needed to be closed for my own good and I thank you Father God. For my thoughts are certainly not Your thoughts, neither are the ways I choose Your ways as You have declared in Your Word. I look forward to my future being in Your hands and my life dedicated to you."**

## DAY 10

***Prayer Focus:*** Today, we pray for **Spiritual Stability**. “**This is not the time for me to faint or grow weary; it’s too close to due season.**”

***Scripture:*** **Proverbs 24:10; Psalm 119:133; 1 Corinthians 15:58**

***Prayer:*** Precious and Heavenly Father, I come before you with thanksgiving in my heart for all that You have blessed me with this far. I thank you for answered prayers and breakthroughs in areas of my life. I am already sensing my other victories that will take place through You. You are my strength and my Lord.

Now Lord, as I pray for spiritual stability, my prayer is that not only me but all who profess to be children of God realize through Your empowerment that they too can receive victory in their lives. I pray that they stand in the name of Jesus and believe in the spiritual stability they too can have in Christ. **My prayer is also as the year progresses whatever situation or circumstance we are confronted with or wherever You may have shifted us that we trust that You will work things out for our good. I thank you in advance for the trials and tribulations as well as the marvelous and miraculous things that will take place this year. Amen!**

## My NOW Confessions

**I** choose to see myself as God sees me according to His Word. **My** life is hid with Christ in God. **In** Him I can do all things. **I** choose to trust God. **His** word is the final authority in my life. **I** base my entire life and future upon God and His Word. **For** a bright and progressive future, I will meditate on the Word of God day and night.

**I** recognize that I am not just an ordinary person. I'm a child of the Living God. **I'm** an heir of God and a joint heir with Jesus. I'm part of a chosen generation – a royal priesthood – a holy nation.

**I** am accepted by God. If God is for me – who can be against me? **Greater** is He that is within me than He that is within the world. **Nothing** can separate me from the love of Christ, nothing!

**I** will submit to God; and when I resist the devil, he has to flee. **No** temptation will overcome me which is not common to man. **God** is faithful. He will not allow me to be tempted beyond my ability to overcome. **Jesus** always causes me to triumph. The word of God lives in me. **I** am more than a conqueror through Christ who loves me. **I** am an overcomer. **I** can do all things through Christ who strengthens me.

**I** will not live by bread alone but by every word that proceeds out of the mouth of God. **I** am progressing daily. **I** am a success to the glory of God. **As** I adhere to the Word of God and be obedient to the commands of God, the blessings of God will come upon me and overtake me. **The supernatural** power of God flows through my life as the Holy Spirit teaches me all things I need to know and reminds me of everything that Jesus has ever said – **Today** I walk by faith and not by sight.

## *Frequently Asked Questions*

### **1. Why isn't yeast allowed on the Daniel Fast?**

In the Bible, yeast is often a symbol for sin, and God often required the Israelites to give up leavened bread (contains yeast) during certain times as a way of setting them apart from neighboring peoples. Therefore, by not having yeast, we are making a statement against sin and keeping with Jewish tradition by refusing to eat leavened bread as we seek the Lord.

### **2. What about nutritional yeast since it's deactivated and not a leavening agent?**

Whether or not to use nutritional yeast, which is an inactive form of yeast, is really matter of personal conviction. Some people may choose to have it, while others do not. Personally, I don't use any type of yeast in my recipes.

### **3. Can I have whole wheat bread?**

Whole wheat products are allowed, including bread. HOWEVER, the bread must be made without yeast or sugar (these are restricted on the fast). In other words, it needs to be unleavened bread, otherwise known as flatbread.

### **4. Why isn't vinegar allowed?**

The process of creating vinegar involves fermentation, and the oxidation of ethanol produces an alcohol-containing liquid. However, apple cider vinegar has many nutritional benefits, so some people may choose to include it on their fast. The idea of the fast is to deny oneself as an act of worship to the Lord. We don't want to be so legalistic about every single thing that we put into our mouths that we miss the whole point of the Daniel Fast, so I would encourage you to seek the Lord for direction.

## *Frequently Asked Questions Continued*

### **5. I know tea is restricted because it contains caffeine, but what about herbal tea?**

The main reason teas (even herbal) are restricted is based upon Daniel's example in the Bible and the fact that he drank only water during his fasts (Daniel 1:12 and 10:3). For some people, having tea is a daily treat, so they may choose to give it up for a period of fasting as a sacrifice to the Lord. Perhaps this is not the case for you and maybe you might choose to include herbal tea on your fast.

### **6. Can I have honey or agave nectar?**

No added sugars are allowed on the Daniel Fast, including honey, agave nectar, molasses, maple syrup, and artificial sweeteners.

### **7. Is coffee allowed?**

Sorry, but no.

These Daniel Fast guidelines are meant to help provide boundaries. However, they are not meant to cause legalism so that you are overly focused on what to eat and what not to eat. That would negate the whole point of drawing nearer to God. The goal is to eliminate foods that will give you a sense of self-denial and sacrifice. I would encourage you to pray about what sacrifices God is asking you to make on your fast.

**Note: Fresh lemon juice is a good substitute for vinegar!**

## *Food Guidelines*

### *Foods to Eat on the Daniel Fast*

- **All fruit** - fresh, frozen, dried, juiced, or canned.
- **All vegetables** - fresh, frozen, dried, juiced, or canned.
- **All whole grains** - amaranth, barley, brown rice, oats, quinoa, millet, and whole wheat.
- **All nuts & seeds** - almonds, cashews, macadamia nuts, peanuts, pecans, pine nuts, walnuts, pumpkin seeds, sesame seeds, and sunflower seeds; unsweetened almond milk. Nut butters are also included.
- **All legumes** - canned or dried; black beans, black eyed peas, cannellini beans, garbanzo beans (chickpeas), great northern beans, kidney beans, lentils, pinto beans, and split peas.
- **All quality oils** - canola, coconut, grapeseed, olive, peanut, and sesame.
- **Beverages** - distilled water, filtered water, and spring water.
- **Other** - unsweetened almond milk, rice milk, or soy milk; herbs, spices, salt, pepper, seasonings, soy products, and tofu.

### *Foods to Avoid on the Daniel Fast*

- **All meat & animal products** - beef, buffalo, fish, lamb, poultry, and pork.
- **All sweeteners** - agave nectar, artificial sweeteners, cane juice, honey, molasses, raw sugar, syrups, stevia, and sugar.
- **All leavened bread & yeast** - baked goods and Ezekiel bread (if it contains yeast and honey).
- **All refined & processed food products** - artificial flavorings, chemicals, food additives, preservatives, white flour, and white rice.
- **All deep-fried foods** - corn chips, French fries, and potato chips.
- **All solid fats** - lard, margarine, and shortening.
- **Beverages** - alcohol, carbonated drinks, coffee, energy drinks, herbal tea, and tea.



## *Recipe Ideas*

### *Breakfast*

#### *Cranberry-Orange Spiced Oatmeal*

- ¾ cup old fashioned rolled oats
- ½ teaspoon ground cinnamon
- ¼ cup dried cranberries
- ½ cup frozen blueberries
- ¼ teaspoon ground turmeric (optional)
- 1 pinch ground ginger (optional)
- 1 cup water
- ¼ cup orange juice, or as needed

Place the rolled oats, cinnamon, cranberries, and blueberries in a microwave safe bowl. Add the turmeric and ginger, if desired. Pour in the water, and stir to mix ingredients. Cook on high until water is absorbed, about 2 minutes. Stir in the orange juice to desired consistency.

#### *Nutty Fruit Cereal*

- 1 banana, peeled and sliced (about 1 cup)
- 1/3 cup fresh blueberries
- 1 tablespoon chopped almonds
- 1 tablespoon chopped walnuts
- 1 teaspoon unsweetened coconut flakes
- ½ cup unsweetened almond or rice milk

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

Yield: 1 serving (serving size: about 1 1/3 cups)

**Recipe Notes:** Substitute chopped pecans for the almonds or walnuts. Enjoy as a fruit and nut snack without the almond milk.

## *Home Fried Breakfast Potatoes*

*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*

*¾ teaspoons paprika*

*¼ teaspoons freshly ground black pepper*

*¼ cup chopped fresh Italian parsley*

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 ½ inch cubes.

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 plate and set aside. 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. Add onion, green peppers, and parsley; cook for another minute or until all ingredients are well heated Adjust seasoning serve hot. Makes 4 servings

## *Tofu Breakfast Scramble*

1 box firm tofu  
1 zucchini, diced small  
1 tomato, diced  
½ onion, diced  
1 red bell pepper, diced  
2 green onions, finely sliced  
1 tablespoon fresh cilantro, minced  
1 clove garlic, minced  
Salt and pepper to taste / Tomato paste if desired  
Spray pan with 100% olive oil spray

Add all ingredients and fry until vegetables are soft and ready to eat. Salt and pepper to taste. Serve with tomato paste.

## *Yummy Brown Rice with Apple*

2 tablespoons coconut oil  
4 cup brown rice  
2 cup chopped apple (choose a sweet variety)  
Cinnamon (optional)

Heat oil in a saucepan, or skillet over medium- high heat; add cooked rice, and chopped apples and stir to blend well. Reduce heat to medium - low. Continue to heat, stirring often until all ingredients are hot. If desired, add cinnamon and stir well. Serve with or without unsweetened soy milk.

## *Creole Seasoning*

2 tablespoons paprika  
1 teaspoon onion powder  
1 teaspoon garlic powder  
1 teaspoon salt  
½ teaspoon pepper  
½ teaspoon thyme  
½ teaspoon dried basil  
½ teaspoon dried oregano  
½ teaspoon cayenne pepper

Mix all ingredients in a small glass jar. Cover, and store until ready to use.

## *Fast Food Spaghetti Dinner*

1 pound uncooked whole grain spaghetti  
2 cups peeled, chopped, seeded tomato (about 5 medium tomatoes)  
1 cup crumbled faux feta cheese (see recipe below)  
1/3 cup chopped pitted Kalamata olives  
¼ cup of capers  
1 ½ tablespoons of extra virgin olive oil  
¾ teaspoon salt  
½ teaspoon black pepper  
4 garlic cloves minced

Quickly peel tomatoes by plunging them into the boiling pasta water (before adding the pasta) for 20 seconds; remove with a slotted spoon and quickly slip off the skins while rinsing under cold water. Cook pasta according to package directions, omitting salt and fat. Drain

Combine tomato and remaining ingredients in a large bowl. Add pasta, and toss well to combine. Serve immediately

### *Faux Feta Cheese*

¼ cup olive oil

¼ cup water

½ cup of apple cider vinegar

2 teaspoons salt

1 tablespoon dried basil

1 teaspoon dried oregano

½ teaspoon dried onion

½ teaspoon pepper

Pinch of dried hot pepper flakes (optional)

1 pound firm tofu herb flavored; cubed or crumbled. Whisk together all ingredients but tofu in a bowl. Add tofu and stir. Let sit for at least an hour.

Makes about a pound of faux feta cheese

### *Spicy Curry Peanut Popcorn*

½ cup popcorn kernels

2 tablespoons vegetable oil (eliminate if you use an air popper)

2 tablespoons creamy peanut butter (made only with 100% peanuts and with or without salt)

1 teaspoon of curry powder

1 teaspoon of chili paste

Pop the corn using an air popper; or heat the oil in a pan over medium high heat; add popcorn and cover shaking pan often. Transfer popcorn to a large bowl. Place the peanut butter, curry powder and chili paste in a small bowl; heat in microwave for 30 seconds; stir to blend well. If the sauce is too stiff, add a little hot water to make it thick and creamy. Carefully drizzle the hot peanut butter sauce over the popcorn; using two wooden spoons or your hands with food grade gloves gently mix the popcorn with sauce and form into small cluster. Makes 8 servings

### *Single serve Fruit Smoothie*

1 cup unsweetened soy milk or silken tofu

1 ripe banana, broken into chunks

½ cup of your favorite fresh or frozen fruit (strawberries, peaches, pitted cherries)

Pinch of cinnamon

2-3 cubes of ice

Place all ingredients (except ice cubes) in a blender and puree until smooth.

Add ice cubes one at a time to reach desired consistency.

Serve cold

### *Verde Power Smoothie*

3 cups ices cubes, or as desired

2 cups baby spinach leaves, or to taste

1 (7ounce) can crushed pineapple

½ cup water

1 banana, broken into chunks

1 orange, peeled and segmented

10 fresh mint leaves, or more to taste

1 lemon, juiced

1 lime, juiced

Blend ice, spinach, pineapple, water, banana, orange, mint, lemon juice, and lime juice in a blender until smooth.

### *Salad*

Red cabbage, Cauliflower, Red onions, Red bell peppers, Broccoli. ***This salad will stay fresh longer***

## *Basic Hummus*

1 Can (15 ounces) chickpeas, drained, but reserve the liquid  
3-5 tablespoons lemon juice (depending on taste)  
1½ tablespoons tahini (sesame seed paste)  
2 cloves garlic, minced  
½ teaspoon salt  
2 tablespoons olive oil

Place the chickpeas, lemon juice, tahini, garlic, and salt in a blender or food processor. Add ¼ cup of reserved liquid from canned chickpeas. Blend 3-5 minutes on low until thoroughly mixed and smooth. Transfer the mixture to a serving bowl and create a shallow well in the center of the hummus. Add 1-2 tablespoons of the olive oil in the well and gently blend. Garnish with parsley (optional). Serve immediately with raw vegetables, homemade cracker or flatbread. Yield: 4 servings.

## *String Beans, Potatoes and Mushrooms*

1 pound - Fresh String Beans  
2 – Fresh potatoes (small to medium size)  
1/2 cup – mushrooms  
2 tablespoons – Olive Oil  
Onions (to your taste)  
Salt (to your taste)  
Pepper (to you taste)  
Garlic (to your taste)

### Preparation:

Chop onions  
Wash and cut string beans  
Wash and chop mushrooms  
Slice potatoes into 1/8 round slices

### How to Cook:

1. Place pan on stove at low temperature
2. Heat olive oil
3. Add String Beans
4. Add Sliced Potatoes
5. Add Salt
6. Add Pepper
7. Add Onions
8. Add Garlic
9. Adjust fire and let simmer for 10 minutes or until potatoes are tender.
10. Stir occasionally until done
11. Bon Appetite!

Makes 2 – 3 servings



## *Potato and Green Onion Frittata*

1/4 cup olive oil

1 onion, finely chopped

4-5 green onions, chopped with the green and white parts separated

4 cloves garlic, minced

5 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)

2 tsp. salt, divided

1/2 tsp. pepper, divided

2lb firm tofu

2-3 Tbsp. soy sauce, to taste

1. In a large skillet, heat the olive oil over medium heat. Add the onion and the white part of the green onions and sauté for 2 to 3 minutes.
2. Add the garlic and heat for another 30 seconds.
3. Increase the heat to medium-high and add the potatoes, 1 tsp. of the salt, and 1/4 tsp. of the pepper. Cook for 10 to 15 minutes, flipping the potatoes regularly until they are well-browned.
4. Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.
5. Pour creamy mixture and the green part of the green onions over the fried potatoes and mix. Pour this mixture into a large, oiled pie or tart pan.
6. Bake for 30 to 40 minutes or until the center is firm. Allow the frittata to cool for 10 minutes then invert onto a serving plate.

## *African Yam Stew*

---

½ cup water  
1 onion, chopped  
1-2 tablespoon(s) Anaheim or jalapeno pepper, minced  
1 tablespoon ginger, ground  
1 tablespoon garlic granules  
2 teaspoons cumin, ground  
2 teaspoons coriander, ground  
¼ teaspoon crushed red pepper  
6 yams, peeled and chopped  
2 cups vegetable broth  
24 ounces tomatoes, chopped  
14 ounces garbanzo beans, drained and rinsed  
14 ounces black eyed peas, drained and rinsed  
½ cup almond or peanut butter, unsweetened  
1½ cup corn  
6 cups collards, chopped

### Instructions:

In a large pot, sauté onion and pepper with water for 5 minutes or until onions are translucent, stirring occasionally.

Add ginger, garlic, cumin, coriander and red pepper.

Cook and stir for 1 minute.

Mix in yams, vegetable broth, tomatoes, beans and nut butter.

Bring to a boil, reduce heat and simmer for 20 minutes.

Stir in corn and collards and cook for about 10 more minutes, until yams and greens are tender.

Serve over brown rice or other whole grain.

## *Mexican Style Cauliflower Rice*

- \* 1 small head of cauliflower (riced) OR ½ package Cauliflower Pearls (about 4 cups)
- \* 1 Tbsp. Olive Oil
- \* ½ cup sweet onion, diced small
- \* ½ cup red bell pepper, diced small
- \* ½ tsp. Garlic Granules
- \* ½ tsp. Ground Cumin
- \* ½ tsp. ground chili powder
- \* 1 Tbsp. Tomato Paste
- \* Juice from ½ lime
- \* Salt to taste
- \* 1 Roma tomato, diced
- \* Fresh chopped cilantro (optional)

### Instructions:

1. If using a head of cauliflower, cut or break the florets from the stalk.
2. Pulse in a food processor until the pieces are about the size of a grain of rice.  
Set aside
3. In a large skillet, heat the oil over medium-high heat.
4. Add the onion, bell pepper, garlic, cumin and chili powder. Sauté until the peppers and onions begin to soften, about three minutes.
5. Add the riced cauliflower and tomato paste. Cook, stirring occasionally, until the cauliflower is heated through and the tomato paste is incorporated.
6. Add the lime juice and salt to taste.
7. Remove from the heat. Plate and top with diced tomatoes and chopped cilantro.
8. add pinto or black beans to make it a full meal

## *Vegan Breakfast Skillet*

---

2 pounds russet potatoes, large diced

1/3 cup vegetable oil

1 yellow onion, diced

1 red bell pepper, diced

8 ounces mushrooms, quartered

1/2 teaspoon garlic powder

1/2 teaspoon paprika

kosher salt

2 cups baby spinach

1/4 cup freshly chopped curly parsley

1 lemon

### Instructions

Add the potatoes to a pot of boiling salted water and boil them, par-cooking the potatoes for about 3 minutes.

Meanwhile, let the potatoes cool and cook the vegetables. In a heavy pan or skillet over medium heat add 2 tablespoons of oil and the onion and sprinkle with kosher salt. Cook for about 3 minutes and then add the mushrooms and cook for another 5 minutes until the onions are soft and the mushrooms are tender and browned. Add the red bell peppers and cook for 1-2 more minutes. Transfer the vegetables to a separate bowl.

Add the remaining oil to the pan and fry the potatoes until golden and tender in the skillet over medium-high heat. Season to taste with kosher salt and the paprika and garlic powder.

Add the vegetables back to the skillet along with the spinach, which should be folded in and will wilt right away. Squeeze a little lemon juice and season to taste with kosher salt and garnish with the parsley. Serve hot with ketchup or salsa on the side for dipping!

## *Veggie Breakfast Hash*

4 cups potatoes peeled and cubed  
salt and pepper to taste  
1 can pinto beans drained and rinsed  
1 cup zucchini chopped  
1 cup squash chopped  
1 red bell pepper chopped  
1/2 cup mushrooms sliced  
1.5 tsp garlic powder  
1.5 tsp onion powder  
1/2 tsp paprika  
pinch of chili flakes

### INSTRUCTIONS

Pre-heat the oven to 425 degrees Fahrenheit.

Toss the potatoes with salt and pepper and spread out on a parchment-lined baking sheet. Let the potatoes bake for 25 minutes. Toss and put back into oven. In a separate baking dish or cast iron pan, mix the remaining veggies, beans, and spices together. Put the baking dish in the oven next to the potatoes and continue to bake both for 15 minutes.

---

Stir the potatoes in with the veggies and beans and serve

## *Polenta Scramble*

½ cup polenta  
1 cup almond milk  
½ cup water  
⅛ teaspoon salt  
2 cups diced eggplant (approx. ½ an eggplant)  
½ a red bell pepper, thinly sliced  
1 carrot, peeled and chopped  
¼ cup vegetable broth  
2 tablespoons chopped fresh parsley  
Salt and pepper

### Directions

In a saucepan, use a wooden spoon to mix together the polenta, almond milk, water and salt. Bring the mixture to the boil (stirring occasionally) – or at least to the point where a lot of bubbles surface.

Reduce the heat to low and cook for 3 - 5 minutes, stirring frequently, or until the polenta is thick and creamy.

Transfer to polenta to a small-medium rectangular dish (mine was 5x7-in).

Spread the polenta evenly and place in the freezer for 10 minutes. Meanwhile, add a few shakes of salt to the diced eggplant. Set aside.

Turn out the polenta onto a plate or cutting board. Slice into small cubes (approximately 1x1-inch each). Set aside.

Preheat a skillet over medium heat. Grease well with cooking oil spray. Add the sliced bell pepper and carrot, and cook for 3 minutes, stirring occasionally with a spatula.

Add the diced eggplant, and cook for 2 minutes. Pour in the vegetable broth and cook for 2 minutes, stirring frequently. (Don't be surprised if there's a lot of steam when you add the broth).

Carefully use the spatula to fold through the polenta without breaking the cubes. Add the parsley and a few shakes of black pepper. Cook for 3-5 minutes, or until the polenta is warm and lightly browned. Taste for salt and pepper.

Serves 2

---

## *Kale Soup*

### Ingredients

- 2 tablespoons olive oil
- 1 yellow onion, chopped
- 2 tablespoons chopped garlic
- 1 bunch kale, stems removed and leaves chopped
- 8 cups water
- 6 cubes vegetable bouillon (such as Knorr)
- 1 (15 ounce) can diced tomatoes
- 6 white potatoes, peeled and cubed
- 2 (15 ounce) cans cannellini beans (drained if desired)
- 1 tablespoon Italian seasoning
- 2 tablespoons dried parsley
- salt and pepper to taste

### Directions

1. Heat the olive oil in a large soup pot; cook the onion and garlic until soft. Stir in the kale and cook until wilted, about 2 minutes. Stir in the water, vegetable bouillon, tomatoes, potatoes, beans, Italian seasoning, and parsley. Simmer soup on medium heat for 25 minutes, or until potatoes are cooked through. Season with salt and pepper to taste.

## *Garlic Kale and Quinoa (Side Dish or a snack)*

### Ingredients

- 2/3 cup water
- 1/3 cup quinoa
- 1 tablespoon olive oil
- 1 cup chopped kale
- 1 clove garlic, minced
- salt and ground black pepper to taste
- 1/4 teaspoon sesame oil
- 1 tablespoon water, or as needed

### Directions

1. Bring 2/3 cup water and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 15 to 20 minutes.
2. Heat olive oil in a skillet over medium heat; saute kale and garlic in the hot oil until kale is wilted, about 5 minutes. Season with salt and pepper.
3. Stir quinoa into kale mixture and add sesame oil; cook until flavors blend, about 5 more minutes. Add 1 tablespoon water to mixture to keep from sticking.



## *SPICY Quinoa Salad*

### Ingredients

- 1 cup quinoa
- 2 cups water
- 1/4 cup extra-virgin olive oil
- 2 limes, juiced
- 2 teaspoons ground cumin
- 1 teaspoon salt
- 1/2 teaspoon red pepper flakes, or more to taste
- 1 1/2 cups halved cherry tomatoes
- 1 (15 ounce) can black beans, drained and rinsed
- 5 green onions, finely chopped
- 1/4 cup chopped fresh cilantro
- salt and ground black pepper to taste

### Directions

1. Bring quinoa and water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 10 to 15 minutes. Set aside to cool.
2. Whisk olive oil, lime juice, cumin, 1 teaspoon salt, and red pepper flakes together in a bowl.
3. Combine quinoa, tomatoes, black beans, and green onions together in a bowl. Pour dressing over quinoa mixture; toss to coat. Stir in cilantro; season with salt and black pepper. Serve immediately or chill in refrigerator.

There are some fruit salads that are delicious and perfectly within the fast guidelines. Some chopped up fruit of any kind: apples, grapes, bananas with unsweetened almond or coconut milk are delicious. Add some almond slivers, pecans, cashews or pine nuts.

*Available Walking Trails*

**Publeo Park**

7663 W Lake Mead Blvd  
Las Vegas, NV 89128

**Peccole Ranch**

2000 S Hualapai Ave  
Las Vegas, NV 89135

**Craig Ranch**

628 W. Craig Road  
North Las Vegas, NV 89032

**City View**

101 E. Cheyenne Avenue  
North Las Vegas, NV 89030

**Lorenzi Park**

3343 W. Washington Avenue  
Las Vegas, NV 89107

**Knockerbocker Park**

10695 Dorrell Lane  
Las Vegas, NV 89149

**Clark County Wetlands Park**

7050 Wetlands Park Lane  
Las Vegas, NV 89122

*Available Walking Trails*

**Hidden Falls Park**

281 W. Horizon Dr  
Henderson, NV 89002

**Reunion Trails Park**

44 Chapata Drive  
Henderson, NV 89012

**Sonata Park**

1550 Seven Hills Drive  
Henderson, NV 89052

**Cornerstone Park**

1600 Wigwam Parkway  
Henderson, NV 89074

**Equestrian Park South and Trailhead**

1298 Equestrian Drive  
Henderson, NV 89015

**Ian Deutch Memorial Park**

1600 Honeysuckle Street  
Pahrump, NV 89048

**Being the Change  
We Want to See  
In 2018**