

Daniel Fast Recipes

TOFU SCRAMBLE

12 OZ SILKEN FIRM TOFU MASHED

½ MED ONION DICED

½ Red Bell Pepper DICED

1 CLOVE of GARLIC MINCED (more if you liked)

1 TABLESPOON OLIVE OIL

½ TO 1 TEASPOON TURMERIC

SALT AND PEPPER TO TASTE

CHOICE OF VEGETABLES: MUSHROOMS, PEPPERS, BROCCOLI,
TOMATOES, ETC
ABOUT 1- ½ CUPS TOTAL (MORE IF YOU LIKE)

Heat Olive oil in med sauté pan over med heat. Cook onions and garlic 'til golden and caramelized. Add remaining vegetables of choice and cook until tender crisp. Mix the turmeric with the mashed tofu.

Add the tofu mixture to the vegetables and cook until heated through. Salt and pepper to taste.

Serve on a plate or roll up in a warmed whole wheat tortilla.

Option:

Other seasonings may be added to your liking; hot sauce or cayenne pepper, salsa, tofu sour cream for example.

Tofu Bok Choy Stir Fry

1 lb firm or extra firm tofu

1 tablespoon peanut oil (other allowed oils)

3 to 4 scallions thinly sliced

1 good-sized bunch bok Choy (stalks and leaves), sliced crosswise and rinsed

2 cloves garlic, minced

3 to 4 Tbsp natural, good-quality soy sauce, or to taste

2 Tbsp water

1/4 cup coarsely chopped peanuts, optional

Cut the tofu into 1/2-inch-thick slices. Press tofu between clean tea-towels or several layers of paper towel, and then cut into 1/2-inch dice

Heat the canola oil in a stir-fry pan or wide skillet

Add the tofu and stir-fry over medium-high heat until golden on most sides

Add the bok choy, scallions, garlic, stir-fry sauce, and 2 Tbsp of water

Quickly stir together, then stir-fry for another 3 to 4 minutes, just until the bok choy and its leaves are wilted

Stir in the optional peanuts, drizzle with sesame oil and serve at once.

**Other vegetables (Broccoli, peppers, celery, snap peas, mushrooms, etc. may be added. Cook time will need to be adjusted.

Sweet Potato and Lentil Chili

2 tbsp. olive oil
1 onion, diced
2 bell peppers, diced
3 sweet potatoes, diced
3 cloves garlic, minced
2 cups vegetable broth
1 (15-oz.) can diced tomatoes with green chilis
2 cups cooked lentils
1 tbsp. chili powder
1 tbsp. cumin
1 tbsp. paprika
2 1/4 tsp. cayenne pepper, or more to taste

Kosher salt and freshly ground black pepper, to taste

Heat olive oil in a Dutch oven or large pot over medium high heat. Add onion and bell peppers, and cook, stirring occasionally, until tender, about 3-5 minutes. Add sweet potatoes and garlic and cook, stirring occasionally, until potatoes begin to soften, about 5-7 minutes. Stir in vegetable broth, diced tomatoes, lentils, chili powder, cumin, paprika, cayenne pepper, salt and pepper, to taste.

Bring to a boil; reduce heat and simmer until thickened, about 30 minutes.

Serve immediately.

Cuban Lentil Salad with Spicy Vinaigrette

6 Cups Water
1 1/2 tablespoons coarse sea salt
1 1/2 cups lentils, rinsed and picked over
6+ tablespoons extra virgin olive oil
4 large cloves garlic cut into slivers
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2-1 teaspoon cayenne pepper
1 teaspoon salt
1/4 cup white vinegar
4 green onions (white and light green parts) thinly sliced
1/4 cup finely diced Jicama
Zest of one lemon

Bring large pot of water to a boil/add sea salt. Add lentils; reduce the heat to low and cook covered for 30 min. Lentils should be tender but not mushy. Do not overcook. While lentils are cooking:

In a medium skillet, heat 1-2 teaspoons of Olive oil over medium /low heat. Add the garlic and cook gently for 5-6 minutes or until softened and just slightly golden. Do not Brown.

Remove skillet from the heat and add the cumin, coriander, cayenne and salt. Stir in the vinegar and then transfer the mixture to a large serving bowl.

Drain Lentils in a colander and immediately transfer them to the bowl. Toss together until the lentils are evenly coated with the dressing, then drizzle the remaining Olive Oil over the top and toss again just to mix.

Cool to room temperature, stir in the scallions, lemon zest and jicama. Serve immediately, or refrigerate for 1-2 hours to allow the flavors to marry.

Garnish with parsley and lemon wedges.

Potato, Tofu and Green Onion Scramble

This recipe takes some time, but it's a great breakfast meal for weekends on the Daniel Fast. It stores and reheats well. So make it ahead and enjoy it during the week when time is tight.

You will need a blender or food processor; plus a baking dish.

- 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
- 2 medium potatoes, shredded (or 2 cups of frozen shredded potatoes)
- 2 tsp. salt, divided
- 1/2 tsp. pepper, divided
- 2 lb. firm tofu
- 2-3 Tbsp. soy sauce, to taste

Preheat the oven to 350°F.

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.

Add the garlic and heat for another 30 seconds.

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.

Blend the remaining salt and pepper, the tofu, and soy sauce in a food processor until they are creamy.

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 and bake in preheated oven 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.

Yield: 4 Servings*** Options: other vegetables can be added such as broccoli, green/ red peppers, mushrooms.

Apricot-Nut Breakfast Bars

1 ½ cups old-fashioned rolled oats
2 tablespoons flaxseed meal (make your own meal by grinding flax seeds)
½ cup *unsweetened apple juice (juice your own if needed)
1 tablespoon extra-virgin olive oil
¼ cup almond butter
¼ cup **Date Honey**
½ cup diced dried apricots (**unsulfured**)
1/4cup chopped macadamia nuts
2 tablespoons raw sunflower seeds

Preheat oven to 350 degrees. Toast oats in a large skillet over medium heat 5-7 minutes or until oats are golden, stirring frequently. Transfer to a large bowl, and add flaxseed meal, apple juice, olive oil, almond butter, and Date Honey. Mix until well combined. Stir in apricots, macadamia nuts, and sunflower seeds.

Press into an 8 by 8-inch square pan that has been lightly rubbed with olive oil. Bake 15-20 minutes. Let cool in pan on a wire rack for about 5 minutes. Cut into 2 x 2 ½-inch bars and serve.

Yield: 12 servings (serving size: 1 bar)

Recipe Notes

- Store in an airtight container 3-4 days.
- Substitute your favorite dried fruit for the apricots: blueberries, cherries, dates, figs, or raisins. Make sure, though, that the fruit doesn't contain any added sugar or preservatives

Date Honey

1 cup pitted dates (about 6-8 Medjool or 18-20 Deglet Noor) No sugar added
1 cup water
½ teaspoon cinnamon

Pour dates and water into a small saucepan, making sure dates are completely covered (add additional water if necessary). Bring to a boil over high heat. Reduce heat to low and simmer 45-60 minutes or until dates are very soft and broken down. Remove from heat, and allow cooling slightly for about 15 minutes. Pour mixture (including liquid) into a blender or food processor and puree until completely smooth. Sprinkle in cinnamon and stir well; Store in a sealed container in the refrigerator to retain freshness.

Yield: 12 servings (serving size: about 1 tablespoon)

MUSHROOM BARLEY SOUP

3cups sliced fresh mushroom-combine types for extra flavor
2+ garlic cloves (more to taste as you like)
2T Olive oil
32 oz of Vegetable Stock
1/3 cup pearl Barley (quick cook is OK)
2T low sodium Soy Sauce (without yeast)
2-3 med carrots sliced
½ medium onion thinly sliced (or chopped)
salt and pepper to taste

Sauté mushrooms in Olive oil along with onions for about 4 minutes. Add stock, soy sauce and bring to a boil.

Stir in Barley, let boil for 2 min, lower heat and simmer for 20 min. Add carrots, dill (option) salt and pepper, cover and simmer for 15 min more or until Barley and carrots are tender.

You might have to add more liquid as it cooks. It Can be water or more stock. Adjust seasoning to taste. Enjoy!

The Best Vegetarian Chili in the World

Prep time: 15-20 min Ready in 1 hour/15-20 min

Cook Time : 1 Hour Serves 8

Ingredients:

1T Olive Oil

½ med onion chopped

2 bay leaves

1t ground cumin

2T dried oregano

1T salt

2 stalks celery chopped

2 jalapeno peppers chopped

3 cloves of garlic chopped

2 (4 ounce) cans chopped green chile peppers drained

3 28oz cans whole peeled tomatoes crushed (I use diced)

Fresh tomatoes can be used instead

¼ cup chili powder

1T ground Black Pepper

1 15oz can kidney beans drained

1 15oz can garbanzo beans drained

1 15 oz can black beans

1 16 oz can whole kernel corn

2 12 oz packages Soy vegetable crumbles (optional)

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

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

When vegetables are heated through, mix in the optional soy crumbles. Reduce heat to low, cover pot, and simmer 5-10 min.

Mix the tomatoes into the pot. Season chili with chili powder, and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Stir in the corn and continue cooking 5-10 min more before serving.

Garnish with soy sour cream. Enjoy

Southwestern Tofu Scramble

Serves 6

Make ahead and have ready for your busy mornings. No need to go without a healthy hearty Breakfast. Simply reheat a portion, roll up in a whole wheat tortilla and you're ready to roll.

Ground turmeric gives this egg-free scramble a golden hue. Leftovers (if any) make a great sandwich filling.

- 1 medium red bell pepper, diced (about 1 cup)
- 1 small carrot, diced (about ½ cup)
- 4 green onions, chopped (about ½ cup)
- 1 clove garlic, minced (about 1 tsp.)
- ½ tsp. ground cumin
- ¼ tsp. ground turmeric
- 1 14-oz. pkg. medium tofu, drained and crumbled
- ½ tsp. hot sauce
- 2 Tbs. chopped cilantro
- salsa, for garnish

Heat a large nonstick skillet over medium heat and coat with cooking spray. Add bell pepper and carrot, and cook 7 minutes, or until just tender. Stir in green onions, garlic, cumin, and turmeric, and cook 1 minute more. Add tofu and hot sauce, and cook 5 minutes, or until heated through and all liquid has cooked off. Stir in cilantro, and serve with salsa.

Suggestion: Serve with / toasted Whole Wheat Tortillas, tofu sour cream and a salad to round out your meal.

Spaghetti Squash

1. Prepare the Spaghetti Squash for Cooking

First, choose a spaghetti squash that feels heavy for its size. Then decide if you want to cook it whole or halved. It is easier to cook it whole, but takes longer.

To cook spaghetti squash whole: poke it all over with a fork so steam doesn't build up too much inside (no wants to clean up exploded squash). Whole squash can also be microwaved (see below).

To cook spaghetti squash halved: cut off and discard the stem end and cut the squash in half lengthwise. Spaghetti squash are big; this will take a large knife and a bit of brute strength. Use a large spoon to scrape out the seeds and attached strands. Lay halves cut-side-down on a lightly oiled baking sheet.

2. Roast or Microwave the Spaghetti Squash

I prefer roasting winter squash—but then I live in a cold house and having the oven going often sounds like a great idea.

To roast spaghetti squash: Preheat oven to 375°F and set whole or halved squash in the oven. Cook until a fork inserts easily through the skin and into the flesh of the squash, 60 to 90 minutes for whole squash, 45 to 60 minutes for halved. For a more detailed account, see this [Roasted Spaghetti Squash recipe](#).

To microwave spaghetti squash: Set whole spaghetti squash in the microwave and cook on high power for 5 minutes. Repeat with 2-minute increments until a fork inserts easily through the skin and into the flesh of the squash, up to 30 minutes total depending on the power of your microwave.

3. Cut Spaghetti Squash Open: If you cooked the spaghetti squash whole, you'll need to cut it open. If you cooked it halved, skip to step 5.

Cut off the stem end and then cut the spaghetti squash in half lengthwise. Since it's cooked, you won't meet a lot of resistance, so even weaklings like me can do this easily. A big knife is handy, though, just because spaghetti squash tend to be so large. ****Note that the squash will be hot and a lot of steam will come out as you cut it.**

4. Scoop Out Spaghetti Squash Seeds

Use a large spoon to scoop out the seeds from each half. Spaghetti squash tend to have fewer seeds than other winter squash and the "guts" are less easily distinguishable from the strand-like flesh of cooked spaghetti squash. Just make sure to get all the seeds out.

5. Scrape Out Spaghetti Squash

You can use the large spoon you used to scoop out the seeds, but I prefer to use a fork to really separate the strands of cooked spaghetti squash to scrape the flesh out of the shell. Scrape from top to bottom.

6. Voila! Spaghetti Squash!

Now you have a nice big bowl of lovely cooked spaghetti squash! I think it's delicious with just about anything on it. Plenty of people treat cooked spaghetti squash like spaghetti noodles and add tomato sauce on top.

Following are a variety of ways to enjoy this wonderful winter squash: Sauté sliced Zucchini in olive oil, garlic and onions and toss in with squash. Yummy! Tomatoes, Kalamata olives garlic and capers; or simply garlic and herbs in olive oil. Ideas are endless, use your imagination and have fun!

Garden Vegetable Soup

This recipe calls for fresh vegetables, but substitute with frozen varieties if they are not available. By the way, tests show that frozen vegetables actually retain more of their vitamins and minerals because they are frozen so soon after harvesting.

Ingredients:

- 4 tablespoons olive oil
- 2 cups chopped leeks, white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- Salt to taste
- 2 cups carrots, peeled and chopped into rounds (approximately 2 medium)
- 2 cups peeled and diced potatoes
- 2 cups fresh green beans, broken or cut into 3/4-inch pieces
- 2 quarts vegetable broth
- 4 cups peeled, seeded, and chopped tomatoes
- 2 ears corn, kernels removed
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup packed, chopped fresh parsley leaves
- 1 - 2 teaspoons freshly squeezed lemon juice

Preparation:

1. Heat the olive oil in large, heavy-bottomed stockpot over medium-low heat. Once hot, add the leeks, garlic, and a pinch of salt and sweat until they begin to soften, approximately 7 to 8 minutes.
2. Add the carrots, potatoes, and green beans and continue to cook for 4 to 5 more minutes, stirring occasionally.
3. Add the stock, increase the heat to high, and bring to a simmer.
4. Once simmering, add the tomatoes, corn kernels, and pepper. Reduce the heat to low, cover, and cook until the vegetables are fork tender, approximately 25 to 30 minutes.
5. Remove from heat and add the parsley and lemon juice. Season, to taste, with kosher salt. Serve immediately.

Yield: 6 servings

Greek Vegetable Stew

The Orthodox Greeks enter partial fasts as part of their religious practices. This recipe is one that's handed down and common among Greek families.

Ingredients:

- 2 tablespoons olive oil
- 2 onions, chopped
- 1 pound green string beans, broken in half
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini, chunked
- 4 yellow squash, chunked
- 2 cups chopped celery with leaves
- 4 tomatoes, quartered
- 1 teaspoon salt
- 8 slices lemon
- 1 tablespoon dried oregano
- 3 tablespoons fresh basil
- 2 cloves chopped garlic
- 2 tablespoons lemon juice

Preparation:

1. Lightly brown onions in a hot skillet in 2 tablespoons oil.
2. Add oregano and garlic, cook 1 minute.
3. Add 4 cups water and tomatoes. Cook 10 minutes.
4. Add remaining ingredients. Cook covered for 40 minutes, stirring occasionally.
5. Serve with a lemon slice in each bowl.

Yield: eight servings

RED BEAN SOUP

Beans are so rich in vitamins and protein. Plus they are excellent for our digestive systems! Serve this soup with a fresh vegetable plate and bean dip or a nice green salad.

Ingredients:

- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onion
- ¼ cup chopped green bell peppers
- 1 tablespoon minced garlic
- 4 bay leaves
- 2 cups dried red kidney beans, soaked overnight
- 1 tablespoon Special Seasoning, (recipe follows on next page)
 - 2 quarts vegetable stock
 - 1 teaspoon salt
 - 3 tablespoons chopped parsley
 - 1 cup diced carrots
 - 1 ½ cups cooked long-grain brown rice, warm
 - 6 tablespoons chopped green onions

Preparation:

1. Heat the oil in a large heavy pot over high heat. Add the onions, bell peppers, garlic, and bay leaves, and cook, stirring, for 2 minutes.
2. Add the beans and cook for 2 minutes.
3. Add the Special Seasoning and stock, stir well, and bring to a boil. Reduce the heat to medium and cook for 1 1/2 hours, until beans are tender, stirring occasionally.
4. Add the salt and parsley, cover the pot, and cook for 15 minutes. Discard the bay leaves. Remove 1 cup of beans from the pot and reserve.
5. With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
6. To serve, ladle a generous cup of the soup into each of 6 bowls.
7. Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

Yield: six servings

Special Seasoning

This seasoning is great for soups and to sprinkle over salads. You can also whisk the seasoning with extra virgin olive oil to spice up a simple green salad.

Ingredients:

- 2 ½ tablespoons paprika
- 2 tablespoons salt
- 2 tablespoons garlic powder
- 1 tablespoon black pepper
 - 1 tablespoon onion powder
 - 1 tablespoon cayenne pepper
 - 1 tablespoon dried leaf oregano
 - 1 tablespoon dried thyme

Preparation:

1. Place all ingredients into a small bowl.
2. Thoroughly mix with a whisk.
3. Store your Special Seasoning in an airtight jar or container.

Yield: about 2/3 cup

Tip: Play around with this recipe and make it your own.

Broiled Eggplant, Italian Style

2 oz Vinegar of choice (I use Balsamic Vinegar so it darkens the eggplant and adds a bit of sweetness)
2 oz olive oil
½ t dried crushed Basil
½ t dried crushed oregano
½ t dried crushed rosemary
½ t garlic either dried or fresh finely minced
1 large eggplant
8 oz crushed tomatoes (fresh finely chopped)
½ t pepper or to taste

Combine marinade ingredients in an airtight bag.

Peel (or not) eggplant and cut crosswise into ¾ inch slices. Add to the marinade; turn bag to coat evenly. Seal and refrigerate for 1 hour.

Drain excess marinade from bag. Arrange slices in one layer on a baking sheet. Broil about 6 inches from heat for about 5 min. on each side or until eggplant is tender and lightly browned.

Arrange alternate layers of eggplant and crushed tomatoes in a broiler proof baking dish, lightly seasoning each layer with pepper. Broil for about 2 min.

Enjoy with sautéed spinach and garlic in olive oil and some oven baked potato slices....Yummy!

Mastering Roasted Vegetables

All you need is salt, pepper and olive oil and two things to keep in mind: HEAT and SURFACE AREA. Heat, of course, cooks your food. At a very high temperature, sugars will caramelize (and proteins will brown), which is really what you want out of roasting vegetables. (And at an even higher temperature, of course, they will burn, which is what you really don't want out of roasting vegetables.)

Surface area: The more surface area you have directly touching the roasting pan or the hot air of the oven, the more caramelization you're going to get, because it's the outside of a piece of food that gets the most intense heat.

So this means two things: 1) Do not pile your vegetables on top of one another — **lay them out in one layer**. And 2) how you cut your vegetables really matters. Tiny pieces will have more exposed surface area relative to their insides than big chunks. And an elongated shape, like a domino, for instance, will have more surface area than a cube.

So, keeping these two things in mind, you can always adjust what you need to do get the results you want. You'd like more browning? Turn the heat up or cut your vegetables smaller. You'd like your vegetables more cooked and tender? Cut your vegetables smaller and turn the heat down. Like that roasted flavor, but not too much? Cut your vegetables bigger and/or turn the heat down.

Here's a list of some of my favorites, and how I like to cut them for optimal browning and tenderness:

Asparagus: Leave whole; peel if necessary.

Bell peppers: If not roasting over an open flame, cut these into 1-inch chunks.

Broccoli: Cut into 1- to 1½-inch diameter individual florets, the tips of which get charred beautifully crisp. Peel, then halve or quarter thick stems (which are delicious!).

Brussels sprouts: Halve them.

Butternut Squash/acorn squash: Peel, take out seeds and cut into cubes

Cauliflower: Treat like broccoli.

Corn: Cut into kernels; will cook very quickly and you may only want to brown one side.

Carrots: Cut a 1-inch chunk off the top end at a 45-degree angle. Roll the carrot a quarter turn and repeat. This weird oblique shape gives you lots of surface area to caramelize its abundant sugars. ½-inch coins or half-moons also work well.

Eggplant: Cut into 1½-inch chunks.

Fennel: Cut into 1-inch pieces.

Garlic cloves: Clean and leave whole

Green / string beans: Really! They're great. Just make sure they're tender; old, tough ones get tougher in the oven. Leave whole, stems removed.

Onions: Cut into 1½-inch wedges, and break apart into individual layers.

Parsnips: Treat like carrots.

Radishes: Leave whole if small, about 1 inch in diameter; otherwise cut in 1-inch pieces.

Sweet potatoes: Cut into 1-inch pieces.

Tomatoes: Cut 1-inch-wide wedges or ½-inch slices. They won't really brown well but can have a nice concentrated flavor. Grape tomatoes work too but be careful as they will explode so prick each one with the tip of the knife.

Turnips: Cut into 1-inch chunks.

Zucchini / summer squash: Cut into 1-inch chunks, or oblique-cut like carrots.

Preheat your oven to, say, 425. Again, you can go hotter or cooler, depending on what ratio of browning-to-tenderness you want, but this is a good temperature to get started with.

Cut your vegetables

In a big bowl, toss them with plenty of salt and pepper and good extra-virgin olive oil. Taste a piece. There should be enough salt for you to taste it fairly sharply, enough pepper to your liking, and enough olive oil to give every piece a nice sheen and for you to really taste it. The oil will conduct heat, giving you an even browning rather than little dry, scorch-y bits.

Spread the vegetables out on a baking sheet, making sure they're all in one layer. You don't necessarily need a lot of space in between pieces, but definitely don't crowd them on top of each other. Use multiple sheets if necessary.

Put in oven, in the middle or top rack. Hang out. After a while, you should hear sizzling, and it should get pretty intense after about 10-12 minutes if your pans aren't fully loaded and if you cut you according to my sizes above. Quickly, take your pan out and close the oven door to preserve the heat. Lift a few pieces and check the undersides to see how they're browning. If it's a light color, stick them back in and let them go. But if they're nicely browned, flip them over on the pan before returning them to the oven; most of the browning will take place on the side that touches the pan.

Listen again for the sizzle to build back up; you want to check on the vegetables while they're still sizzling — if the sound builds, then slows down, it probably means that the liquid is all sizzled out ... and you might be burning. But as long as you're checking on them about every 5 minutes after the flip, you'll be great.

Taste a piece. Is it tender and cooked through? Is the browning lovely? If the vegetables are softened but not brown enough, take them out, fire up the broiler and stick them in there to get good color. If they're as brown as you want them to be, but not yet tender, turn the heat down to 350 and sprinkle on some water, maybe a few tablespoons' worth, to cool the pan and to help create a little steam. And next time you can adjust your heat or surface area.

And to serve:

Mostly I'll just serve roasted vegetables as is, but you should feel free to fancy it up. Over Rice or tossed with whole wheat pasta is also nice. Roll up in a whole wheat tortilla for an "On the go meal"

A sprinkle of good vinegar or fresh lemon is always nice, a brightness to contrast with the deep, dark caramelized flavors. Or toss in some toasted nuts for richness, or maybe some raisins for a little sweet-tart action. Fresh hearty herbs, like thyme and oregano or basil, are a wonderful addition; adding them while the vegetables are still hot will help to bring out their flavor.

Roast Pumpkin Salad

Preheat Oven to 400 degrees

1-1/2 lb Pumpkin Or Butternut /Acorn squash
1t dried mint
1t ground Cumin
1t ground ginger
½ t dried chili flakes
½ t ground cinnamon
½ t cumin seeds
Sea Salt and freshly ground black pepper to taste

Place all spices except salt and pepper into mortar and pound with a pestle for a few minutes. You can use a spice grinder but be careful not to grind into a powder. Add the salt and pepper, then add 3 T extra Virgin olive oil and mix well.

Transfer to a bowl, add the pumpkin slices and rub the mixture over the pumpkin.

Place pumpkin slices onto a roasting pan (with sides), drizzle any remaining spice mixture over and then roast for 20 minutes or until tender.

Transfer to a plate and allow it to cool before drizzling with a little extra-virgin olive oil. A squeeze of lemon and a bit of lemon zest adds a burst of flavor.

Chickpea Dip

2 cans of garbanzo beans drained
1 t ground cumin
3 T extra-virgin olive oil
Sea salt and pepper to taste

Place all into a food chopper/processor and blend to a rough paste.

Heat another 3 T olive oil in a pan over med heat and sauté 1 thinly sliced onion until soft and turning a golden brown, about 5-7 min.

Add the onion to the chickpea mixture, combine well and serve.

Serve with sliced vegetables (celery, cucumbers, red and green peppers, boiled potato slices, etc)

Roasted Winter Fruits

2 firm pears of choice

2 firm apples: honeycrisp works very well. You do not want to use Macintosh as it is too soft and will break down.

Small bunch of seedless grapes

Olive oil

Pinch of salt and pepper(optional) But it will enhance the flavors

1 sprig of fresh Rosemary or ¼ tsp of dried rosemary

Preheat oven to 425 degrees. Lightly oil a flat baking sheet with sides.

Do not peel fruit. Simply core and slice Pears and Apples into about 6-8 slices.

Pull grapes off of stems and place all in a bowl.

Drizzle with olive oil, pull rosemary off of stem and sprinkle over fruits , toss well.

Lay fruit out in a single layer on the baking sheet.

Place into preheated oven for 10 minutes. Check for doneness. If you desire more color on fruit, place under broiler for a min or two being careful to watch as grapes will explode.

Options: drizzle with a bit of good quality Balsamic Vinegar and enjoy as a desert; stir into oatmeal for breakfast; into brown rice; serve on top of a salad. You can mash the fruit all together and use as a spread.

Ideas are endless-Enjoy!