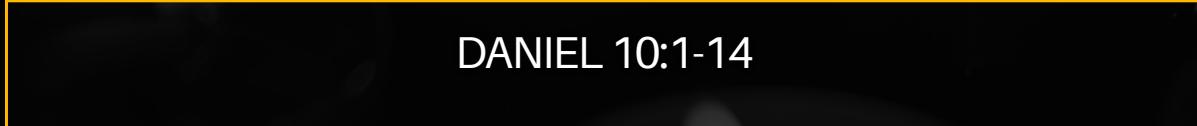




KINGDOM INSIGHT CHURCH

*Daniel Fast 2026*

# GUIDELINES & RECIPES



DANIEL 10:1-14



## **KIC Fasting Guidelines & Directives 2026**

### **Daniel Fast**

#### **Length**

The Fast will go from January 5th till the 25th.

#### **Type**

This will be a Daniel Fast, which is found in Daniel 10:3. It is a fast of “no pleasant foods, no meat, and no wine.

The Daniel fast is a fast of abstaining from pleasure. It is intended to cultivate an appetite for devotion to God. During the Daniel fast, one eats foods that sustain life but do not stimulate pleasure—simple, plant-based staples prepared plainly—while abstaining from celebratory and indulgent foods.”

#### **It is a fast of:**

- Removing meat and wine = removing celebration
- Removing pleasant breads/cakes = removing culinary pleasure
- Keeping simple food = sustaining life without feeding appetite
- Withdrawing from legitimate pleasure to heighten relational attentiveness.

#### **Directives**

Everyday, we will abstain from eating anything from 5:30am till 5:30pm. After 5:30pm, we may eat.

#### **Meeting Times**

We will meet everyday at 5:30am and 8pm to pray corporately, except on Tuesday nights—Tuesday Night Bible Study will be observed. On Saturdays, we will not meet at 5:30am. Rather, we will meet at 7am.

## Foods Allowed

### A. Grains (Simple, Unenriched)

- Whole grains
- Barley, wheat, millet
- Simple flatbread (no oil, sweeteners, or enrichments)
- Bread as sustenance (Deuteronomy 8:3)

### B. Vegetables

- All vegetables
- Cooked or raw
- Prepared plainly (boiled, baked, stewed without rich additives)
- Daniel 1:12 — “vegetables to eat”

### C. Legumes

- Lentils
- Beans
- Chickpeas
- Peas
- Staple protein sources in the ancient Near East.

### D. Fruits (In Moderation, Simply)

- Fresh or dried fruits
- Not prepared as desserts
- Not sweetened or combined into luxury dishes
- Fruit is natural sustenance, not a feast food by itself.

### E. Water

- Plain water
- Possibly simple infusions (historically herbs were common, not sweet drinks)

## Daniel 1:12

Note: The only animal that may be eaten during this fast is “fish,” because it is not considered meat (land or air animal). According to Leviticus 11, fish have their own dietary category. Listed separately from animals and birds. The Daniel fast is not defeated by eating fish; it is defeated by feeding appetite rather than consecration.

## Focus

Remember, this is not to be done in a spirit of legalism. Rather, this fast should honor the spirit of the discipline—consecration to God! This fast will focus on redirecting us to be devoted to the Lord. It will also expose any gods within our hearts. The goal of this fast is aid us in breaking free from any and every hindrance to us that hinders God’s kingdom expansion in 2026.

## Prayer & Meditation

When possible, you must be sure to make time throughout your day to spend personal time in prayer and meditation. You must be intentional about this. Also, make note of the things that God is revealing to your heart during these times of prayer and meditation, because these are crucial communications from the Lord that will aid you in being better postured to walk with Him in 2026.

## Special Service

There will be a special evening service on the 25th & 6:30pm to close the fast. It will be held in-person (weather permitting).

## Conclusion

Be determined to press in praising God through the fast. Maintain an attitude of thanksgiving for the opportunity to commune with the Lord through the fast. Draw closer to Him, and He will draw closer to you. (James 4:7-10)

## Ginger Veggie Stir Fry

Prep Time: 25 mins

Cook Time: 15 mins

Servings: 6

### Ingredients

- 4 tablespoons vegetable oil, divided
- 2 teaspoons chopped fresh ginger root, divided
- 1 ½ cloves garlic, crushed
- 1 tablespoon cornstarch
- 1 small head broccoli, cut into florets
- ¾ cup julienned carrots
- ½ cup snow peas
- ½ cup halved green beans
- 2 ½ tablespoons water
- 2 tablespoons soy sauce
- ¼ cup chopped onion
- ½ tablespoon salt, or to taste

### Directions

- Gather all ingredients.
- Place 2 tablespoons vegetable oil, 1 teaspoon ginger, garlic, and cornstarch in a large bowl; mix until cornstarch is dissolved.
- Add broccoli, carrots, snow peas, and green beans; toss lightly to coat.
- Heat remaining 2 tablespoons vegetable oil in a large skillet or wok over medium heat. Add vegetable mixture and cook for 2 minutes, stirring constantly to prevent burning.
- Stir in water and soy sauce; add onion, salt, and remaining 1 teaspoon ginger. Cook and stir until vegetables are tender but crisp.
- Serve hot and enjoy!

## Jamaican Cauliflower Curry

### Ingredients:

- 1 head of cauliflower, chopped into florets
- 1 can of chickpeas, drained and rinsed
- 1 can of coconut milk
- 1/2 cup of vegetable broth
- 1 red onion, finely chopped
- 1 orange bell pepper, sliced
- 1 tbsp garlic, minced
- 1 carrot, chopped
- 1 white potato, diced
- 1 tomato, diced
- 1 tbsp of Jamaican curry powder
- 1 sprig fresh thyme
- 1 tsp ground allspice
- 1 tsp Adobo seasoning
- 1/2 tsp smoked paprika
- Salt and pepper to taste
- A dash of olive oil for sautéing

### Instructions:

1. Sauté the Aromatics: In a large pot, heat olive oil over medium heat. Add the chopped onion, minced garlic, tomato and bell pepper. Sauté until the vegetables are translucent and the kitchen is filled with the incredible aroma.
2. Add the Jamaican Flare: Stir in the Jamaican curry powder and thyme. Let the spices toast for a minute, releasing their flavors and adding that authentic Jamaican touch.
3. Creamy Coconut Connection: Pour in the coconut milk and vegetable broth. Bring the pot to a gentle simmer
4. Add the cauliflower, potatoes, carrots, and chickpea, mix well to combine
5. Season to Perfection: Season your curry with salt and pepper as well as adobo, smoked paprika and all spice. Give it a good stir and let it simmer for a few more minutes to let all the flavors meld together and the vegetables are fork tender
6. Serve and Enjoy: Ladle the Jamaican-inspired Vegan Cauliflower Curry into bowls and serve it over a bed of fluffy rice or quinoa. Garnish with fresh cilantro for that final burst of flavor and color.

## Easy Veggie Curry (Daniel Fast-Friendly)

Serves: 4–6

### Ingredients

- 1 medium onion, diced - 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated - 1 tbsp curry powder (no sugar or additives)
- 1 tsp ground cumin - ½ tsp turmeric
- 1 (13.5 oz) can full-fat coconut milk, unsweetened
- 1 cup vegetable broth or water
- 1 cup cauliflower florets
- 1 cup diced sweet potatoes or regular potatoes
- 1 red bell pepper, chopped
- 1 cup zucchini, chopped
- 1 cup green peas or green beans
- 1½ cups cooked chickpeas (optional, for protein)
- Olive oil or water for sautéing
- Fresh cilantro (for garnish)
- Sea salt (optional)

### Instructions

- Heat olive oil or water in a large pot over medium heat.
- Add onion and sauté until soft and translucent.
- Add garlic and ginger; cook 1 minute.
- Stir in curry powder, cumin, and turmeric; toast spices for 30 seconds.
- Add coconut milk and broth; stir well.
- Add potatoes and cauliflower; simmer 10–12 minutes.
- Add remaining vegetables and chickpeas.
- Simmer another 10–15 minutes until vegetables are tender.
- Garnish with fresh cilantro and serve warm.
- Serving Suggestions (Optional)
- Serve over brown rice or quinoa
- Pair with sautéed greens
- Enjoy as a one-pot meal during the fast

## **Greek Vegetable Soup**

Prep Time 15 minutes Cook Time 40 minutes Total Time 55 minutes

### **Ingredients**

- 2 tablespoons oil
- 2 onions chopped
- 1 pound green string beans broken in half
- 1 16 ounce can white beans drained
- 1 package frozen or fresh spinach
- 4 cups water
- 6 zucchini chunked
- 4 yellow squash chunked
- 2 cups celery leaves
- 4 tomatoes quartered
- 1 teaspoon salt
- 8 slices lemon
- 1 tablespoon dried oregano
- 3 tablespoons fresh basil
- 2 cloves garlic chopped
- 2 tablespoons lemon juice

### **Instructions**

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

## **Nirvana Enchilada Casserole (Daniel Fast-Friendly)**

**Serves: 6–8**

### **Ingredients**

- 2 cups cooked brown rice or quinoa
- 2 cups cooked black beans (no salt added)
- 1 medium onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 2 cloves garlic, minced
- 2 cups homemade or Daniel Fast-approved enchilada sauce\*
- 1 cup corn kernels (fresh or frozen, optional)
- 1 tsp ground cumin
- 1 tsp chili powder
- ½ tsp smoked paprika
- Sea salt (optional, minimal)
- Fresh cilantro (for garnish)
- \*For Daniel Fast, enchilada sauce should contain only tomatoes, peppers, spices, garlic, and onion—no sugar or additives.

### **Instructions**

- Preheat oven to 375°F.
- In a large bowl, combine cooked rice/quinoa, black beans, onion, peppers, garlic, corn, and spices.
- Stir in 1½ cups enchilada sauce until well combined.
- Transfer mixture to a lightly greased baking dish.
- Pour remaining enchilada sauce evenly over the top.
- Cover with foil and bake for 30 minutes.
- Uncover and bake an additional 10–15 minutes.
- Garnish with fresh cilantro before serving.

## **Coconut Channa Saag (Daniel Fast-Friendly)**

**Serves: 4-6**

### **Ingredients**

- 2 cups cooked chickpeas (channa), rinsed
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 1 tsp ground cumin
- 1 tsp ground coriander
- ½ tsp turmeric
- ½ tsp garam masala (optional)
- 1 (13.5 oz) can full-fat coconut milk (unsweetened)
- 6 cups fresh spinach (or frozen, thawed and drained)
- 1 tbsp olive oil or water for sautéing
- Sea salt (optional)

### **Instructions**

- Heat olive oil or water in a large pan over medium heat.
- Sauté onion until soft and translucent.
- Add garlic and ginger; cook 1 minute.
- Stir in cumin, coriander, turmeric, and garam masala.
- Add chickpeas and coconut milk; simmer 10 minutes.
- Stir in spinach and cook until wilted and incorporated.
- Simmer another 5 minutes until thickened.
- Serve warm over quinoa or brown rice.

## **Lentil Quinoa Stew (Daniel Fast-Friendly)**

**Serves: 6**

### **Ingredients**

- 1 cup dry green or brown lentils, rinsed
- ½ cup quinoa, rinsed
- 1 medium onion, diced
- 2 carrots, chopped
- 2 celery stalks, chopped
- 3 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp thyme
- ½ tsp black pepper
- 1 (14.5 oz) can diced tomatoes (no salt added)
- 5 cups vegetable broth or water
- 2 cups chopped kale or spinach
- Sea salt (optional)

### **Instructions**

- In a large pot, sauté onion, carrots, and celery in water or olive oil until softened.
- Add garlic and spices; stir for 1 minute.
- Add lentils, quinoa, diced tomatoes, and broth.
- Bring to a boil, then reduce to a simmer.
- Cover and cook for 30–35 minutes, stirring occasionally.
- Add greens and cook 5 more minutes.
- Adjust seasoning if needed and serve hot.

## **Mediterranean Soup**

**Cook Time - 30minutes mins**  
**Total Time - 35minutes mins**

### **Ingredients**

- 1 ½ tablespoon olive oil, 1 onion, peeled and diced
- 2 carrots, peeled and diced, 1 celery rib, diced
- 2-3 garlic cloves, minced, 1 teaspoon paprika
- 1 teaspoon oregano, ¼ teaspoon thyme
- 2 cans (14oz – 400 gr each) chickpeas, drained
- 1 can (14oz – 400 gr) whole or diced tomatoes
- 2 ½ cup (600 ml) low-sodium vegetable broth
- ¾ teaspoon salt, ¼ teaspoon black pepper
- 2 bay leaves (optional), 1 tablespoon almond or wheat flour
- 6 oz (170 grams) fresh spinach (or 3 oz frozen)
- 1 to 2 tablespoons fresh lemon juice, or to taste (optional)

### **Instructions**

Heat the olive oil in a large pot or Dutch oven over medium heat. Add the diced onion, carrot, and celery. Cook, stirring often, until the onion has softened and is turning translucent, about 5 minutes. Next, stir in the garlic, paprika, oregano, and thyme. Cook until fragrant, about 1 minute.

Add the chickpeas, tomatoes, broth, salt, pepper, and bay leaves. Raise the heat and bring the mixture to a boil, then cover the pot, reduce the heat, and simmer for 20 minutes. Remove the bay leaves.

Add the flour and ¼ cup of cold water to a jar with a lid, shake until emulsified, and stir in the soup. Next, add the fresh spinach, a handful at a time, and stir until wilted (if using frozen, increase the cooking time accordingly). Turn the heat off.

Finish with lemon juice, then taste and season with more salt, pepper, and lemon juice until the flavours really sing.

## **Potato Chickpea Scramble (Daniel Fast-Friendly)**

**Serves: 4**

### **Ingredients**

- 2 cups cooked potatoes, diced (Yukon gold or red potatoes work best)
- 1½ cups cooked chickpeas, rinsed and drained
- 1 small onion, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp turmeric
- ½ tsp black pepper
- ¼ tsp cayenne pepper (optional)
- Olive oil or water for sautéing
- Fresh parsley or cilantro (for garnish)
- Sea salt (optional)

### **Instructions**

- Heat olive oil or water in a large skillet over medium heat.
- Add diced potatoes and cook until lightly golden and crisp, about 8–10 minutes.
- Add onion and bell pepper; sauté until softened.
- Stir in garlic and cook 1 minute.
- Add chickpeas, cumin, smoked paprika, turmeric, black pepper, and cayenne.
- Gently mash some of the chickpeas with the back of a spoon for a scramble texture.
- Cook for 5–7 minutes, stirring occasionally, until heated through.
- Garnish with fresh herbs and serve warm.

## **Stir-Fry Vegetables with Brown Rice**

**Prep Time 10 minutes Cook Time 20 minutes Total Time 30 minutes**

### **Ingredients**

- 1 tablespoon sesame oil
- 3 green onions finely chopped
- 3 tablespoons fresh ginger minced
- 4 cups fresh broccoli chopped
- $\frac{1}{2}$  pound fresh green beans chopped
- 2 carrots peeled and sliced on diagonal
- 1 bell pepper red, yellow, or orange
- 2 cloves garlic minced
- 4 cups greens chopped (kale, bok choy, spinach, collards, etc)
- 1 can sliced water chestnuts drained
- 1 cup of sliced mushrooms
- 3 cups cooked brown rice
- 2 tablespoons soy sauce
- 1  $\frac{1}{2}$  cups peas if frozen run under water to thaw
- $\frac{1}{2}$  cup toasted sliced almonds

### **Instructions**

1. Heat a deep skillet or wok over medium heat for about 1 minute. Add oil and heat
2. for 1 minute.
3. Add green onions and ginger. Sauté for 5 minutes.
4. Add broccoli, green beans, carrots, bell pepper, and garlic. Stir fry for 8-10 minutes.
5. Add greens and toss for about 2 minutes or until greens are wilted.
6. Stir in water chestnuts, mushrooms, brown rice, soy sauce, peas, and almonds.
7. Serve as a complete meal

## **Indian Flatbread aka Chapattis**

**Prep Time 15 minutes Cook Time 15 minutes Total Time 30 minutes**

### **Ingredients**

- 2 ½ cups fine whole wheat flour you can usually find this in the natural foods section of the supermarket or with the bulk foods
- 2 cups water or enough to make a soft dough
- 1 pinch salt

### **Instructions**

- Mix flour and salt in a large mixing bowl.
- Make a hole in flour and using your hand, mix in water to make soft dough.
- Knead for five minutes, return to the bowl, cover with wet cloth and refrigerate for an hour.
- Heat a cast iron skillet over medium high heat until very hot.
- Roll out 1/2 a handful of dough into a flat round shape and place in pan, cooking for 1 minute on each side
- Once turned, press gently with a towel, until brown.
- Repeat until all dough is used.

## **Garden Vegetable Soup**

**Prep Time 15 minutes Cook Time 15 minutes Total Time 30 minutes**

### **Ingredients**

- 4 tablespoons olive oil
- 2 cups chopped leeks white part only (from approximately 3 medium leeks)
- 2 tablespoons finely minced garlic
- salt
- 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

### **Instructions**

- Heat the oil in a 4-quart saucepan over medium-high heat. Add the leeks and garlic and cook for 2 minutes or until tender-crisp, stirring often.
- Add the carrots, potatoes, and green beans; cook until tender-crisp.
- Add the broth, tomatoes, and corn, and heat to a boil. Reduce the heat to low.
- Cover and cook for 10 minutes or until the vegetables are tender.
- Season to taste with salt and pepper.
- Sprinkle with the parsley and brighten with a squeeze of lemon.

## **Red Bean Soup**

**Cook Time 2 hours Total Time 2 hours 20 minutes**

### **Ingredients**

- 1 tablespoon olive oil
- 1 ½ cups chopped yellow onions
- 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
- 1 4 ounce can sliced mushrooms drained
- 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

### **Instructions**

- 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.
- Add the beans and cook for 2 minutes.
- Add the Special Seasoning (see recipe), canned mushrooms, 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.
- Add the carrots, 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.
- With a hand-held immersion blender, or in batches in a food processor, puree the red beans. Add the reserved beans, and stir well.
- To serve, ladle a generous cup of the soup into each of 6 bowls.
- Top each serving with 1/4 cup of the rice and 1 tablespoon of green onions.

**Daniel Fast Special Seasoning**  
**Prep Time 5 minutes Total Time 5 minutes**

**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

**Instructions**

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

## **Black Bean Hummus**

**Prep Time 5 minutes Total Time 5 minutes**

### **Ingredients**

- 1 clove garlic
- 1 16 ounce can black beans drained (reserve liquid)
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 1 teaspoon olive oil to drizzle
- 1/4 teaspoon paprika sprinkle

### **Instructions**

- Crush garlic clove and place in food processor.
- Add black beans, lemon juice, tahini, cumin, salt and cayenne pepper; process
- until smooth.
- Add enough of the reserved liquid (1 tablespoon at a time) from the beans to
- reach desired consistency, pulsing after each addition.
- If desired, drizzle with olive oil and sprinkle with paprika. Serve with baked
- tortilla chips, crackers, or sliced vegetables.

## HUMMUS

### Ingredients

- 1 (15-oz.) can chickpeas, drained, rinsed
- 1/2 tsp. baking soda
- 1/2 cup tahini
- 3 Tbsp. fresh lemon juice
- 1/4 cup extra-virgin olive oil, plus more for serving
- 1/2 tsp. (or more) ground cumin
- 1/4 tsp. (or more) cayenne pepper
- tsp. Kosher salt
- Aleppo-style pepper or paprika and chopped fresh parsley, for serving (optional)

### Instructions:

#### Step 1

In a medium pot, cover chickpeas and baking soda with water by about 2". Cover pot and bring to a boil. Cook until chickpeas begin breaking down, about 15 minutes. Drain, then rinse chickpeas.

#### Step 2

Transfer chickpeas to a food processor. Add tahini and lemon juice. Pulse until mixture is smooth, about 2 minutes. With the motor running, slowly add oil until combined. Add cumin, cayenne, and 1 1/2 tsp. salt and pulse again to combine; adjust seasonings as needed. Add 1 Tbsp. water and continue to blend until hummus is smooth.

#### Step 3

Transfer hummus to a serving bowl. Drizzle with more oil and sprinkle with Aleppo-style pepper and parsley (if using).

## **Ethiopian Cabbage Dish**

### **Ingredients**

- $\frac{1}{2}$  cup olive oil
- 4 medium carrots, thinly sliced
- 1 medium onion, thinly sliced
- $\frac{1}{2}$  head green cabbage, shredded
- 1 teaspoon sea salt
- $\frac{1}{2}$  teaspoon ground black pepper
- $\frac{1}{2}$  teaspoon ground cumin, or to taste
- $\frac{1}{4}$  teaspoon ground turmeric, or to taste
- 5 medium potatoes, peeled and cut into 1-inch cubes

### **Directions**

Heat olive oil in a skillet over medium heat. Add carrots and onion; cook and stir until beginning to soften, about 5 minutes. Stir in cabbage, salt, pepper, cumin, and turmeric; cook for 15 to 20 minutes.

Add potatoes; reduce heat to medium-low, cover, and cook until potatoes are soft, about 20 minutes.

## Roasted Sweet Potato and Chickpea Stew

### Ingredients

- 3 sweet potatoes, about 1.5 lbs, washed, peeled and cut into 1-inch cubes
- 1 large red onion, roughly chopped
- 6 cloves garlic, divided
- 2 carrots, peeled and chopped, divided
- 2 celery ribs, chopped
- 1 15 ounce can fire roasted diced tomatoes
- $\frac{1}{2}$  tsp red pepper flakes, optional
- $\frac{1}{2}$  tsp smoked paprika
- $\frac{1}{2}$  tsp ground coriander
- $\frac{1}{2}$  tsp ground cumin
- 1 tsp dried oregano
- Salt & pepper to taste
- 2 tbsp fresh lemon juice
- 2-3 sprigs flat leaf parsley, chopped

### Instructions

- Preheat the oven to 425 degrees and line a large baking sheet with aluminum foil.
- Spread sweet potato, onion, half of the carrots, and 4 whole cloves of garlic onto a baking sheet. Season with salt and pepper and drizzle with olive oil.
- Bake in preheated oven for 30 minutes. Remove from oven and set aside.
- In the meantime, heat oil over medium heat in a pot or dutch oven.
- Chop remaining garlic and add to the pot, along with celery and remaining carrots. Cook, stirring until slightly softened.
- Add in tomatoes and juice and scrape up brown bits from the bottom of the pot with a wooden spoon.
- Add in chickpeas and spices; stir.
- Add vegetable broth and stir. Bring to a boil and then cover and reduce heat to low.
- Simmer for 20 minutes or until chickpeas are tender.
- Add roasted vegetables and stir. Cook another 2-4 minutes or until heated through.
- Stir in lemon juice and season to taste with salt and pepper. Garnish with chopped parsley and serve.

## Corn Chowder

### Ingredients

- ½ tablespoon extra-virgin olive oil
- ½ cup diced onion
- 4 cups Vegetable Broth or water see Recipe Notes
- 1 pound Yukon Gold or Russet potatoes, peeled and diced (about 3 cups)
- 1 clove garlic, minced
- 1 teaspoon dried parsley flakes
- ½ teaspoon salt
- 1/8 teaspoon pepper
- 3 ½ cups fresh corn kernels
- ½ cup unsweetened almond, rice, or soy milk

### Instructions

- Heat olive oil in a large saucepan, and add onions. Cook until soft and translucent.
- Add water, potatoes, garlic, parsley, salt, and pepper. Bring to a boil. Reduce heat and simmer, covered, 15-20 minutes or until potatoes are tender.
- Add corn and almond milk. Cook, uncovered, over medium-low heat for another 10 minutes.
- Place 3 cups of soup in a food processor or blender, and process about 15 seconds. Return to saucepan.
- Stir well, and serve.
- Yield: 8 servings (serving size: 1 cup)

## **Briam (Greek Baked Zucchini and Potatoes)**

**Prep Time: 30 mins - Cook Time: 1 hr 30 mins**

### **Ingredients**

- 2 pounds potatoes, peeled and thinly sliced
- 4 medium zucchini, thinly sliced
- 4 small red onions, thinly sliced
- 6 ripe tomatoes, puréed
- $\frac{1}{2}$  cup extra-virgin olive oil
- 2 tablespoons chopped fresh parsley (Optional)
- sea salt and freshly ground black pepper to taste

### **Directions**

- Gather all ingredients. Preheat the oven to 400 degrees F
- Spread potatoes, zucchini, and red onions in an extra-large baking dish (9x13-inch or larger, or 2 baking dishes).
- Cover with puréed tomatoes, olive oil, and parsley; season liberally with sea salt and pepper. Toss until vegetables are evenly coated.
- Bake in the preheated oven for 1 hour. Stir gently, then continue baking until vegetables are tender and moisture has evaporated, about 30 minutes more.

### **Recipe Tip**

Add up to 1/4 cup of water if the vegetables are too dry after the first hour of baking. Don't add too much liquid, however, as there should be no water left at the end of baking.