

Pamela

For lunch I'm having a Morning Star Black Bean Veggie Patty topped w/ mushrooms, broccoli, corn and an apple. Delicious!!!!

Posted on Fri, Jan 8, 2010 @ 10:16 AM CST

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Kerrie Barree

Southwest Pasta Salad

1 15 oz. can black beans, rinsed

1 11 oz. can corn, drained

1 8 oz. box whole wheat pasta spirals

1 whole red bell pepper, chopped

1 medium white onion, chopped

1 whole jalapeno pepper, seeded and chopped

2 medium tomatoes, chopped

1 whole lime, zest

Cilantro dressing

Rinse the black beans and place in a large bowl

Add drained corn and cooked pasta spirals

Toss in the zest of one lime

Add the remaining ingredients

Add the Cilantro dressing

Cilantro Dressing

1 bunch cilantro leaves

2 teaspoons minced garlic (I use it from a jar)

1 teaspoons sea salt

1 teaspoon pepper

1 teaspoon cumin

1/3 cup olive oil

1 whole lime, juiced

Place all ingredients in a food processor and blend for a minute

Posted on Fri, Jan 8, 2010 @ 10:36 AM CST

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Linda

This combination can be eaten during lunch or dinner:

One bowl of pinto (red) beans seasoned with onions and green peppers, two corn tortillas with guacamole and fresh pico de gallo. This combination can be eaten as a burrito.

For anyone who prefers to eat out, Spiral Diner and Bakery is a vegan eatery located in Dallas (Oak Cliff) and Ft. Worth.

Posted on Fri, Jan 8, 2010 @ 10:47 AM CST

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Norissa Stutson

I recommend Genghis Grill on 67 South and Main St. You can make your own bowl combination using different ingredients to include tofu, brown rice, veggies, fruits and different spices. A nice hot meal to fill your belly.

Posted on Fri, Jan 8, 2010 @ 11:22 AM CST

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Montez

TUSCAN BEAN SOUP

- 1 1/2 cups of yellow onions - diced
- 1 cup of celery - diced
- 1 cup of carrots - diced
- 2 teaspoons of garlic
- 3 tablespoons of olive oil

- 1 can of kidney beans (15.5 ounce) - rinsed and drained
- 1 can of cannellini beans (15.5 ounce) - rinsed and drained
- 1 can of chick peas (15.5 ounce) - rinsed and drained
- 1 can of diced tomatoes (14-ounce)
- 6 cups of vegetable stock
- 1 tablespoon of fresh rosemary
- 1 tablespoon of fresh thyme
- 2 tablespoons of fresh basil
- 8 ounces of baby spinach - washed

In a large soup pot, heat the olive oil over medium heat.

Sauté the onion, celery, carrot and garlic for 3 to 4 minutes.

Finely chop the FRESH rosemary, thyme, and basil and add them to the pot.

Add the diced tomatoes, the kidney beans, cannellini beans, chick peas, and the vegetable stock. (feel free to use any type of beans you prefer)

Bring the pot to a boil and then turn down heat to simmer. Simmer for approximately 10-12 minutes or until the vegetables are tender.

Add the spinach, and recover the pot. It will take approximately 1-2 minutes for the spinach to wilt.

Season with salt-seasoning (Mrs. Dash) and freshly ground black pepper, to taste.

Posted on Fri, Jan 8, 2010 @ 11:46 AM CST

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Andrea

Mexican rice and black beans

Ingredients

1 cup raw brown rice

16 oz jar salsa

15 oz can no salt added black beans

16 oz frozen corn

14.5 oz can no added salt diced tomatoes

1 tsp ground cumin

12 oz water

Add all ingredients to a 13 x 9 baking dish mix well. Cover tightly with foil and bake at 375 for about 1.25 hours or until rice is cooked and mixture thickens.

Posted on Fri, Jan 8, 2010 @ 12:04 PM CST

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Marilyn

A SPIRITUAL COMMITMENT TO GOD

Daniel 10:3 KJV I ate no pleasant food, no meat or wine came into my mouth, nor did I anoint myself at all, till three whole weeks were fulfilled."

Thank you all for these wonderful recipes they will definitely help me and my family through the 40-Day. I hope that this scripture will encourage us toward a self-sacrificing love that will allow the Spirit to lead us. While reading this verse, I was reminded that maybe I shouldn't invest too much time trying to find something 'pleasant' to eat. My meal may not always taste good during the fast, and that's okay. Sometimes it will and sometimes it won't, and that is okay. Sometimes I may feel weak and hungry - a side-effect of sacrifice. This should draw me to seek strength in the Lord and to let Him fill my empty places as only He can.

Love you Concord! Be encouraged!

Posted on Fri, Jan 8, 2010 @ 12:28 PM CST

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Marilyn

I'm going to check out this diner in Oak Cliff right off Beckley. I learned about in Small Group! Visit this website for more information: <http://www.spiraldiner.com/main/index.htm>

Posted on Fri, Jan 8, 2010 @ 12:54 PM CST

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Donna

SOFT TACO

CRUMBLED CHIPOTLE BLACK BEAN BURGER

(MORNINGSTAR, AVAILABLE AT COSTCO IN BULK)

SHREDDED LETTUCE

DICED TOMATO

SALSA

GRATED jalapeño ALMOND CHEESE (FOUND AT COX MARKET IN DINCANVILLE OR SPROUTS IN CEDAR HILL)

HONEY MUSTARD DRESSING

WHOLE WHEAT STONE GROUND TORTILLA

WARM FROZEN BLACK BEAN BURGER IN THE OVEN AT 350 FOR ABOUT 10 TO 15 MINUTES, THEN CRUMBLE TO RESEMBLE GROUND BEEF. WARM TORTILLA IN MICROWAVE THEN BUILD TORTILLA USING THE LISTED ITEMS. MAKE THE HONEY MUSTARD DRESSING BY MIXING "VEGANNAISE" (AVAILABLE AT COX MARKET OR SPROUTS), MUSTARD AND HONEY TO THE DESIRED CONSISTENCY. LINE TORTILLA WITH DRESSING IF DESIRED. ADD SALSA IF DESIRED FOLD AND ENJOY! KEEP IN MIND THAT THE CHEESE AND THE BURGER ARE SPICY HOT AND SALSA WILL MAKE IT HOTTER!

WARNING! THESE THINGS ARE HABIT FORMING! I PRACTICALLY LIVED ON THESE LAST YEAR AND I EAT THEM ALL YEAR LONG.

Posted on Fri, Jan 8, 2010 @ 1:30 PM CST

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Gina

Ranch Style Bean Soup

1 cans Ranch Style Beans

1 1/2 cup Brown Rice

1 Bag Frozen Mixed Veggies (green beans, carrots, corn, peas, etc.)

1 can Tomato Sauce

1/2 cup chopped onion

4 cups of water

Garlic Powder to taste

Sea Salt to taste

Pepper to taste

Combine all ingredients in pot and bring to boil. Add seasoning to your liking. Adding extra pepper will give it a spicy taste.

Posted on Fri, Jan 8, 2010 @ 1:33 PM CST

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Kimberly James

Rice stuffed peppers

4 medium-size green bell peppers

1 large onion, chopped

1 tablespoon olive oil

1 (16-ounce) jar spaghetti sauce, divided

1 cup cooked long-grain rice

1 cup vegetarian burger crumbles, I used Morning Star

2 tablespoons chopped fresh parsley

1/4 teaspoon pepper

Preparation

Cut off tops of bell peppers; remove seeds and membranes, and place bell pepper cups in a lightly greased 8-inch square baking dish. Remove stems from tops, and discard; chop bell pepper tops.

Sauté chopped bell pepper and onion in hot oil in a large skillet over medium-high heat about 5 minutes. Remove from heat, and stir in 1 1/2 cups spaghetti sauce and next 5 ingredients. Spoon mixture evenly into bell pepper cups. Top evenly with remaining 1/2 cup spaghetti sauce.

Bake, covered, at 400° for 45 minutes.

Posted on Fri, Jan 8, 2010 @ 1:50 PM CST

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Christine

## Curry Chana

1/4 cup of curry powder (can be found in the seasoning section)

3 tablespoons of olive oil

1/2 tsp minced garlic (optional)

1/2 white onion

3 large potatoes or 7 smaller yellow potatoes (organic) - cut up into large bite size pieces

1 can of organic garbanzo beans (drained)

Sea Salt

(Any seasonings desired- i.e. oregano etc)

In a heavy bottom pot, heat oil. In a small cup add a little water to the curry powder to make a paste. Once the oil is hot, add the curry paste to the oil and "brown" the paste to release the flavors (mix it around, but don't burn it).

Next add in the onions, potatoes, garlic, and drained can on garbanzo beans. Immediately add enough water to just barely cover all the contents. Season and Stir periodically to avoid the bottom burning.

Cover, lower heat and cook until the potatoes are soft (don't break up the potatoes, they should still be in chunks) and the mixture has thickened up (let some of the water dry up. Serve over cooked brown rice.

On Sundays (and after the fast) - replace the garbanzo beans with Chicken. Then you have West Indian Curry Chicken!

Posted on Fri, Jan 8, 2010 @ 2:06 PM CST

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Kim James

I recommend the following restaurants:

Sweet tomatoes <http://www.sweettomatoes.com/>;

The spiral diner [www.spiraldiner.com](http://www.spiraldiner.com);

The cosmic cafe <http://cosmiccafedallas.com/menu.htm>;

Posted on Fri, Jan 8, 2010 @ 2:07 PM CST

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Maugarra

Cabbage Soup

1 cup mushrooms, chopped

2 onions, diced

2 green peppers, diced

1 can (28 oz) tomatoes

1 bunch of celery, chopped

1 large head of cabbage, chopped

6 cans vegetable broth

Seasoning of your choice (pepper, sea salt, salt-free curry powder, onion powder, and/or parsley)

Place vegetables in stockpot and cover with water. Boil for 10 minutes. Reduce heat to simmer and continue cooking until vegetables are tender (45 minutes to 1 hour).

Posted on Fri, Jan 8, 2010 @ 2:07 PM CST

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Grover

This is my favorite recipe that Yevette prepares. It is a great vegetarian chili.

Ingredients

1 tablespoon olive oil

1/2 medium onion, chopped

2 bay leaves

1 teaspoon ground cumin

2 tablespoons dried oregano

1/2 tablespoon sea salt

2 stalks celery, chopped

2 green bell peppers, chopped

2 jalapeno peppers, chopped\*\*

3 cloves garlic, chopped

2 (4 ounce) cans chopped green chile peppers, drained

2 (12 ounce) packages vegetarian burger crumbles

3 (28 ounce) cans whole peeled tomatoes, crushed (I used plain diced tomatoes too)

1/4 cup chili powder\*\*

1 tablespoon ground black pepper\*\*

1 (15 ounce) can kidney beans, drained & rinsed

1 (15 ounce) can garbanzo beans, drained & rinsed

1 (15 ounce) can black beans, drained & rinsed

1 (15 ounce) can whole kernel corn, no sodium/salt

\*\*This recipes as written carries some heat. I reduced the heat by only using 1/2 to 1 whole jalapeño, 1 to 2 tablespoons of chili powder and 1/4 to 1/2 tablespoon of ground black pepper. You decide how hot you want the chili. Remember seasoned tomatoes of any kind have added sugar. You want to use the plain tomatoes with water. Same with the beans, some come with bacon. Read the ingredients on the labels of all your foods. This is a good lifestyle habit to develop. This recipe will make a stock pot of chili and it freezes well.

#### Directions

Heat the olive oil in a large pot over medium 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 vegetarian burger crumbles. Reduce heat to low, cover pot, and simmer 5 minutes.

Mix the tomatoes into the pot. Season chili with chili powder and pepper. Stir in the kidney beans, garbanzo beans, and black beans. Bring to a boil, reduce heat to low, and simmer 45 minutes. Stir in the corn, and continue cooking 5 minutes before serving.

#### Nutritional Information

Amount Per Serving Calories: 390 | Total Fat: 7.9g | Cholesterol: 0mg

Posted on Fri, Jan 8, 2010 @ 2:08 PM CST

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Tiffany Johnson

2 large sweet potatoes, peeled and diced

1 tablespoon olive oil

1 large garlic clove, minced

1 small chile, seeded and minced

One 15-ounce can black beans, drained and rinsed

One 14.5-ounce can diced tomatoes, drained

1 tablespoon chili powder

Salt and freshly ground black pepper to taste

2 cups salsa

8 corn tortillas

1/4 cup finely chopped red onion

1. Preheat oven to 400F. Put the sweet potatoes on a lightly oiled baking sheet in a single layer and roast for 20 minutes, turning once, until they're tender. Remove from oven and set aside.
2. Turn oven down to 350F. Heat the oil in a large skillet over medium heat. Add garlic and chile and cook about 30 seconds, stirring constantly, until fragrant. Add beans, tomatoes, chili powder, and salt and pepper to taste. Add cooked sweet potatoes and simmer mixture 5 minutes. Set aside.
3. Spread a thin layer of salsa on the bottom of a lightly oiled 9 x 13-inch baking dish and set aside.
4. Place a tortilla on a flat work surface, spoon a portion of the sweet potato mixture down the center of it and roll it up. Place the filled enchilada in the baking dish with the seam side down. Repeat with remaining tortillas and sweet potato mixture. If there's any filling left over, spoon it on top of the enchiladas, then top with remaining salsa and sprinkle with red onion.
5. Cover and bake until casserole is hot and bubbly, about 20 minutes. Serve immediately.

Serves 8.

Posted on Fri, Jan 8, 2010 @ 2:12 PM CST

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Tiffany

The recipe I posted earlier is for Black Bean and Sweet Potato Enchiladas

Posted on Fri, Jan 8, 2010 @ 2:15 PM CST

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Maugarra

Shortcut Minestrone Soup

2 qt (8 cups) water

2 cans (14 ½ oz. each) diced tomatoes

1 pkg (10 oz) frozen chopped spinach

2 medium carrots sliced

1 medium onion, chopped

1 cup whole grain pasta

Place all ingredients in stockpot.

Bring to boil on medium-high heat, stirring occasionally. Reduce heat to medium-low; simmer 15 minutes or until carrots are tender, stirring occasionally.

Quick Minestrone

1 table olive oil

2 cups chopped carrots

1 cup chopped onion

1 cup chopped celery

3 cloves garlic, chopped

1 (28 oz) can crushed tomatoes

1 can vegetable broth

1 cup water

¼ tsp sea salt

2 cups spinach

1 (15 oz) can small white (navy) beans, rinsed and drained

2/3 cups cooked whole grain pasta

Heat olive oil in a large, heavy saucepan over medium heat. Add the carrots, onions, celery, and garlic; sauté 10 minutes or until vegetables are crisp-tender.

Stir in the tomatoes, broth, water, sea salt, and bring to a boil. Cover, reduce heat, and simmer 20 minutes or until carrots are tender. Add the spinach, cover, and simmer for 5 minutes. Stir in the beans and pasta, simmer until hot.

Posted on Fri, Jan 8, 2010 @ 2:18 PM CST

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Cheryl Johnson

Garlic & Herb Roasted Potatoes

2 large russet potatoes

1/4 cup canola oil or olive oil

1 tsp spoon sea salt

1 tbl spoon black pepper

1 tbl spoon garlic powder \*

1 tbl spoon crushed basil leaves \*

1 tsp onion powder \*

Wash potatoes thoroughly and pat them dry with a paper towel. Dice potatoes in small squares leaving the skin on. Place diced potatoes in a large mixing bowl. Add oil and stir until potatoes are covered. Then add sea salt, black pepper & remaining seasonings.

Stir/mix well until potatoes are fully covered. Spread potatoes evenly on a baking sheet lined with foil. Place baking sheet in oven and broil until done. Potatoes will turn brown and crisp once they're done.

\*These seasonings are some of my favorites. You can try substituting them with any of your favorites as well.

Enjoy!!

Posted on Fri, Jan 8, 2010 @ 2:30 PM CST

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Ajuanya

## Roasted Yukon Gold and Sweet Potatoes

Serves 6

3 to 4 medium Yukon Potatoes

2 large sweet potatoes

1 onion

3 Tablespoons Olive Oil

½ bunch fresh parsley

½ bunch fresh cilantro

½ bunch fresh mint

½ Tablespoon Minced garlic from the jar

1 tablespoon cracked pepper

1. Yukon Potatoes – Cut into small cubes with the skin on
2. Sweet Potatoes – Peel the potatoes using a vegetable peeler. Cut sweet potatoes into the same small cubes as the Yukon potatoes
3. Cut the onion into small dices similar to the potatoes
4. Wash and dry the herbs on a paper towel. Gather all the fresh herbs onto your cutting board. Roll them into one bunch and hold on the board horizontally; chopped the herbs as fine as possible.
5. Toss all of the ingredients on a sheet pan
6. Roast in the oven at 425 degrees for 15 to 20 minutes, tossing often to prevent sticking

Why use Yukon Gold Potatoes? Yukon Gold's are sweeter than the Idaho potatoes. Once they are roasted they have a natural sweet taste. The dish will not be as flavorful with Idaho potatoes.

Posted on Fri, Jan 8, 2010 @ 3:45 PM CST

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Ajuanya Choice

Three Vegetable Penne Pasta

Serves 6

3 cloves garlic

2 cups fresh basil leaves

3 tablespoons pine nuts

½ cup veggie tofu cheese (optional)

1 dash pepper

Substitute lemon juice for salt

1/2-cup extra virgin olive oil

4 medium Zucchini, cut lengthwise

1-pound fresh green beans

1-pound asparagus

Wheat Penne Pasta

Optional -

Garlic Herb Seasoning, to taste

Fresh cracked Pepper, to taste

Sea Salt, to taste

Pesto Sauce

Add the garlic to the food processor and mince.

Next, add the basil leaves, pine nuts, and a dash of salt and pepper to the bowl of the processor.

While the processor is running, slowly drizzle in olive oil through the feed tube until all the ingredients are pureed.

You may need to stop the processor at this point and scrape down the sides with a rubber spatula to get every mixed together.

Now add tofu and mix it into the rest of the mixture. If the pesto is too thick, add a tablespoon of water.

Vegetables and Pasta

Bring a large pot of water to a boil and cook the pasta to al dente

While the pasta is cooking steam the vegetable in basket above the pasta

Combine the vegetables, pasta and pesto sauce

Finish with crumbled tofu

Can be eaten warm or room temperature (adjust seasoning accordingly)

Toss all and eat!

Posted on Fri, Jan 8, 2010 @ 3:47 PM CST

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Lajuana Sherman

Oven Roasted Vegetables

2 Large Yellow Squash (cut in large chunks)

2 Large Zucchini Squash (cut in large chunks)

1 Large Egg Plant (cut in large chunks)

1 pkg (fresh) whole or sliced mushrooms

1 bunch green onions

1 large red bell pepper

1 large yellow bell pepper

1 large green bell pepper

Mrs. Dash Seasoning (original or garlic flavor) season to taste

3 or 4 chopped garlic cloves or 1 tbl spoon of minced garlic

Black Pepper

Red Pepper Flakes (optional)

1/3 cup of olive oil

Line roasting pan or Pyrex dish with heavy duty foil leaving enough room to overlap; place all vegetables and seasoning in pan... pour olive oil over vegetables...stir (coating all vegetables with oil)... close foil tightly... bake on 350 degrees for 30 degrees or until all vegetables are tender. This will work on the grill as well.

Posted on Fri, Jan 8, 2010 @ 4:48 PM CST

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Lajuana Sherman

Correction to Roasted Vegetables cook for 30 minutes not 30 degrees...

Posted on Fri, Jan 8, 2010 @ 4:51 PM CST

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Yolanda

Papadeaux: If you like Papadeaux like I do, they have the absolute BEST broccoli and baked potatoes. They will look at you crazy for ordering it, but just explain to them why you want it and trust me you will go back for more.

Posted on Fri, Jan 8, 2010 @ 7:37 PM CST

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Kerrie Barree

Steel Cut Oatmeal---my new favorite breakfast

McCaan's Irish Steel Cut Oatmeal (available at Sprouts)

Sprouts Natural Apple Juice

\*\*Earth Balance Peanut Butter with flaxseed (available at Sprouts) (optional)

Cook the McCaan's Steel Cut Oatmeal according to the directions on the box.

Substitute the water with apple juice (adds natural sweetness to the oatmeal)

\*\*Once the oatmeal is fully cooked, add a dallop of peanut butter for extra protein.

Posted on Fri, Jan 8, 2010 @ 8:13 PM CST

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Toya

Cheddar's has a vegetable plate that comes with a soup or salad. Very good with many different choices.

Posted on Fri, Jan 8, 2010 @ 9:04 PM CST

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Sonya Diggs

My favorite restaurant is Macaroni Grill in Cedar Hill, where you can order "Create Your Own Pasta". My favorite is: Whole wheat penne pasta, with sundried tomatoes, broccoli, baby spinach, and roasted garlic, cooked in olive oil. The serving size is enough for two meals.

Posted on Fri, Jan 8, 2010 @ 9:06 PM CST

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Sonya Diggs

Banana Nut Oatmeal for Breakfast...

Cook Quaker Oatmeal according to instructions, I prefer in microwave. Add ripe banana (smash), cinnamon, honey, and pecans or walnuts.

If you like variety, add other dried fruit and nuts such as; cranberries, blueberries, sliced almonds, black walnuts.

Posted on Fri, Jan 8, 2010 @ 9:23 PM CST

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Karen

1-2 sweet potatoes

1-2 tbsp of olive oil

Cut the sweet potatoes lengthwise and thin like a French fry. Pile in a large bowl and add the olive oil. Toss the potatoes until coated and spread on a cookie sheet. Bake for 25 minutes in a 400 degree oven. They will be crispy on the outside and soft on the inside. Sweet and delicious and very healthy.

Posted on Fri, Jan 8, 2010 @ 10:04 PM CST

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Karen

Quick Vegetarian Gumbo

3 Tbsp Extra Virgin Olive Oil

2 cloves garlic, peeled and sliced

1 pkg frozen pepper strips (I use Kroger brand red, yellow and green)

1 28 oz can diced tomatoes

1 15 oz red kidney beans, drained

1/2 to 1 tbsp blackened Cajun Spice (Whole Foods Brand 365 or similar)

1 pkg Morning Star crumbles

3/4 cup brown rice (quick cooking, although I've cooked brown rice and added cajun spice)

8 oz frozen cut okra

Hot Sauce (Optional)

Heat oil over medium heat in a large pot until warm. Add garlic and saute briefly. Add peppers, stir well. Cook another 4 minutes then add tomatoes, beans, seasoning and crumbles. Bring to boil and add rice. Cover and simmer 15 minutes. Add okra and simmer another 10 minutes or until rice is cooked. Serve with hot sauce on the side.

This was a big hit last year for my Growth Group and the New Member Orientation Class. I found it in a pamphlet I picked up at Whole Foods called Meals for 4 under \$15. Enjoy!

Posted on Fri, Jan 8, 2010 @ 10:12 PM CST

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Karen

Garlicky Whole Wheat Pasta with Spinach

1 lb whole wheat linguine

1/2 cup extra virgin olive oil

6-8 cloves garlic, peeled and sliced

2 cups cleaned and sliced mushrooms

4 cups washed baby spinach

1/2 cup pine nuts, slightly toasted

fresh ground black pepper

Cook pasta according to package instructions. Sauté garlic in olive oil a few minutes, then add mushrooms. Cook until mushrooms are just tender. Set aside. Place spinach into a colander. When pasta is cooked, pour it with its cooking water over the spinach in the colander. As the pasta drains, it cooks the spinach. Transfer pasta and spinach to a large serving bowl. Add mushroom mixture and toss. Top with pine nuts and pepper.

Note: After the fast you can add 3/4 cup fresh grated parmesan cheese with the nuts and pepper.

Posted on Fri, Jan 8, 2010 @ 10:19 PM CST

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Natalie Crittendon

The salad bar at Jason's Deli is very friendly to the fast. The veggies are great!

Posted on Fri, Jan 8, 2010 @ 10:36 PM CST

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Verdie Sadberry

I have listed three websites with planned menus, recipes and nutritional facts to support a vegetarian lifestyle.

[PCRM.org](http://PCRM.org)

[Cancerproject.org](http://Cancerproject.org)

[NutritionMD.org](http://NutritionMD.org)

[www.SpiralDiner.com](http://www.SpiralDiner.com)

Great local restaurant very reasonable / Spiral Diner & Bakery 1101 N. Beckley, Dallas, Texas 75203, Take-out is available. 214-948-4747, Open Tuesday Saturday 11am - 10pm. Sunday 11am - 5pm. Closed on Monday.

Posted on Sat, Jan 9, 2010 @ 12:08 AM CST

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Kamalia Cotton

Chipotle Restaurant - Vegetarian Bowl. You decide which veggies to place in your bowl (black beans, green peppers/onions, etc.)

Posted on Sat, Jan 9, 2010 @ 8:21 AM CST

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Michelle Griffith

Cream of wheat hot cereal with raisins and molasses.

Smoothies - Mix in a blender soy yogurt or silken tofu, fruit and berries, brown rice syrup. You may also add a little oatmeal, or wheat germ. Add a cup of ice if you want it cold. I don't have the measurements, but smoothies are really easy.

Posted on Sat, Jan 9, 2010 @ 10:31 AM CST

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Jackie Robinson

Taco Salad

Morningstar Farms® Spicy Black Bean Veggie Burgers

Green Leaf Lettuce

Tomato

onion

avocado

cilantro

salsa

garlic powder

sea salt

cracked black pepper

lemon

limes

corn tortillas

olive oil

Heat the Morningstar Farms® Spicy Black Bean Veggie Burgers but crumble up (1 patty)... cut up some lettuce, make guacamole (1/2 avocado, diced onion and tomato, garlic powder, cilantro, sea salt, pepper, lemon and lime juice) heat up about 1 teaspoon of olive oil in small fry pan and take 2 corn tortillas and heat until they are a little crunchy like chips. Make your salad and top w/ salsa! YUMMY!!

You could get more creative and mix different green lettuces or spinach leaves.

Posted on Sat, Jan 9, 2010 @ 1:02 PM CST

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Jackie Robinson

Fruit Salad

1 Apple (any kind)

1/2 Banana

1 small orange

1/2 cup pineapple

1 tbs raisins

1 kiwi

2 tbs walnuts

fresh lemon/lime juice

Cut up all fruit and mix well, squeeze some lemon or lime juice on top for extra flavor.

Posted on Sat, Jan 9, 2010 @ 1:07 PM CST

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Miesha

I made some of the best banana bread I've ever tasted while on the fast!

1 teaspoon coconut oil (organic, extra virgin cold pressed) for the bread pan

1/2 cup coconut oil

3/4 cups agave nectar (found @ Whole Foods or Sprouts)

2 cups bananas, mashed

2 cups whole grain, whole wheat flour

1 teaspoon sea salt

1 tablespoon lemon juice

1 teaspoon baking soda

(Add walnuts or pecans if desired)

Preheat oven to 350 & use teaspoon of coconut oil to lightly grease the pan then lightly flour

In one bowl: Mix agave & coconut oil (melted if solid)

In another bowl: Mix bananas & lemon juice - Add to agave mixture

In another bowl: Mix flour, baking soda, & sea salt - Add to agave mixture

(Add nuts if desired to mixture)

Pour into pan and back for 55 minutes. If possible, use a glass pan to prevent premature browning. Use a toothpick in the middle of the bread to test before consumption.

This recipe and others can be found in "The Daniel's Fast Cookbook" by Grace Bass & Lynda Andersen

Posted on Sat, Jan 9, 2010 @ 1:45 PM CST

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TM Francis

Pasta with roasted vegetables and arugula (or baby spinach)

2 pints grape tomatoes

4 garlic cloves unpeeled

3 shallots, cut into eights

2 tablespoons fresh thyme leaves

2 tablespoons extra-virgin olive oil

Coarse salt (Sea Salt) and ground pepper

8 ounces rigatoni pasta

1/3 cup pitted olives, such as Nicoise, coarsely chopped

3 cups baby arugula or spinach

Preheat oven to 450°. Place tomatoes, garlic, shallots, and thyme on a rimmed baking sheet. Toss with oil and season with salt and pepper. Roast until tomatoes burst, shallots are browned, and garlic is soft, approximately 20 to 25 minutes.

Meanwhile, in a large pot of boiling salted water, cook pasta until al dente. Reserve ¼ cup pasta water; drain pasta and return to pot.

Peel roasted garlic and mash with the flat side of a chef's knife. Add to pasta pot, along with vegetables, olives, and pasta water. Cook over medium-high until sauce thickens, about 3 minutes. Let cool slightly, then toss with arugula or spinach.

\*Can be modified to your liking.

I didn't have grape tomatoes so I used regular tomatoes.

Instead of shallots I used green onions one time and yellow onions another time.

Instead of rigatoni, I used whole wheat linguine.

I added Garlic & Herb and Onion & Herb Seasoning by Mrs. Dash

I also used mushrooms instead of olives.

Any combination you come up with should be good. It's a great recipe, especially for pasta lovers!!!

Posted on Sat, Jan 9, 2010 @ 4:19 PM CST

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Datrice

We ordered mixed vegetables(cabbage,broccoli,carrots,mushrooms in brown sauce) from a Chinese restaurant last night. We ate it with Uncle Ben's whole grain brown rice.

Posted on Sat, Jan 9, 2010 @ 5:14 PM CST

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Shirley Robinson

Stir fry vegetables with brown rice

Cook 4 servings of brown rice according to directions on the label.

2 tbsp olive oil

6 cups of assorted vegetables (such as broccoli flowerets, green beans, cauliflowerets, snap peas, red bell pepper, diagonally sliced carrots, mushrooms, onions, yellow squash and zucchini)

1 envelope GOOD SEASONS Italian salad dressing mix

2 tbsp balsamic vinegar

When preparing the Italian salad dressing mix substitute the oil for olive oil and water.

Heat wok or large skillet on medium high heat. Add olive oil. When olive oil is hot, add vegetables; cook and stir until tender-crisp.

Add salad dressing and vinegar; cook and stir until heated through. Serve over brown rice and garnish with chopped fresh parsley.

Posted on Sat, Jan 9, 2010 @ 7:47 PM CST

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La Kendra

I like Chinese Kitchen in oak cliff I get the vegetables lo mien serviced with brown rice and they have others to choose from.

Posted on Sat, Jan 9, 2010 @ 8:29 PM CST

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Monique

Spinach topped Baked Potato

1 bag of frozen spinach

1/4 red onion

1/2 cup soy milk

Seasoning

Baked potatoes

Makes 3 to 4 servings

Cook desired amount of baked potatoes (microwave potatoes are easy :-).Put a little olive oil in the pot and add spinach and red onion. Add seasoning as desired (I used onion powder,garlic powder and lemon pepper). Pour in soy milk and let simmer. Place cooked spinach on top of the potato and enjoy.

Posted on Sat, Jan 9, 2010 @ 10:43 PM CST

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M.D. & Robbie DeWitt

We eat out: Soup & Salad Enjoy different salads you make yourself.

and soups of your choice...

Posted on Sun, Jan 10, 2010 @ 6:16 AM CST

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Lura

PF Changs has some great vegetable options - look at the sides menu - spinach, spicy green beans, asparagus. Also, Vegetable potstickers and brown rice.

Posted on Sun, Jan 10, 2010 @ 1:03 PM CST

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Kimberly Finley

Spinach, Mixed Vegetables and Cinnamon Sweet Potato w/ Dessert

Spinach:

Sauté Spinach w/ olive oil

A dash or two of garlic powder

A dash of crush red peppers flakes

A sprinkle or two of fresh lemon juice

Mixed Vegetable:

Oven roast w/ olive oil

Slice squash & zucchini

Julienne slice red & orange bell pepper

Season with Mrs. Dash "garlic & herb"

A few sprinkles of fresh lemon juice

Bake on 350 for 15-20 minutes (do not cover)

Sweet Potato:

Lightly sprinkle your baking dish w/ olive oil

Peel & slice potato

Lightly sprinkle the potato with olive oil & cinnamon on each side

Cover dish with foil

Bake on 400 degree for 15-20 minutes; or until potatoes are tender

Dessert:

Sliced banana & fresh strawberry

Enjoy!

Posted on Sun, Jan 10, 2010 @ 6:44 PM CST

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Terrence Chavis

Cafe Express ([www.cafe-express.com](http://www.cafe-express.com)) has the best veggie burger around. Locations in the Metroplex are Shops at Legacy in Plano, Mockingbird Station, Lovers & Inwood, and Mockingbird Station in Dallas and Southlake Town Square.

Posted on Sun, Jan 10, 2010 @ 8:06 PM CST

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Katyna

This is just a tip if you are craving sweets. There is a sandwich cookie made by "Late July". It is organic, kosher, and vegan and I checked the ingredients. It comes in Vanilla Bean (very good), Chocolate (ok), and peanut butter (haven't tried yet).

Posted on Mon, Jan 11, 2010 @ 4:59 PM CST