

Sample Recipes for the Daniel Diet

Other recipes can be found on the following websites:

<http://www.daniel-diet.com>

<http://www.ultimatedanieldiet.com>

Breakfast Diet Recipes

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

¼ c. Vegetable Broth

1 medium onion, sliced

1/2 green pepper, chopped

1 cup firm tofu, diced in bite-sized pieces

Fresh Italian herbs to taste

Heat a skillet over medium heat. Add vegetable broth and heat for a couple of minutes. Add the onions and green peppers and saute' for 2-3 minutes. Add tofu, garlic salt, and Italian herbs. Continue to cook until vegetables are soft.

Makes two servings.

Muesli

1/2 cup muesli (Bob's Red Mill Old Country Style)

1/2 cup water

Bring water to a boil and add the muesli. Simmer for 2-5 minutes.

Granola

4 cups rolled oats

1 cup crushed almonds

1/2 cup whole grain flour

1 tsp. cinnamon

1/4 cup shredded coconut

1 cup sunflower seeds

1/2 cup wheat germ or other whole grain bran

3/4 - 1 cup honey

1 cup pumpkin seeds

Mix all together and spread out on a non-stick cookie sheet. Bake 20 min. in a 250-degree

preheated oven. Stir and continue to bake another 20 min., stirring periodically to prevent burning. The granola should be lightly browned. Remove from oven and serve warm or cool thoroughly and store in tightly sealed container or plastic bags. Option: After the granola is cooled, add raisins or other organic, unsulphured dehydrated fruit.

Apple Blueberry Oatmeal Cereal

2 sweet apples

3/4 cup rolled oats

1 cup blueberries

1/2 cup almonds

1 cup apple juice

Cook the oats as directed on box. Chop or grind the almonds, chop the apples and combine. Add the blueberries. Top with a sprinkle of nutmeg, cinnamon and apple juice.

Meals and Sides

Quick Tomato Sauce

This is an easy recipe for homemade tomato sauce that you can use as a base for vegetable

casseroles, or serve over 100% whole wheat pasta, or over brown rice.

¼ c vegetable broth

1 medium yellow onion (chopped)

2 cans diced tomatoes (14.5 oz) (or fresh)

Salt to taste

1/4 cup cilantro, finely chopped

Sauté onions in heated broth over medium heat, cooking until soft. Add tomatoes (including juice) and salt. Simmer until slightly thickened, about 10 minutes. Add cilantro and simmer for 5 or 10 more minutes. Serve over pasta, rice or cooked vegetables.

Spicy Green Beans

¼ vegetable broth

1 pound green beans, trimmed

1/4 teaspoon salt

3 cloves garlic, minced

1/4 - 1/2 teaspoon red pepper flakes

Heat broth in a frying pan or wok over medium-high heat. Add trimmed green beans and salt. Cook, stirring frequently for 3 minutes. Stir in garlic and red pepper flakes, cooking for 1 more minute.

Herb-Roasted Idaho Potato

Makes 4 servings

1 pound small baking potatoes

¼ c vegetable broth

1/2 tsp dried thyme

1/2 tsp dried rosemary

1/4 tsp salt

Preheat the oven to 425° F. Cut each potato in half crosswise. Place the halves cut side down on the cutting board and cut each into 4 wedges. Place the potatoes in a mound on the prepared baking sheet. In a cup, mix the broth, thyme, rosemary, salt, and pepper. Pour over the potato wedges and toss to mix well. Spread the potatoes out on the parchment paper sheet. Bake, stirring 2 or 3 times, until tender and lightly browned, about 35 minutes. Serve hot.

Minestrone Soup

8 cups vegetable stock 1 cup cabbage

1 1/2 cups of garbanzo beans 1/4 tsp. oregano

2 cups red kidney beans 3/4 tsp. basil

1/2 cup carrots 1/4 tsp. thyme

3 medium tomatoes (or 1-14 oz can of 1/2 cup celery

unsweetened, unsalted Italian tomatoes) 1/2 cup onion

1/2 cup fresh parsley 1 clove garlic

Sea salt 1 pkg. spinach noodles cooked

Soak garbanzo and kidney beans overnight, drain and rinse. Peel and dice tomatoes. Cook and drain kidney and garbanzo beans as per directions on pkg. Mince garlic and parsley. Chop carrots, onion, celery, cabbage and garlic and sauté in water or soup stock over medium heat 5-7 min. Stir in cooked and

drained kidney beans, garbanzo beans, diced tomatoes, and minced herbs. Bring to a simmer, then turn heat down and simmer 10 min. Stir in cabbage and parsley with a lid partially on for about 15 min. or until cabbage is tender. Add more soup stock or tomatoes as needed. Serve over noodles.

Black Bean Soup

1 pound black beans, soaked overnight, rinsed & drained 2 garlic cloves

8 cups vegetable stock 1 Tbsp. olive oil

1 whole onion 2 Tbsp. cilantro

2 bay leaves 1 Tbsp. parsley

1 1/2 cups onion 2 Tbsp. marjoram

1 yellow or red pepper 1 tsp. honey

1 cup celery Sea salt

1 potato

1 cup carrots

Place beans in a pot with vegetable stock, whole onion and bay leaves. Bring to a boil and cook 2-1/2 hours or until beans are tender. Remove onion and bay leaves. Chop onion, pepper, and celery. Grate carrots and potato on a cheese grater. Mince garlic and sauté in Tbsp. olive oil until tender. During the last hour of cooking, combine vegetables and seasonings with beans. Bring to a boil, lower heat to simmer and cook until veggies and beans are tender.

Sauté Vegetables

1 red onion, sliced 3 carrots, peeled and sliced

3 stalks celery, thinly sliced 1/2 cup cauliflower, chopped

1/2 cup broccoli, chopped 1 cup zucchini, thinly sliced

1 bell pepper, sliced 1 cup yellow squash, thinly sliced

1 tsp. sea salt 1 tbsp. Oriental seasoning

Sauté all vegetables in $\frac{1}{4}$ vegetable broth until tender. Add salt and seasoning. Serve alone or over brown rice.

White Beans and Sautéed Vegetables

2 cans white beans, drained $\frac{1}{2}$ cup celery, finely diced

$\frac{1}{4}$ vegetable broth, $\frac{1}{2}$ cup carrot, finely diced

$\frac{1}{2}$ cup yellow onion, chopped $\frac{1}{4}$ cup balsamic vinegar (to drizzle after beans are dished up)

2 cloves garlic, minced Salt and pepper to taste

Drain the white beans and set aside. Heat vegetable broth and then add all the prepared vegetables to the pan and sauté until just done. Add beans and heat thoroughly. Dish up on serving plates, drizzle with balsamic vinegar. Salt to taste.

Yield: 4 servings

Spanish Rice

1 cup tomato juice 2 small garlic cloves

1 cup vegetable stock 2 tsp. chives

1 cup brown rice $\frac{1}{3}$ cup grated carrot

1 medium tomato, diced 1 tsp. oregano

$\frac{1}{3}$ cup green pepper 1 tsp. basil

$\frac{1}{3}$ cup celery 1 tsp. sea salt

$\frac{1}{3}$ cup onion

Combine tomato juice and soup stock in large pot and bring to a boil. Add rice and reduce to simmer. Cover and cook for 25 minutes. Remove from heat and add the remaining ingredients. Replace cover and simmer for 15-20 minutes.

Rice-stuffed tomatoes

6 large tomatoes Dressing:

1/2 cup raisins 1/4 cup vegetable broth

2 Tbsp. chopped green pepper 1 Tbsp. ketchup (with no added sugar)

2 Tbsp. green onions 1 tsp. chili powder (optional)

2 cups cooked brown rice 2 Tbsp. lemon juice

2 Tbsp. parsley 1/2 tsp. dry mustard, optional

1 tsp. curry powder

Remove the stem and cut a thin slice from the top of each tomato. Chop the edible portion of the tomato top and set aside. Scoop the pulp and seeds from the tomato and invert the tomatoes to drain. In a bowl combine chopped tomato, raisins, green pepper, onion, rice, and parsley. Prepare the dressing and stir into rice. Season to taste. Fill tomato shells with rice mixture. Then you can either eat them like this or cook them in the oven at 350° for about 15-20 minutes until the tomatoes soften.

Stuffed Peppers

1/4 vegetable broth, 1/2 cup yellow raisins

2 stalks celery, minced (1/2 cup) 1/2 cup vegetable broth

1 medium onion, minced 5 oz tofu, mashed

1 tsp. salt divided 2 Tbs. fresh flat leaf parsley

1 clove garlic, minced (1 tsp.) 3 red bell peppers, halved lengthwise

2 cups cooked brown rice

Preheat oven to 400 degrees

Heat vegetable broth in pan over medium heat. Add celery, onion, 1/2 tsp. salt, and garlic. Sauté until soft (about 7 minutes). Add rice, raisins, and broth; cook for about 5 minutes. This should be the consistency of stuffing. Meanwhile, mash tofu, 1/2 tsp. salt, and the parsley. Divide the tofu among the pepper halves then top with rice mixture. Place peppers in 9" x 12" casserole dish. Add water until it comes 1/2" up sides of peppers. Bake for 30 minutes or until peppers are soft and the stuffing is hot.

Yield: 6 servings

Lentil Soup

¼ vegetable broth, 1 (14 1/2-ounce) can diced tomatoes

1 medium onion, chopped 1 pound lentils (approximately 1 1/4 cups)

2 carrots, peeled and chopped 2/3 cup pearl barley

2 celery stalks, chopped 11 cups vegetable broth (substitute water)

2 garlic cloves, chopped 4 to 6 fresh thyme sprigs

Salt

Heat the vegetable broth in a heavy large pot over medium heat. Add the onion, carrots, and celery. Add the garlic and salt and sauté until all the vegetables are tender about 5 to 8 minutes. Add the tomatoes with their juices. Simmer until the juices evaporate a little and the tomatoes break down, stirring occasionally about 8 minutes. Add the lentils and pearl barley, mix to coat. Add the broth and stir. Add the thyme sprigs. Bring to a boil over high heat. Cover and simmer over low heat until the lentils and barley are tender, about 40 minutes. Season with salt to taste. Ladle the soup into bowls, drizzle with olive oil and serve.

Six Servings

Vegetarian Chili

¼ vegetable broth, 1/4 teaspoon ground red peppers

2 medium-sized green peppers, chopped 2 cups corn kernels (fresh or frozen)

1 medium-sized yellow onion, chopped 2 16 oz. cans tomatoes (juice and all)

1 zucchini, sliced 2 16 oz. cans pinto beans (juice and all)

1 yellow squash, sliced 2 16 oz. cans black beans (juice and all)

2 tablespoons chili powder 1 4 oz. can mild green chilies

3/4 teaspoon salt 1 4 oz. can of tomato paste

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

Yield: 6 generous servings

Barley and Black Bean Salad

This is a very easy and quick recipe. Beans and barley make a complete protein, so this is an

excellent meal when eating a meatless diet. Each serving has 12 grams of protein.

1 cup barley, cooked according to package directions

1 (15 ounces) can black beans, rinsed

1/2 cup corn (thawed if frozen)

1/3 cup chopped fresh cilantro

2 tablespoons lime juice

1 tablespoon extra-virgin olive oil

Salt to taste

Combine all ingredients in a medium bowl. Serve on a bed of chopped or torn lettuce.

Yield: 4 servings

Whole Wheat Tortillas

You can buy 100% whole wheat tortillas, but these are easy to make. Use these tortillas for a

veggie wrap or for chips with salsa.

2 cups whole wheat flour

1 tsp salt (optional)

1 tsp baking powder (optional)

1 cup of water

Directions:

Combine whole wheat flour and water in a large bowl and mix well. You can add salt and baking powder if desired at this stage. These ingredients add a different flavor variation. You can add more water if needed to help make the consistently like that of bread dough. Knead dough on a floured surface until soft. Make dough into balls (with the provided ingredients you should have 10-12) Flour a cutting board or similar surface. Roll each ball as flat as you can on this floured surface to the form the shape of the tortilla. Use a skillet and heat your stovetop to medium-high heat. Place tortilla in heated pan for 30 seconds to 1 minute, or until starting to bubble and brown. Turn over with a spatula for another 30 seconds to 1 minute. Remove cooked tortilla and place on a plate. It will be hot, so be careful!

Yield: Makes 12 tortillas

Celery and Almond or Cashew Butter Snacks

Stuff celery with nut butter and add nuts or raisins.

Harira

Harira is a great recipe for the Daniel Diet as it has nearly 15 grams of protein per serving.

¼ c vegetable broth, 1/4 tsp ground cinnamon

1 cup chopped onion 2 garlic clove, minced

1/2 cup chopped celery 2 cups organic mushroom broth

2 cups warm water 1 1/2 cups chopped and seeded plum tomatoes

Pinch of saffron threads 1/2 cup dried small red lentils

1/2 tsp salt, divided 2 15 oz. cans no-salt-added chickpeas, drained

1/4 tsp peeled fresh ginger, minced 3 tbsp. chopped fresh cilantro

1/4 tsp ground red pepper 3 tbsp. chopped fresh parsley

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

Yield: 4 servings

Fast Food for the Daniel Diet

Okay, there are going to be times on the Daniel Diet when you need a quick meal. In fact, when you prepare for the Daniel Diet, you'll want to stock up on a few of these items so you have them on hand.

1 can organic tomato soup (check the label for ingredients)

1 can white beans

1 cup mixed vegetables (frozen)

Season to taste (thyme, mixed Italian, cilantro, parsley, whatever you like) Add everything to the pan at the same time. Heat until the vegetables are the consistency you like them (usually between 5 and 10 minutes). Serve!

Serves 2-4 depending on size of serving!

Greek Vegetable Stew

¼ vegetable broth 6 zucchini, chunked

2 onions, chopped 4 yellow squash, chunked

1 tablespoon dried oregano 2 cups celery leaves

2 cloves chopped garlic 1 teaspoon salt

4 cups water 8 slices lemon

4 tomatoes, quartered 3 tablespoons fresh basil

1 pound green string beans, broken in half 2 tablespoons lemon juice

1 package frozen or fresh spinach

Lightly saute' onions in a hot skillet in ¼ c vegetable broth. Add oregano & 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.

Serves eight

Vegetable Stock

Good vegetable stock is useful in the Daniel Diet. Vegetable stock is an excellent substitute for

chicken or beef stock. This recipe makes 4 cups of vegetable stock.

2 large onions, cut into large chunks

2 medium carrots, scrubbed but not peeled, cut into large chunks

3 stalks of celery, remove and discard all leaves, cut into large chunks

1 whole bulb of garlic, peel each clove but do not chop

1 bay leaf

Cut all the vegetables into large pieces. Place all ingredients into a large pot. Cover with cold water. Turn the stove to a high temperature, and bring the stock to a quick simmer. Once the water comes to boil, turn heat to low. Allow the vegetables to simmer for an hour. Any longer than an hour and the vegetables will begin to turn mushy and begin to lose all their flavorful vibrancy, leaving a wilted taste to the stock. Strain the stock. It should be light in color, sweet in flavor and translucent. Now you can use the stock in place of chicken or beef stock. You may need to increase seasoning when replacing one of these more flavorful stocks. **Season the stock with other herbs such as parsley, thyme or rosemary. You can also use ginger if you plan to use the stock for an Asian recipe. You can also caramelize the onions and carrots before adding them to the stock for a richer and more flavorful stock. Roasting the vegetables before adding them to the stock also makes for a different flavor in the stock.

Barbara's Rice, Black Beans, and Corn

1 can Organic Black beans, drained homemade salsa (see below)

1 can of Organic corn, drained organic corn tortilla

organic long grain rice, cooked avocado

Combine 1 can Organic Black beans drained and 1 can of Organic corn drained. Heat and place on top of organic long grain rice (cooked). Top with homemade salsa. Serve with organic corn tortilla (you can heat them and make them

crunchy. I just cut them into triangles and make them like chips. Organic ones are made with just corn and lime) Serve with sliced avocados.

Homemade Salsa

2 tomatoes diced squirt of lime

1 onion diced tad bit of salt

Cilantro 1 jalapeno minced

clove of garlic minced 1/2 of avocado diced

Mix all ingredients together.

Karen's Tabouleh

3 tbsp. Bulgur (cracked wheat) 1 small tomato

1 bunch parsley juice of 1 lemon

1 small onion olive oil

Soak bulgur for 1 hour in warm water. Chop parsley very fine. Chop onion and tomato combine all ingredients. Drizzle olive oil and squeeze lemon into the mixture. Salt to taste.

Susan's Black Bean & Brown Rice Stuffed Peppers

1 qt 100% Vegetable or Tomato Juice

2 cups cooked black beans 1 clove garlic (finely chopped)

1 cup cooked brown rice 2 Tbsp lime juice

2 med green onions (chopped) 2-3 large bell peppers (cut in half lengthwise &

1/4 cup fresh cilantro (chopped) deseeded)

Combine all ingredients except juice and bell peppers in a bowl and mix well. Place peppers in a glass dish and stuff with mixture. Pour juice over peppers and plenty of excess in the dish. Cover and bake in an oven on 350 degrees for 45-60 minutes.

Maria's Curry Brown Rice

Cooked brown rice 1/2 cup frozen sweet peas

1/4 cup onions 1/2 cup organic corn

1/4 cup tomato 1/2 tsp dried thyme leaves

1 Tbsp virgin olive oil 1-2 tsp curry powder

Make the desired amount of brown rice. Dice the onion and tomato. Heat pan with vegetable broth. Mix in tomato, onions, corn, sweet peas, thyme, and curry. Stir until onion and tomato are cooked. Add water sparingly to keep it from sticking to the pan. Add already cooked brown rice. If desirable, add hot peppers such as jalapenos or scotch bonnet or leave the flammable spices out and enjoy as is.

Angela's Veggie Soup

1 28oz. can of diced or crushed tomatoes

1 6oz. can tomato paste

1 can of tomato sauce

1 can corn (drained)

1 can green beans (drained)

1 can potatoes (drained)

1 can English peas (drained)

1 can carrots (drained)

2 medium onions diced

4-5 bay leaves

1 tsp garlic

salt to taste

Add all ingredients to a slow cooker or large pot on the stove top. Add enough water to cover the ingredients and cook for 3-4 hrs. You could also add mushrooms or other veggies you enjoy.

Cathy's Leek and Potato Soup

2 cloves garlic 2 lbs leeks (trimmed, cleaned, sliced)

¼ vegetable broth, 2 lbs potatoes (cleaned, cut into cubes)

1 tsp crushed fennel seeds 4 pints vegetable stock

Heat vegetable broth on medium heat in a large pan. Add garlic - heat for a few minutes until golden. Add fennel seeds and stir in with garlic. Add leeks and potatoes; mix well with other ingredients. Cover and cook for 5 minutes. Stir quickly. Cover and cook an additional 5 minutes. Add stock. Bring to boil, then cover, lower heat and simmer for 40 minutes.

Lola's Black Bean Soup

Canned black beans 1 jar of all natural salsa

Vegetable broth Chopped jalapeno

Crushed garlic Chopped cilantro

Large onion, chopped

Combine all ingredients in a large pot and cook on a stove. Amount of broth depends on how

chunky you like your soup.

Hot water cornbread

White or yellow cornmeal, hot water

Stir it up very well. Pat out individually like hamburger patties. In a non-stick skillet brown on both sides.

Rice and Lentils

1 cup of rice

1/2 cup of lentils

1 tsp salt

2 cups of water

Cook rice in a rice cooker. The rest of the ingredients go in a crock pot for five hours on high.

Rice, Green Beans, and Lentils

1 cup of rice

1/2 cup lentils rinsed

1 tsp. cinnamon

1 tsp. salt

1 tbsp. tomato paste

1 can green beans not drained

1 cup of water

Cook rice in a rice cooker. The rest of the ingredients go in a crock pot for five hours on medium to high.

Vegetable soup and navy beans

1 cup pureed spinach

1 cup puree green beans

1 can navy beans rinsed and drained

1 tsp salt

1 cup of water

Put all ingredients in crock pot for four hours on medium.

Mashed pinto beans on whole grain taco shells

1 can pinto beans rinsed and drained

1 tbsp. raisins

1 tsp salt

Cook pinto beans and raisins in a crock pot for four hours; blend in a blender and serve with whole grain soft taco shells.

Rice and Chick Peas

1 cup of rice

1 can chickpeas drained and rinsed

1 cup of water

1 tsp salt

1 tbsp. raisins

Cook rice in a rice cooker. Put rest of ingredients in crockpot and cook four hours at medium

Mrs. Jones' Brown Rice Dinner

1 cup of brown rice

2.5 cups water

Bring to rolling boil, reduce heat and simmer/steam for 45 minutes. Halfway through the

cooking time, add:

1/2 cup of fresh salsa

1 cup of frozen organic corn

1/2 of a chopped red bell pepper

3/4 cup of cooked black beans

Stir and replace the cover for the remainder of cooking time. Serve with fresh sliced avocado.

Snacks

Popcorn

1/4 cup unpopped popping corn

1 brown lunch bag

Place corn kernels in a lunch bag. Fold at the end 2-3 times. Place in microwave on High for 2-3 minutes, until kernels stop popping. More of the kernels will pop with repeated refills as the bag gets hotter. Just leave the unpopped kernels in the bag for the next serving.

Cantaloupe Tonight Melon Smoothie

1/2 medium-size cantaloupe, seeded and cut from the rind.

1/2 cup orange juice (juiced from fresh oranges)

Juice of 2 limes (taste before you add all the juice at once)

1 medium-size, banana, peeled and cut into chunks

Fresh mint leaves for garnish (optional)

2 cups of ice cubes - make it like a frozen ice drink (optional)

Mix all in a blender, and serve. Serves 2

You can use this same general recipe to make all kinds of different smoothies. Just make sure you use some kind of juice and the bananas. Add water or more juice if it gets too thick. Frozen fruit works well for this.

Salads/Dressings

Diced Fruit Salad

1 kiwi

1-pint strawberries

1 mango

2 bananas

1/2 pint blueberries

Slice and mix.

Southwestern Corn and Black Bean Salad

The beans, organic corn, and nuts in this salad combine to create 19 grams of protein per serving.

1 1/2 cups organic corn kernels (fresh or frozen)

1/3 cup pine nuts

1/4 cup lime juice

¼ cup vegetable broth

1/4 cup chopped fresh cilantro

2 (14.5 ounces) cans black beans, rinsed

2 cups shredded red cabbage

1 large tomato, diced

1/2 cup minced red onion

Salt to taste just before serving.

Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes. Whisk lime juice, vegetable

broth, cilantro, and salt in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato, and onion; toss to coat. Refrigerate until ready to serve.

Yield: 4 servings

Strawberry-Melon Spinach Salad

3 cups bite-size pieces fresh spinach Optional 1/2 cup sliced oranges

1/2 cup sliced strawberries 2 medium green onions, sliced

1/2 cup cubed cantaloupe

Strawberry-Melon Spinach Salad Dressing:

1 tablespoon orange juice

1 tablespoon honey (if you are allowing honey)

1 1/2 teaspoon olive oil

In a tightly covered container, shake all dressing ingredients. In a large bowl, toss all salad ingredients with dressing.

Avocado Tomato Dressing

2 ripe avocados, peeled and pitted 1/4 cup fresh lemon juice

1 medium ripe tomato Sea salt to taste

1 tsp. herb seasoning

Place all ingredients in a blender and blend until smooth.

Creamy Green Dressing

1/2 medium ripe avocado, peeled and pitted 1 1/4 tsp. onion powder or flakes

3/4 cup distilled water 1/4 tsp. garlic powder

3 tablespoons fresh lemon juice Sea salt

1/4 cup almonds, soaked overnight and drained

Blend all ingredients until smooth.

Pesto Dressing

4 small garlic cloves, peeled Sea salt

2 2/3 cup tightly packed fresh basil leaves ¼ c vegetable broth

1/3 cup pine nuts

Place all ingredients in food processor except oil and process until chopped fine. With the machine running, slowly add broth through the feed tube. Continue to process until smooth.

Herb Vinaigrette

1/3 cup fresh lemon juice 1/2 tsp dry mustard (optional)

1/2 tsp dried basil (if using fresh, use twice as much) 1/2 cup fresh Italian parsley, minced

1 tsp. dried oregano 1 c vegetable broth

1/4 tsp sea salt 1 garlic clove, peeled and minced

Combine all ingredients in a jar and shake.

Italian Dressing

1/2 cup vegetable broth 1/2 cup distilled water

1/4 cup fresh lemon juice 1 green onion, chopped

1-2 garlic cloves peeled 1 tsp honey

1 tsp whole grain mustard seed (optional) Dash Cayenne

Place all ingredients in a blender and blend until smooth. Remove from blender and add 2 tsp. Italian seasoning or 1 tsp. oregano and 1/2 tsp. basil. Mix well.

French Dressing

1 cup vegetable broth 1 Tbsp paprika

1/3 cup fresh lemon juice 1 Tbsp onion powder

1/3 cup honey 1/2 tsp garlic powder

3/4 cup salt-free tomato puree Sea salt

Place all ingredients in a blender and blend on high for 30 seconds.