

## **+PARTICIPANT RECIPES**

The Daniel Plan asked you for original recipes and we got 'em! Here are a few recipes that gained The Daniel Plan stamp of approval from Dr. Daniel Amen and Dr. Mark Hyman. The only exception is the doctors prefer to saute with grapeseed oil, coconut oil or vegetable broth. Olive oil, although healthy, can turn toxic at high temperatures.

### **BANANA ICE CREAM**

Submitted by Michell Ker Loy via Facebook

#### **Preparation:**

1. Slice four ripe bananas
2. Place slices in a single layer on a baking sheet.
3. Freeze for 1 ½ to 2 hours
4. Remove from freezer and puree in a food processor until the texture is like that of ice cream.
5. Top with cinnamon (or 72% dark chocolate-optional).

### **FAT-BURNING SOUP**

Submitted by Diane Gonzalez

This soup is a part of a 7-day diet derived from the Sacred Heart Memorial Hospital for overweight heart patients to lose weight rapidly, usually before surgery.

#### **Ingredients:**

- Large green onions
- 1 large red onion
- 2 green peppers
- Kombu seaweed large piece
- 1-2 lbs of sliced (or canned) tomatoes
- 1 bunch celery
- 1 head cabbage
- 4 garlic cloves (diced)
- Shitake mushroom
- Vegetable stock (or 1 packet onion soup mix)
- 1-2 cubes chicken stock bouillon if desired
- Add rosemary, sage, parsley, tarragon, thyme to taste
- Salt and pepper
- Olive oil

#### **Preparation:**

1. Cut vegetables in small to medium pieces.
2. Sauté in olive oil & cover with water.
3. Boil fast for 10 minutes.
4. Add spices as desired.
5. Reduce heat to simmer and continue cooking until vegetables are tender.

## **+PARTICIPANT RECIPES**

### **FIESTA CHICKEN IN A CROCK POT**

Submitted by Judy Howton

(Dairy-free, Gluten Free)

**Ingredients:**

- 4-6 whole skinless chicken breasts (4 pieces)
- 1 jar of salsa
- ½ cup of water
- 1 15 oz can of black beans
- 1 15 oz can of cut corn (can use frozen instead)



**Preparation:**

1. Place chicken in a crock pot, top with the salsa and water. Cook on high for 2 1/2 hours.
2. Add beans and corn and cook 15 to 20 minutes longer.

Can be served with long grain rice.

**Nutrition: (per serving)**

Corn-frozen (½ cup): 100 calories, 0g fat, 0g sodium, 21g carbohydrates, 3g protein  
Black Beans (1/2 cup): 100 calories, 0g fat, 440g sodium, 19g carbohydrates, 7g protein  
Chicken (4oz.): 120 calories, 1.5g fat, 75g sodium, 0g carbohydrates, 26g protein  
Salsa (1/2cup): 40 calories, 0g fat, 56g sodium, 8g carbohydrates, 0g protein

## **+PARTICIPANT RECIPES**

### **OVERNIGHT CROCK POT OATMEAL**

Submitted by Lisa Carrell

(Recipe is for a 4 qt. crockpot)

#### **Ingredients:**

- 1 cup steel cut oats
- 4 cups water
- 1/2 cup skim milk
- 1 cup dried fruit of choice, optional (apples, raisins, cranberries, apricots, etc.) or 1 - fresh apple (peeled & chopped)
- 1/4 cup brown sugar
- 1/2 tsp. vanilla extract
- 1 to 1 ½ tsp. cinnamon
- Dash of sea salt

#### **Preparation:**

1. Use steel cut oats. Cook overnight on LOW for about 7-8 hours. If cooking longer, add more water accordingly.
2. Add fruit, vanilla, cinnamon, milk (and brown sugar if you must).

## **+PARTICIPANT RECIPES**

### **PICKLED BEETS**

Submitted by Jan Thompson

(Dairy-free, Gluten-free, Vegan)

#### **Ingredients:**

- 4 medium raw organic beets
- 1/4 cup organic apple cider vinegar
- 2 Tablespoons filtered water
- 1 teaspoon raw organic sugar (Or Stevia)



#### **Preparation:**

1. Wash beets thoroughly. Cut off the leaves, leaving about 2 inches of the stems and some of the root. Place in pot and cover with water. Cook 30-40 minutes or until tender. Check for tenderness with fork after 30 minutes.
2. While beets are cooking, combine vinegar, water, and sugar in a small bowl that has a lid. Stir until sugar is dissolved. Set aside.
3. When beets are tender, drain and cover with cold water. Remove skin and stem. Slice and place in the bowl with the vinegar. Refrigerate overnight for the pickling process.

Makes 4 servings.

#### **Nutrition: (per serving)**

Calories 42; Fat 0; Cholesterol 0; Sodium 65mg; Potassium 281mg; Carbohydrate 9g; Fiber 2g; Protein 1g; Vitamin A 1%; Calcium 2%; Vitamin C 7%; Iron 4%; Thiamin 2%; Riboflavin 2%; Niacin 1%; Vitamin B-6 3%; Food Folate 22%; Total Folate 22%; Phosphorus 3%; Selenium 1%; Magnesium 5%; Manganese 16%; zinc 2%; Copper 3%

## **+PARTICIPANT RECIPES**

### **QUINOA PILAF**

Submitted by Michelle Loy, MPH, MS, RD of Go Wellness

#### **Ingredients:**

- 1 tsp extra virgin olive oil
- ½ Tbsp sea salt
- 2 small shallots, minced
- ¼ tsp freshly ground black pepper
- 1 medium clove garlic, minced
- ½ tsp ground cinnamon
- 1 ½ c uncooked quinoa, rinsed
- 1/3 c chopped walnuts
- 1/3 c golden raisins
- 2 Tbsp fresh cilantro, chopped
- 3 c vegetable broth, preferably low sodium

#### **Preparation:**

1. Heat the oil in a large, nonstick skillet over medium heat. Add shallot and garlic; cook, stirring occasionally, until shallot is transparent, about 3-4 minutes.
2. Add quinoa; toast for 1 minute.
3. Stir in raisins, cinnamon, salt, and pepper.
4. Pour in broth; bring to a boil over high heat. Reduce heat to low; cover and simmer until quinoa bursts its skin, is tender, and liquid is absorbed, about 20 minutes.
5. Set quinoa aside, covered, for about 5 minutes. Remove cover and fluff quinoa mixture with a fork. Repeat several times as quinoa becomes lighter as it cools. Sprinkle with walnuts and cilantro just before serving.

Serves: 8

#### **Nutritional Information per ½ cup serving:**

Calories: 189 Fat: 6 g Saturated fat: 0.6 g Cholesterol: 0 mg Fiber: 3.3 g Protein: 6 g Carbohydrate: 29 g  
Sugar: 5 g (all natural) Sodium: 323 mg

Excellent source of: omega-3 fatty acid, vitamin A and magnesium

Good source of: thiamin, riboflavin, vitamin B6, folate, iron, and zinc

Prep time: 12 minutes Cooking time: 25 minutes

Recipe adapted from: [www.weightwatchers.com](http://www.weightwatchers.com)

#### **VARIATIONS:**

\*Try this recipe with other whole grains, such as brown rice, pearl barley, or farro, instead of quinoa. Cooking times will vary.

\*Add variety by using other unsweetened dried fruits, such as currants or apricots.

\*Rather than walnuts, try pine nuts, pecans, or pepitas.

## **+PARTICIPANT RECIPES**

### **SEARED HALIBUT IN ORANGE SAUCE WITH BLACK BEAN SALSA**

Submitted by Jan Thompson

(Dairy-free, Gluten-free)

**Ingredients:**

- 2 Four-ounce portions of small halibut
- ½ Tablespoon coconut oil
- ½ orange, juiced
- Salt and pepper to taste



**Preparation:**

1. Preheat non-stick pan to medium high heat. Wash and dry halibut portions and sprinkle with salt and pepper.
2. Add coconut oil to pan and cook halibut 3-4 minutes (check to see if it is nicely browned before turning over). Turn over when ready and cook the other side until just about cooked through.
3. Move the halibut to the outer sides of the pan and add the orange juice. Stir the juice around the pan to pick up the flavors from the fish. The juice will thicken quickly as it cooks. Spoon over the halibut as it is cooking.
4. After plating, top with ½ cup of the Black Bean Salsa (recipe below).

Makes 2 servings.

**Nutritional values per serving:**

Calories 186, Calories from fat 57; Fat 6g; Saturated fat 1g; Polyunsaturated Fat 1g; Mono unsaturated Fat 3g; Carbohydrate 4g; Fiber 1g; Protein 27g; Cholesterol 41mg; Sodium 146mg; Potassium 634mg.

## **+PARTICIPANT RECIPES**

### **BLACK BEAN SALSA**

#### **Ingredients:**

- 1 Cup black beans, rinsed and drained
- 1 Large avocado, diced
- ½ Cup diced tomatoes
- ¼ Cup chopped fresh cilantro
- 2 Green onions chopped
- 3 Tablespoons fresh lemon juice (or to taste)
- 1 clove garlic, minced
- Salt and pepper to taste

#### **Preparation:**

1. Add all ingredients in a bowl and toss. Adjust seasonings to taste.

Makes 4 servings.

#### **Nutritional values per serving:**

Calories 143; Calories from fat 56; Fat 7g; Saturated fat 1g; Polyunsaturated Fat 1g; Mono unsaturated Fat 4g; Carbohydrate 18g; Fiber 8g; Protein 5g; Cholesterol 0mg; Sodium 109mg; Potassium 554mg.

## **+PARTICIPANT RECIPES**

### **SHRIMP AND AVOCADO SALAD**

Submitted by Robin Hook

(Dairy-free, Gluten-free)

#### **Ingredients:**

- 1 avocado peeled - sliced in half lengthwise
- 6 Shrimp cooked
- 1 Roma tomato - chopped
- 2 Green onions - chopped

#### **Dressing**

- 1 tbs course ground mustard
- 1 tsp red wine vinegar
- 1/4 cup extra virgin olive oil
- Cracked pepper to taste

#### **Preparation:**

1. Wisk dressing together.
2. Mound tomato and green onion on top of avocado slices, put shrimp on top.
3. Top with dressing.

Serving size: 1





## **+PARTICIPANT RECIPES**

### **SPANISH RICE**

Submitted by Alexa Smith

#### **Ingredients:**

- ½ t sea salt
- 1 C uncooked brown rice
- ½ C chopped onions
- ½ C chopped bell pepper
- ½ C (4 oz) organic tomato sauce
- 1 T olive oil
- 2 Cubes organic chicken bouillon
- 2 C hot water

#### **Preparation:**

1. Brown (saute) rice in olive oil, when lightly brown add water with chicken bouillon in it.
2. Add tomato sauce, onions, pepper and salt.
3. Bring to a boil, cover and simmer for 15-20 minutes.

### **TABBOULI SALAD**

Submitted by Jan Thompson

(Dairy-free, Vegan)

#### **Ingredients:**

- 1/4 Cup #0 or #1 bulgur, rinsed (this is a very fine grind, use the smallest grind available)
- 1/4 Cup olive oil
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/3 Cup lemon juice
- 4 tomatoes chopped
- 1 large bunch parsley, finely chopped (I use the Italian flat leaf parsley)
- 1 bunch green onions, finely chopped
- 1/2 bunch spearmint, finely chopped

## **+PARTICIPANT RECIPES**

### **Preparation:**

1. Rinse bulgur in a strainer, drain, and place in a small bowl. Add olive oil, lemon juice, salt, and pepper and let stand to marinate about 15 minutes. In the meantime, chop tomatoes, parsley, onions, and mint and place in salad bowl. Add the marinated bulgur and mix well. If it is too dry, add a little more olive oil or lemon.

### **Nutrition: (per serving)**

Calories 142; Fat 10g, Saturated Fat 1g, Polyunsaturated 1g, Monounsaturated Fat 7g; Cholesterol 0mg; Sodium 217mg; Potassium 560mg; Carbohydrate 14g; Protein 3g; Fiber 4g; Vitamin A 64%; Vitamin C 88%; Calcium 6%; Thiamin 7%; Vitamin B-6 9%, Phosphorus 7%, Magnesium 10%; Zinc 5%; Iron 13%; Vitamin E 12%; Riboflavin 4%; Food Folate 17%, Total Folate 17%; Manganese 22%; Copper 8%

## **+PARTICIPANT RECIPES**

### **TURKEY MEATBALLS IN TOMATO SAUCE**

Submitted by Joshua Boyd via Facebook

#### **Ingredients:**

- 1 onion, fine chopped
- 1 apple, fine chopped
- 4 garlic petals, fine chopped
- 5 sage leaves, fine chopped
- 2 lbs of ground lean turkey
- 1 cup of raw cashews, crushed
- 1 can peeled tomatoes (San Marzano)

#### **Preparation: Meatballs**

1. Combine ground lean turkey, apple and cashews and mix thoroughly.
2. Form meatballs and place in an 8x10 or 8x12 pan.
3. Preheat oven to 350 and bake for 8-10 minutes.

#### **Preparation: Tomato Sauce**

1. Pour can of tomatoes into a big bowl.
2. Crush the tomatoes with your hands until you have a good mixture.
3. Saute onion, garlic tbsp. of olive oil.
4. Take about 5 basil leaves and chop them up and add to garlic/onion mixture. Add fresh cracked pepper.
5. When tender add the tomatoes to the mix and bring to a small simmer. Add meatballs and let simmer for 10 minutes.

Serve with brown rice, quinoa or vegetable side dish.

## **+PARTICIPANT RECIPES**

### **TURKEY WRAP - MEXICAN STYLE**

Submitted by Lynn Parker Fields via Facebook

(Dairy-free)

#### **Ingredients:**

- 1 tbsp olive oil
- ½ small red onion
- 1/3 red bell pepper
- ½ poblano pepper
- Ezekiel wrap
- Guacamole
- ½ cup ground turkey
- Cumin
- Coriander
- Veggies mixture
- Pico de Gallo
- Fresh Cilantro, chopped

#### **Preparation:**

1. First put olive oil into a hot pan and quickly add the small red onion, red bell pepper, the poblano pepper. Let that cook for a minute while stirring. Then heat Ezekiel wrap for a few seconds and spread homemade guacamole on it. Next add the browned ground turkey that has been seasoned with cumin and coriander. Then top it off with your veggies mixture and add pico de gallo and fresh chopped cilantro.