

ETHIOPIAN CABBAGE DISH



Ready in—65min

- 1/2 cup olive oil
- 4 carrots, thinly sliced
- 1 onion, thinly sliced
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon ground cumin
- 1/4 teaspoon ground turmeric
- 1/2 head cabbage, shredded
- 5 potatoes, peeled and cut into cubes

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium-low and cook until potatoes are soft, 20 to 30 minutes.

ROASTED CAULIFLOWER



Ready in—25min

- 1 head cauliflower (about 2 pounds)
Cut into bite-size florets
- 1/4 cup extra-virgin olive oil
- 5 cloves garlic, roughly chopped
- 1/4 teaspoon crushed red pepper
- 2 teaspoons kosher or sea salt
- 2 teaspoons chopped fresh thyme leaves

Preheat the oven to 450 degrees F. Toss the cauliflower with olive oil, garlic, and red pepper on a baking sheet; sprinkle with the salt and thyme and toss again. Roast until golden and tender, about 20 minutes.

ROASTED CAULIFLOWER



Ready in—75min

- 1 can black beans, rinsed & drained
- 1 can kidney beans, drained
- 1 can cannellini beans, drained & rinsed
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 1 package frozen corn kernels
- 1 red onion, chopped
- 1/2 cup olive oil
- 2 tablespoons fresh lime juice
- 1 tablespoon lemon juice
- 1 tablespoon sea salt
- 1 clove crushed garlic
- 1/4 cup chopped fresh cilantro
- 1/2 tablespoon ground cumin
- 1/2 tablespoon ground black pepper
- 1/2 teaspoon chili powder

In a large bowl, combine beans, bell peppers, frozen corn and red onion.

In a small bowl, whisk together olive oil, lime juice, lemon juice, sea salt, garlic, cumin & black pepper. Season to taste with chili powder.



The Daniel Fast

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Fast Observance

Our Lenten fast begins on Thursday, February 15, 2018 and ends on Resurrection Sunday, April 1, 2018.

The reason we fast is to seek more of an intimate relationship with God, ridding ourselves of unnatural foods and redirecting our focus from our flesh's desires to the Lord's. Our whole purpose is to focus on God wholeheartedly.

"I had eaten no rich food, no meat or wine had entered my mouth, and I had not anointed myself at all, for the full three weeks."

Daniel 10:3

Share your Daniel Fast recipes with us!

Email your recipes to

pmbcatl@gmail.com

Also, tag us on social media @ProvidenceATL

Foods included in the Daniel Fast:

Vegetables: Asparagus, broccoli, sweet potatoes, zucchini., etc.

Fruits: Apples, berries, bananas, grapes, etc.

Beans and Legumes: Red beans, black beans, pinto beans, split peas, black eyed peas, Lentils., etc.

Nuts and seeds

Drinks: Water, fresh fruit/vegetable juices with no added sugars



Seasoning: Sea salt and herbs only

Foods NOT included in the Daniel Fast:

Sugar products: Desserts, soft drinks, candies, sugar, refined sugar, sugar substitutes

Dairy: milk, cheese, butter

Meat: seafood, poultry, beef, pork

Drinks: Caffeine, soft drinks, coffee

Seasoning: Salt that is not sea salt or herbs

Be sure that your food does not contain preservatives, additives, or high fatty foods.

ALL-FRUIT SMOOTHIES



Ready in—10min

1 cup pineapple juice
1 large banana, cut into chunks
1 cup frozen strawberries
1 cup frozen blueberries

Pour pineapple juice into a blender and add banana, strawberries, and blueberries. Cover and blend until smooth, about 1 minute. Pour into 2 glasses.

ROASTED CHICKPEAS



Ready in—45min

1 can of garbanzo beans, drained
2 tablespoons olive oil
sea salt (optional)
garlic pepper (optional)
cayenne pepper (optional)

Blot beans with a paper towel to dry them. In a bowl, toss beans with olive oil & season to taste with sea salt, garlic salt & cayenne pepper. Spread on a baking sheet and bake for 3-40minutes, until browned and crunchy. Watch carefully the last few minutes to avoid burning.