

Southwest Corn and Black Bean Salad

This bean, corn and nuts in this salad combine to create 19 grams of protein per serving. This is a very flavorful salad and easy to make ahead.

Ingredients:

- 1 ½ cups corn kernels (fresh or frozen)
- 1/3 cup pine nuts
- 1/4 cup lime juice
- 2 tablespoons extra-virgin olive oil
- 1/4 cup chopped fresh cilantro
- 2 (14.5 ounce) cans black beans, rinsed
- 2 cups shredded red cabbage
- 1 large tomato, diced
- 1/2 cup minced red onion

Preparation:

1. Place pine nuts in a small dry skillet over medium-low heat and cook, stirring, until fragrant and lightly browned, 2 to 4 minutes.
2. Whisk lime juice, oil, cilantro, salt and pepper in a large bowl. Add the corn, pine nuts, beans, cabbage, tomato and onion; toss to coat. Refrigerate until ready to serve.
3. Freshly ground pepper and salt to taste just before serving.

Yield: four servings

Simple Orange and Red Onion Salad

Drizzled with a tangy dressing, this appealing salad makes a colorful and tasty alternative to the usual tossed salad. Plus, you can assemble it in minutes

Ingredients:

- 4 cups torn romaine
- 2 medium navel oranges, peeled and sectioned
- 1 small red onion, sliced and separated into rings
- 1/4 cup olive oil
- 3 tablespoons red wine vinegar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

Directions:

On a serving platter, arrange the romaine, oranges and onion. In a jar with a tight-fitting lid, combine the remaining ingredients; shake well. Drizzle over salad; serve immediately. **Yield:** 4 servings.

Beautiful Green Salad

This is a basic green salad with a little “zip” to it.

Ingredients:

- 8 cups baby spinach leaves
- 1/2 medium red onion, sliced and separated into rings
- 1 cucumber, seeds removed and cut into 1/2” chunks
- 1 sweet orange, sliced into sections or triangles
- 1 1/2 cups naturally sweetened dried cranberries
- 1 cup roasted sliced almonds
- 1 cup balsamic vinaigrette salad dressing, or to taste

Preparation:

1. Place servings of spinach onto salad plates. Top with red onion, cucumber chunks, orange slices, cranberries, and sliced almonds in that order.
2. Drizzle dressing over each salad.

Yield: 6 servings

Salad Dressings

Many salad dressings call for sugar or honey. I have chosen to exclude those in this Journal, however many people on the Daniel Fast include honey in their list of acceptable foods. It's up to you! More salad dressing recipes are available on The Daniel Fast weblog.

Lemon Olive Oil Dressing

1/3 cup fresh lemon juice (1 large or 1 1/2 small lemons)
3/4 cup olive oil (or sometimes I mix canola and olive)
1-2 tablespoons tamari soy sauce
2 large cloves garlic, crushed
Fresh ground black pepper to taste

Shake all ingredients in a bottle. Toss with fresh salad greens. Store leftover dressing in refrigerator.

Tofu Mayonnaise

4 ounces tofu
1/3 cup olive oil
2 tablespoons lemon juice
2 teaspoons Dijon mustard
1 teaspoon grated lemon rind
Salt and pepper -- to taste

Puree the tofu with 1/4 cup of water, oil, lemon juice and mustard until smooth. Add grated lemon rind and season with salt and pepper.

You can add 4-6 garlic cloves, mashed with 1/2 teaspoon salt, to the mixture to make garlic mayonnaise. You can experiment with using less oil, or more tofu, according to your taste. You can also add finely chopped white onion or scallion to zip it up.

Serving Size: Just under 1 cup of finished mayo