



**Grace Community Church**  
**Beginning of the Year Consecration**  
**January 12<sup>th</sup> – February 1<sup>st</sup>, 2026**

Definition:

**Consecrate:**

1: To make or declare sacred, set apart, or dedicate to the service of a deity: to consecrate a new church building.

2: To make (something) an object of honor or veneration: hallow; a custom consecrated by time.

3: To declare or dedicate to some purpose: a life consecrated to science.

Grace Community Vision Statement:

To reach the lost and connect the broken to a path of wholeness in Jesus Christ.

**Purpose:**

Personal Examination and Forward Look.

Spirit, soul, body, health, finances, relationships, our church-body, community/county/world.

**Week 1:**

**Prayer Time Focus: Psalm 139:23-24 KJV**

<sup>23</sup> Search me, O God, and know my heart; try me and know my thoughts.

<sup>24</sup> And see if there be any wicked way in me and lead me in the way everlasting.

- Repentance.
- The giving and receiving of forgiveness

(Write down what the Lord lays on your heart.)

Forego snacks & desserts

Less television and/favorite pastime and give that “extra” duration to the Lord.

## **Week 2:**

### **Prayer Time Focus: Ephesians 6:18 KJV**

<sup>18</sup>praying always with all prayer and supplication in the Spirit and watching thereunto with all perseverance and supplication for all saints.

### **Philippians 4:6 KJV**

<sup>6</sup>Fret not about anything, but in everything, by prayer and supplication with thanksgiving, let your requests be made known unto God.

- Prayer and supplication (humble and earnest petitions/requests)
- Re-dedication to the purpose(s) of God

Less meat & carbs....more vegetables;

No snacks &/or desserts.

Less television and/or favorite pastime and give that ‘extra’ duration to the Lord.

## **Week 3:**

### **Prayer Time Focus: Jeremiah 29:13 KJV**

<sup>13</sup>And ye shall seek Me and find Me when ye shall search for Me with all your heart.

### **Matthew 6:33 KJV**

<sup>33</sup>But seek ye *first* the Kingdom of God and His righteousness, and all these things shall be added unto you.

- Seeking the perfect will of God and His vision (individually and corporately)

“No Pleasant Bread Fast” – no meat, snacks, dairy or desserts

Forego most television and/or favorite pastime and ***give that ‘extra’ duration to the Lord.***

\*\*\*IF POSSIBLE:

Sacrifice two days to drinking liquids

Prayer Vigil – To Be Announced

\*\*\*Please be mindful to honor all medical instructions and medications.



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**“Gather my saints together to Me, those who have made a covenant with  
Me by sacrifice” (Psalm 50:5)**

Annual Daniel Fast and Corporate Prayer

Grace Community Church will be participating in a time of corporate consecration through fasting and prayer during the month of January 2026.

Corporate Prayer will also be conducted throughout the fast – To be announced.

The annual “Daniel Fast” will begin Monday, January 12<sup>th</sup>, 2026, and end Sunday, February 1<sup>st</sup>, 2026, after Sunday School. Please see the attached for the details of the fast. (Also see Daniel 1:8-15; \*10:1-3).

This annual New Year Consecration is a time of:

- Repentance.
- The giving and receiving of forgiveness
- Prayer and supplication
- Re-dedication to the purposes of God
- Seeking the perfect will of God and His vision (individually and corporately)

The goal in fasting is to become closer to God by voluntarily denying the demands of the flesh and **feeding your spirit**. During this time of dedication to the Lord, **increase your prayer life and study the Scriptures with new intensity**. You may want to do a study on fasting.

Note: During the consecration, *please limit your television viewing and entertainment*. Utilize this time for reading Christian literature, Bible study and prayer. You may also want to consider an accountability partner during the fast someone to support and encourage you, as well as pray for you to stay focused during the consecration.

Important exception: Anyone with a medical condition related to eating or undertreatment of a physician must consult their doctor. Children, especially young children, will have special needs that must be considered. Under these conditions, find some sacrifice in the area of food that can be made without endangering health such as eliminating sugary products, fast foods, etc.

Daniel Fast/21-day Consecration – **January 12<sup>th</sup> – February 1<sup>st</sup>, 2026**

**Daniel 10:3** – “I ate no pleasant bread, neither came flesh nor wine in my mouth...till three whole weeks were fulfilled.”

**Isaiah 55:6** – “**Seek ye the Lord while He may be found, call ye upon Him while He is near.**”

**Matthew 18:19-20** – “Again I say unto you, that if two of you shall agree on earth as touching anything that they shall ask, it shall be done for them of my Father which is in heaven. For where two or three are gathered together in my name, there am I in the midst of them.”

**NOTE:**

\*\*\*\*\*Let us seek the Lord to receive - Clarity, Greater Intimacy with the Lord,  
Direction, Devotion, and a Deeper Hunger & Thirst for Righteousness!

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**St. John 4:23-24** – “But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and truth: for the Father seeketh such to worship Him. ***God is a spirit; and they that worship Him must worship Him in Spirit and in truth.***”

1Corinthians 14:4, 15 & 18 – “He that speaks in an unknown tongue edifieth himself, but he that prophesieth edifieth the church...I will pray with the Spirit, and I will pray with the understanding also: I will sing with the Spirit, and I will sing with the understanding also...I thank my God, I speak in tongues more than you all.”

**Jude 20 & 21** – Be ye, beloved building up yourselves on your most holy faith, ***praying in the Holy Ghost***, keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.

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**Daniel 2:22** – “He revealeth the deep and secret things; He knoweth what is in darkness and the light dwells with Him.”

**Daniel 6:3, 10** – “Then this Daniel was preferred above the presidents and princes, because ***an excellent spirit was in him***: and the king thought to set him over the whole realm...Now Daniel knew that the writing was signed, he went into his house, and his windows being opened in his chamber toward Jerusalem, he kneeled upon his knees three times a day, and ***prayed, and gave thanks before his God, as he did aforetime.***”

**Daniel 9:3** – “And ***I set my face unto the Lord God, to seek by prayer and supplications***, with fasting, and sackcloth and ashes.”

# Seven tips for observing a Daniel Fast

## 1. Be specific

Daniel was not vague in his objection to the **King of Babylon's provision of food**. He defined the problem immediately. Daniel 1:8

- a. The king's food was likely **not kosher, against Jewish dietary laws**.
- b. Daniel and his friends had vowed against **wine**.
- c. The king's food could have been offered up to **idols or demons**.

## 2. Fast as a spiritual commitment

The **Daniel Fast** involves a spiritual commitment to God. "Daniel proposed in his heart that he would not defile himself." Daniel 1:8

## 3. Reflect inner desire by external discipline

Many people have an inner desire for better health, but they can't discipline themselves to avoid junk food, and other foods that are not healthy. Physical health you seek from God may be more than an answer to prayer. Your physical health may be linked to any of the following factors:

- a. Your **food** choices.
- b. The level of your **spiritual commitment**, as reflected in constant prayer during the fast.
- c. Your **time commitment**. If you determine to fast for a certain time, keep it. For example, if you determine to fast ten days, don't stop on day nine.
- d. Your **testimony commitment**. Your fast is a statement of faith in God. You want God to heal your body. **Faith is foundational to the Daniel Fast**.

## 4. Pray to see sin's role in your health or sickness

**Read James 5:13-20 KJV**

James 5:13 Is any among you afflicted? let him pray. Is any merry? let him sing psalms. 14 Is any sick among you? let him call for the elders of the church; and let them pray over him, anointing him with oil in the name of the Lord: 15 And the prayer of faith shall save the sick, and the Lord shall raise him up; and if he have committed sins, they shall be forgiven him. 16 Confess your faults one to another, and pray one for another, that ye may be healed. The effectual fervent prayer of a righteous man availeth much.

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### Observations:

- **Actions and attitude are important.** James said, "are there any among you suffering? Let him pray. Is anyone cheerful? Let him sing psalms." James 5:13

- The **sick person must call** for the elders. James 5:14
- Sin is something **related to the cause** of sickness. James 5:15
- Lack of health or healing may be the **result of spiritual rebellion**. James 5:15
- Lack of health or healing may be **due to sin of wrong consumption**, i.e. poor diet, drugs, pornography. James 5:15
- **Repentance is linked to health**. James 5:16
- Prayer alone may not gain healing, **faith in God is the major factor**. James 5:15, 17-20

## 5. Fast as a statement of faith to others

Daniel was making a statement of faith when he asked for only vegetables to eat and water to drink, then dared the overseer to compare the appearance of the four sons of Israel with the young men who ate the king's food.

## 6. Learn the effects of the food you eat

**Why are some foods good for us?** Why are other foods bad for us? What do certain foods do to your body? If we really knew, there would likely be **some things we would never eat again**.

## 7. Yield all results to God

Daniel said, "as you see fit, deal with your servants." Daniel 1:13 There is no indication that Daniel or his friends ever began to eat the king's food.

# Application of Daniel's Fast

- This **Daniel Fast** is not exactly the same as Daniel's original Fast or Diet.
- This **Daniel Fast** will lead to spiritual insight. "As for these four boys, God gave them knowledge and skill." (Daniel 1:17)
- This **Daniel Fast** is longer than one day. These young men fasted for at least ten days. (Daniel 1:12, 15)
- This **Daniel Fast** is a partial fast. Daniel and his friends ate only vegetables and drank only water. (Daniel 1:12) We will allow more to eat than they did for various reasons.
- This application of a **Daniel Fast** requires abstinence from party or junk foods.



## Food guidelines for observing this Daniel Fast

1. You have freedom in this Daniel Fast to modify it according to your personal physical and spiritual needs. You can modify these guidelines as you feel led by the Lord. If you feel that it would be more productive for you spiritually or physically to avoid certain foods or spices, that would be great. If you feel led by the Lord to eat only vegetables and drink only water, then do so!
2. The main thing is to **decide ahead of time how you are going to apply the Daniel Fast**. Then stick to your commitment for the length of time you have decided to fast. Some people feel that it is good to make a permanent lifestyle change to the Daniel Fast. Daniel didn't do his "fast" for a limited amount of time. It was his lifestyle. Daniel asked for permission to avoid the king's delicacies over a ten day period. Then, if he was still healthy looking, he could continue his "diet."
3. **Daniel's reason for his "diet" are given in Daniel 1:8 The Message Bible**

"But Daniel determined that he would not defile himself by eating the king's food or drinking his wine, so he asked the head of the palace staff to exempt him from the royal diet."

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### Foods to eat

Daniel seemed to eat only **things planted for harvest** and drank only **water**. You may want to keep it simple and eat only vegetables and drink only water.

- **Whole Grains:** brown rice, oats, rolled oats, oatmeal, barley, corn, popcorn, wheat
- **Legumes:** dried beans, pinto beans, split peas, lentils, black eyed peas, peanuts. Grain legumes include beans, lentils, lupins, peas and peanuts.
- **Fruits:** apples, apricots, avocados, bananas, berries, blackberries, blueberries, boysenberries, breadfruit, cantaloupe, cherries, coconuts, cranberries, dates, figs, grapefruit, grapes, grenadine, guava, honeydew melons, kiwi, lemons, limes, mangoes, melons, mulberry, nectarines, oats, olives, oranges, papayas, peaches, pears, pineapples, plums, prunes, raisins, raspberries, strawberries, tangelos, tangerines, watermelon, etc.,
- **Vegetables:** artichokes, asparagus, beets, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, chili peppers, corn, cucumbers, eggplant, garlic, gingerroot, kale, leeks, lettuce, mushrooms, mustard greens, okra, onions,

- parsley, potatoes, radishes, rutabagas, scallions, spinach, sprouts, squashes, sweet potatoes, tomatoes, turnips, watercress, yams, zucchini, etc.
- **Seeds:** all nuts, natural peanut butter, natural almond butter, sprouts, ground flax, etc.
  - **Liquids:** spring water, distilled water, filtered water, 100% all natural fruit or vegetable juices
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## **Foods to Avoid**

Basically, you want to avoid the King's food. By application, that means that we are avoiding all those things that the Jews couldn't eat. We're also avoiding foods that only royalty in ancient days could afford. It wasn't until recent history that most Americans could afford to eat meat or poultry. In most of the world today, very few people can afford to eat any kind of meat or processed foods, like the following items to avoid. Meat, because Daniel didn't want to take the chance of eating non-kosher meat and/or meat that was offered to idols.

- white flour and all products using it
- white rice, white bread, white hominy and white pasta
- fried foods
- caffeine
- carbonated beverages, including diet sodas
- foods containing preservatives or additives
- refined sugar
- chemical sugar substitutes
- margarine, shortening, animal fat, high fat products
- dairy products

## **Sample Daniel's Fast**

### **Morning**

Begin each morning with 8 oz spring or distilled water with the juice of ½ a fresh lemon

1 cup of oatmeal or any kind of whole grain unprocessed cereal

Piece of fruit

Cup herbal tea (no sugar or honey)

### **Mid morning**

8 oz of water

8 oz of freshly juice vegetable or fruit juice or kosher juice

### **Lunch**

Salad with raw vegetables – such as celery, tomatoes, cucumbers, broccoli, etc (chooses from the list above)

Salad dressing - olive oil with lemon and basil; or balsamic vinegar and olive oil

8 – 16 oz water

### **Late Afternoon**

8 oz of water

Herbal tea or 8 oz of Kosher fruit juice, or fresh juiced vegetable juice

### **Dinner**

1/2 cup of brown rice or couscous, or whole wheat pasta

Steamed vegetables of your choice

Mixed with olive oil

8 to 16 oz of water

### **After Dinner snack**

Piece of fruit

8 oz of water

## Sis. Sandy's Recipes for the Daniel Fast

### Black Bean Burger

- Canned black beans
- Red onion
- Canned chipotle peppers in adobo sauce (available in the ethnic foods aisle!)
- Garlic cloves
- Cumin + salt
- Canned corn (or fresh or frozen)
- Salsa or tomato sauce
- Panko bread crumbs
- Ground flax egg

To keep these **veggie burgers vegan, use a flax egg**. Combine 1 tablespoon ground flax and 3 tablespoons water. Let this mixture sit for five minutes.

Add one can of beans, onion, chipotle pepper, adobo sauce, garlic, cumin and salt to a food processor and pulse until mixture resembles chunky black bean dip.

Transfer the mixture in the food processor to a large bowl and stir in the other can of black beans, salsa (or tomato sauce), breadcrumbs, flax/water mixture and corn. Stir well until everything is combined.

Heat a little olive oil in a skillet on medium high heat. Form black bean mixture into patties and fry for about 8-12 minutes per side, until crispy and golden brown. The amount of cooking time will depend on your preference for crispiness on the outside of the burger.

Serve patties on buns or in a salad or tortilla and topped with any favorite burger toppings, such as guacamole or avocado slices, lettuce, sliced red onion, salsa, mustard.

# Black Bean Burrito Bowl

A fresh and healthy burrito filled with black beans, rice, corn and sauteed peppers topped with shredded lettuce, pico de gallo, and avocado salsa verde

## Ingredients

- 1 red pepper
- green pepper
- 1 19 oz can black beans drained
- 2 cups cooked brown rice
- 1 7 oz can corn drained
- 4-8 leaves romaine lettuce shredded
- 1 cup avocado salsa verde

## For the pico:

- 2 Tablespoons diced red onion
- 2 Tablespoons chopped cilantro
- 2-3 roma tomatoes seeded and diced
- salt

## Instructions

1. Toss the diced roma tomatoes, red onion and cilantro together to make a quick pico de gallo. Season with salt to your taste.
2. Slice the green and red peppers then add them to a large cast iron pan or nonstick pan over medium high heat. Cook the veggies for a couple of minutes while stir often to keep them from burning.
3. Remove the veggies from the pan, and then use the pan to heat up the drained black beans and corn.
4. Divide the rice, black beans, corn and sauteed peppers between 4 plates. Top each plate with the shredded lettuce and pico de gallo then dress with the avocado salsa verde.

## Avocado Salsa Verde

Made in your blender in under 10 minutes, this creamy avocado salsa verde will be your new favourite sauce or dip! Eat it with tortilla chips or use it anywhere else you'd put salsa. This fresh and flavourful salsa is a perfect topping for tacos, nachos, salads, and pretty much everything else!

## Ingredients

- 1 29 oz can tomatillos drained
- 1 avocado
- 1/2 cup cilantro
- 1/2 lime juice of
- 1 teaspoon salt

- 1/2 small onion
- 1 clove garlic
- 1/2 jalapeno seeds removed

## Instructions

1. Lightly chop the onion, garlic, and jalapeno - they will blend into the sauce easier this way.
2. Blend all the ingredients up in a high speed blender or food processor until smooth.

## Vegan Shepherd's Pie

### Ingredients

#### FOR THE POTATO TOPPING

- 5 pounds russet potatoes washed and unpeeled
- 1/2 cup vegan butter sliced
- 1½ cups plant-based milk
- Sea salt to taste

#### FOR THE VEGGIE FILLING:

- 1 teaspoon olive oil
- 1 onion peeled and chopped
- 2 cups chopped carrots\*
- 2 cloves garlic minced
- 2 tablespoons tomato paste
- ½ cup white wine
- 4 cups vegetable broth
- 1 teaspoon vegetable bouillon
- 2 bay leaves
- 2 tablespoons cornstarch
- 2 tablespoons cold water
- Black pepper to taste
- 1 package veggie crumbles
- 1 cup frozen corn
- 1 cup frozen peas

### Instructions

1. For the Potato Topping:
2. Chop potatoes (with skins) into small cubes (the smaller the cubes, the faster the cooking time). Place in a large pot and cover with water.
3. Place this pot on a burner and bring to a boil. Reduce heat to simmer and cook until the potatoes are fork tender, about 15–20 minutes.
4. Remove from heat and allow to cool slightly. Drain the potatoes into a strainer, being careful not to burn yourself with the steam.
5. Place the cooked potatoes into a mixing bowl. Add the vegan butter slices and use a mashing tool to mash the potatoes. Slowly add the plant-based milk. Continue mashing until a desired consistency is reached. Add salt to taste and stir to combine.
6. For the Veggie Filling:
7. Heat your oven to 400°F.
8. Heat the olive oil in a large pot over medium heat. Add the chopped onions and chopped carrots. Cook until tender, about 10–15 minutes. Then add the minced garlic, and cook for another minute or so.

9. Add the tomato paste, wine, vegetable broth, and no beef bouillon. Stir to combine. Add bay leaves to the top and bring this to a simmer. Continue cooking about 10 minutes. The liquid should reduce a little during this time.
10. Add cornstarch and water in a bowl. Stir to dissolve the cornstarch. Add this into the pot and continue on simmer until a thick sauce forms, about 5 minutes.
11. Add the veggie crumbles, frozen corn, and frozen peas. Stir to combine.
12. Pour the veggie filling mixture into the bottom of a large casserole dish. Top with the mashed potatoes. You can either spoon the potatoes over the top, or place in a piping bag with a large start tip and create some lovely patterns on the top of your shepherd pie. Either way, be sure to create some peaks in the potato that will brown nicely while baking.
13. Place the dish in the oven and bake around 30 minutes, until the potatoes are golden brown and the edges are bubbly.
14. When done, remove from the oven and let stand for 10–15 minutes before serving.

## **Smashed Chickpea and Avocado Sandwich**

### **Ingredients**

- 6-8 piece toast
- 2 cups cooked chickpeas, smashed (see notes)
- 1 large avocado, chopped
- 1/4 cup chopped onion
- 2 teaspoon garlic powder
- 1 tablespoon fresh lemon juice
- salt, pepper and crushed red pepper

### **Instructions**

1. In a large bowl, add cooked chickpeas and use a fork to smash it. Add chopped avocado, onions, garlic powder, salt, pepper, and lemon juice and combine them together.
2. Scoop it over toast and sprinkle crushed red pepper.

### **Notes**

If using canned chickpeas, boil it for 6-8 minutes until it's texture gets soft but not mushy. [br]The avocado and chickpea mixture changes it color after couple hours eat it immediately or prepare everything in advance and add avocados right before serving.

# The Best Slow Cooker Vegan Chili

## Ingredients

- 2 cups navy beans soaked overnight or two 14 oz cans cooked beans
- 2 cups black beans soaked overnight or two 14 oz cans cooked beans
- 1 cup grain mix a combo of wheat berries, rye, spelt, millet and barley (see notes below), soaked overnight
- 1 big yellow onion
- 3 cloves garlic
- 1 red bell pepper
- 1 green bell pepper
- 1 cup or 14 oz can sweet corn
- 2 14 oz cans diced tomatoes
- 2 14 oz cans tomato sauce
- 5-6 cups vegetable stock
- 2 red chili peppers or jalapenos, adjust the hotness to your liking
- 1 tablespoon ground cumin
- 1 tablespoon sweet paprika
- 2 bay leaves
- salt and freshly ground bell pepper to taste
- Vegan yogurt, avocados, lime and tortilla chips to serve

## Instructions

1. Start with soaking your beans and grains in water overnight. If you don't have time for that, just use canned beans and quinoa.
2. Dice the onion and bell peppers. Mince the garlic and chili peppers (I used two but if you like it hot, add more).
3. Put all the prepared ingredients in your slow cooker. Add sweet corn, diced tomatoes, tomato sauce and vegetable broth, as well as cumin, sweet paprika, bay leaves, salt and black pepper. Stir everything well to combine.
4. Cook on high for 6-8 hours or until cooked through. Adjust the seasoning to your taste. Serve hot with a spoonful of vegan yogurt, chopped avocados, jalapenos, lime and tortilla chips. Let cool and freeze in zipper bags for up to 3 months if desired. Enjoy!

## Notes

### Cook's Tips

- You can store this chili for up to **5 days in the fridge**.
- This chili is perfect for **meal prep**. **Freeze** it for up to **3 months** in freezer bags and **reheat** on the **stove** or in the **microwave**. Add a bit of **water or vegetable stock** if it's too thick.
- Use **leftover cooked beans** for this chili for a quick and nutritious meal. Just throw the rest of the ingredients in your crockpot and cook **on high for 3-4 hours**.

## Recipe Variations

- Use **other types of beans** that you like in place of black and navy beans.
- If you don't have time for soaking, just use **canned or cooked beans**. In this case the cooking time reduces to **3-4 hours** (on high).
- You can use any combination of the above-mentioned grains like uncooked **quinoa** or skip the grains and add **lentils**.
- Cook this vegan chili **on the stovetop** for around **1 hour** instead of using the slow cooker.



## STUFFED BAKED POTATOES

### INGREDIENTS

- 4 medium-large (about  $\frac{3}{4}$  pound each) russet potatoes, scrubbed and unpeeled

### INSTRUCTIONS

1. Preheat oven to 425°F. Set aside a baking sheet or dish.
2. You can poke the potatoes with a knife a couple of times if you wish, but I have not found it to make a difference. Do not wrap the potatoes in aluminum foil; simply place them onto the baking sheet or dish and bake for 50 to 60 minutes, or until a knife is easily inserted into the center.
3. After baking, make a lengthwise slit in the top of each potato, going about halfway down. Squeeze each potato at the ends toward the center to open it up. You can use a knife or fork to loosen the potato flesh inside. Finish the potato by topping it with any combination of vegetables or other toppings listed on the following page.

### NOTES

**You can also bake yams or sweet potatoes.** They come in all sizes, so check for doneness at about 45 minutes and then at intervals of 5 to 10 minutes.

**Other white potatoes:** If you want to use another variety of white potato besides russet, try Yukon Golds. They have thin skins and are less starchy and are creamier in texture, with a naturally buttery flavor. They are generally smaller than russets, so they may not need to cook as long.

By many names: Did you know that Russet potatoes are also known as "Idaho" potatoes, "baking" potatoes, "starchy" potatoes and "chef's" potatoes?

## BROCCOLI-GARLIC SAUCE

### INGREDIENTS

- 2 cups chopped broccoli florets
- 1 medium Yukon Gold potato, peeled and chopped (about 1½ cups)
- 2 medium cloves garlic, halved

### INSTRUCTIONS

1. Place the broccoli, potatoes, and garlic into a medium saucepan with just enough water to cover. Bring to a boil over medium-high heat.
2. Reduce the heat to medium, and cook for 10 to 15 minutes, or until the potatoes are very tender when pierced with a knife.

3. Use as slotted spoon to transfer the cooked vegetables and ½ cup of the cooking water to a food processor then pulse 4 to 5 times, adding more cooking water as needed. The sauce should have a somewhat coarse texture, with tiny bits of broccoli still visible (overblending can dull the flavors).

## NOTES

**For a richer sauce,** add 1 tablespoon of tahini (ground sesame seed paste) or almond butter to the food processor in step 3.

## Rainbow Salad Rolls

### Ingredients

8 cups water  
8 large collard green leaves  
2 cups purple cabbage, shredded  
½ cup cucumber, thinly sliced  
½ cup radishes, matchstick sliced  
½ cup carrot, grated  
⅓ cup cilantro, chopped  
¼ cup unsalted sliced almonds  
2 tablespoons Kikkoman® Rice Vinegar  
2 tablespoons Kikkoman® Gluten-Free Sweet Chili Sauce  
1 tablespoon Kikkoman® Sesame Oil

1. Heat water in a large pot until boiling. While water heats, Slice the bottom off collard green leaves to remove thick stem and create a circular shape. Use a paring knife to carefully shave down the remaining thick stem, paying attention not to slice into the leaf.
2. Once the water is boiling, place 2-3 collard green leaves in water for 20-30 seconds. Remove and set onto a plate and blot dry with paper towels. Repeat with remaining leaves.
3. Set leaves onto work surface and layer with cabbage, cucumber, radish, carrot, cilantro and almonds slightly below the center of each leaf. Fold the bottom away from you and tuck in the sides. Continue to roll toward the top to securely wrap. Repeat with remaining collard green leaves.
4. Stir together rice vinegar, chili sauce, and sesame oil in a small dish. Serve with wraps for dipping.

## **Breakfast Recipes**

### **Vegan Breakfast Skillet**

#### **Ingredients**

- 2 14-ounce cans chickpeas (garbanzo beans)
- 1 large onion
- 1/2 small red pepper
- 2 Roma tomatoes
- 4-6 mushrooms
- 2-1/2 teaspoons Italian seasoning
- 1 teaspoon dried dill
- 3/4 cup spinach, chopped
- 3-4 tablespoons water
- Season with salt and freshly ground black pepper

#### **Instructions**

1. Heat oil in a skillet and saute onion, red pepper until tender. Add the mushrooms, tomatoes and water and cook another 3-4 minutes until the tomatoes produce a stew-like texture.
2. Add the Italian seasoning, dill and freshly ground black pepper.
3. Add the chickpeas, mashing about 1/4 of them and cook for another 2-3 minutes. Add another tablespoon or two of water to add more moisture.
4. Toss in the spinach and cook another minute, just until wilted.
5. Serve with oven-roasted potatoes, avocado and salsa

#### **VARIATIONS**

- Black beans instead of chickpeas
- Kale instead of spinach
- Add chopped zucchini
- Add 1-2 cloves garlic (like my son does)

#### **WHAT TO SERVE WITH THIS HEALTHY VEGAN BREAKFAST**

I serve this breakfast skillet with oven roasted potatoes, but it could also be served with...

- Oven roasted sweet potatoes

- Mashed potato patty
- Quinoa
- Brown rice
- Spanish rice

## **Crispy Oven Roasted Potatoes**

### **Ingredients**

- 4 cups russet potatoes, cubed in small (approx 1/2 inch) pieces
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder

### **Instructions**

#### **Sheet Pan Instructions**

1. Preheat oven to 450 + line a cookie sheet with parchment paper or a silpat baking sheet.
2. In a bowl, toss together chopped potatoes, olive oil + spices. Make sure all pieces are evenly coated
3. Spread out potatoes on lined baking sheet
4. Bake for 20 minutes and stir potatoes to make sure sides are getting evenly coated. Bake for additional 20 minutes until potatoes are browned.

#### **Air Fryer Instructions**

1. **\*IMPORTANT NOTE\* FOR AIR FRYER: USE 1/2 THE AMOUNT OF OIL - you only need 1 tablespoon of oil**
2. In a bowl, toss together chopped potatoes, olive oil + spices. Make sure all pieces are evenly coated
3. Air Fry at 400 for 20 -25 minutes. If your air fryer has a basket, remove it at 10 minutes, shake, and return to cooking. This allows the potatoes to cook evenly. Every air fryer is different so check after 20 minutes to make sure they don't burn!

## Sweet Potato Breakfast Hash

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### Ingredients

- 2 tablespoons coconut or olive oil
- ½ cup green bell pepper, diced
- ½ cup red bell pepper, diced
- 1 jalapeño, sliced and diced
- ½ cup red onion, diced
- 4 cloves garlic, minced
- ½ pound Japanese sweet potatoes, rinsed thoroughly and diced into 1" cubes
- ¾ cup cooked black beans (if canned, rinsed well)
- 2 teaspoons paprika
- ¾ teaspoon sea salt, to taste
- ¼ teaspoon freshly ground black pepper

### Instructions

1. In a pan over medium high heat, heat 1 tablespoon of oil.
2. Add in the green bell pepper, red bell pepper, jalapeño and the red onion. Sauté and cook down for about 8 minutes until the red onions are translucent. Scoop the mixture aside in a small bowl. Add the other tablespoon of oil into the pan and heat up.
3. Add in the sweet potatoes and stir to combine. Reduce heat to medium and let the sweet potato crisp and cook through, for about 10-12 minutes. Stir occasionally, ensuring not to burn the sweet potatoes.
4. After sweet potatoes are cooked through, and back in the previously cooked bell pepper mixture and the black beans. Add the paprika, sea salt and the black pepper over and stir to combine. Cook for about another 3 minutes to let the black beans heat through. Taste and adjust seasonings for taste, then remove from heat. Serve with slices of avocado and enjoy!