

## THOUSAND ISLANDS DRESSING

Here are two recipes for Thousand Islands Dressings that will work for the Daniel Fast. Make sure to READ THE LABEL for the relish to make sure it is sugar-free and chemical-free.



### Ingredients 1:

- 1 cup soy mayonnaise
- ¼ cup tomato paste
- 1 teaspoon lemon juice
- 2 tablespoons chopped onions
- 2 tablespoons chopped green peppers
- 2 tablespoons dill pickle relish
- 1 teaspoon paprika
- 1 dash salt

### Ingredients 2:

- 1 cup soy mayonnaise
- ¼ cup chili sauce
- ¼ cup dill pickle relish
- ¼ teaspoon salt

### **Preparation:**

The preparation for both dressings is the same.

- Mix all ingredients blending very well.
- If the dressing is too thick, add a bit of soy milk or water.
- Chill before using.

## HOPPIN' JOHN



### Ingredients:

- 1    tablespoon light olive oil
- 1    cup chopped onions
- 2    cloves garlic, minced
- 2    cups chopped ripe, juicy tomatoes plus 1/4 cup water, or 16-ounce can diced tomatoes including liquid
- 1/2    teaspoon dried basil
- 1/4    teaspoon dried thyme
- 3    cups cooked brown rice (about 1 cup raw)
- 1    16-ounce can black-eyed peas, drained and rinsed, or 2 cups cooked (2/3 cup dried)
- salt and freshly ground pepper to taste

### **Preparation:**

- Heat the oil in a very large skillet or a wok. Sauté the onions over medium heat until translucent.
- Add the garlic and continue to sauté until the onions are golden.
- Stir in the tomatoes, basil, and thyme; cook until the tomatoes have softened, about 5 minutes.
- Add the rice and black-eyed peas, and season to taste with salt and lots of pepper.
- Stir well, then simmer, covered, over low heat for 15 minutes. If the mixture seems dry, add water or cooking liquid from the peas.
- Serve it with tangy coleslaw for a satisfying, down-home meal.

***Serves 4-6***