



Hi! I'm Kristen Feola, author of the best-selling book, *The Ultimate Guide to the Daniel Fast*. My desire is to provide you with helpful resources to make your Daniel Fast successful. I hope you're blessed by the information you find throughout this website.

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DANIEL FAST FRIENDLY POTATOES

December 15, 2009 By Kristen Feola



ROSEMARY RED POTATOES

2 pounds B-size new red potatoes (about 10-12 total)

1 tablespoon extra-virgin olive oil

1/2 teaspoon dried crushed rosemary

1/2 teaspoon salt

1/8 teaspoon pepper

Scrub potatoes well. Place in large saucepan, and cover with water. Heat to boiling. Reduce heat, and simmer 15 minutes. Drain, and allow to cool slightly. Preheat oven to 425 degrees. Cut potatoes into quarters, and return to saucepan. Add olive oil, rosemary, salt, and pepper. Stir to coat. Place potatoes on an 11 x 17-inch baking sheet. Bake 30 minutes, turning potatoes about halfway through cooking time.

Yield: 4 servings (serving size: about 1/2 cup)

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COMMENTS

Contina

January 5, 2016 at 1:51 pm



I'm glad that I found this!! Now I know I can have potatoes.



Kristen Feola

January 5, 2016 at 2:15 pm

Potatoes are vegetables, so they're Daniel Fast friendly! 😊



Christopher Parrish

January 2, 2015 at 8:09 pm

I did the Daniel Fast mid year last year. I hate vegetables, by the way. When I found this site and this recipe specifically I thought I had found an oasis in the middle of a desert.

With my limited amount of veggies I'll eat, this dish saved my sanity.



Kristen Feola

January 3, 2015 at 3:36 am

I'm so glad! I hope you find other recipes here that you can enjoy. And, I'll pray that during this year's fast, you develop a taste for vegetables! 😊 May the Lord bless you abundantly in 2015 as you seek Him!



Brittney

January 15, 2014 at 2:32 pm

Were allowed to have potatoes? I was under the impression that we could only have sweet potatoes



Kristen Feola

January 15, 2014 at 2:48 pm

All vegetables are allowed. 😊



Kristen Feola

January 15, 2014 at 2:49 pm

Perhaps this page will help: [Food Guidelines](#).



feolafitness

January 20, 2010 at 2:24 am

Yes, coconut milk is allowed. There are a few recipes on the blog that use it, if you need some ideas. 😊

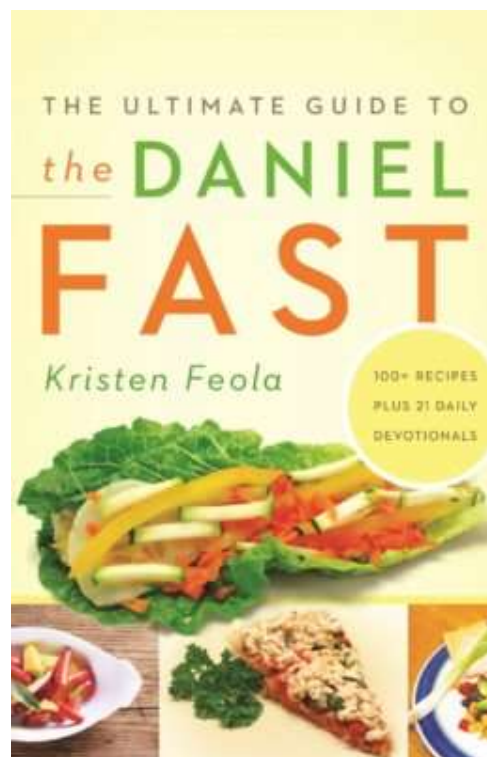
One of my favorite ways to use it is in a smoothie!



Anonymous

January 17, 2010 at 1:51 am

what about coconut milk



"I couldn't have done the Daniel Fast successfully without this book!" - Amazon reviewer

STARTING A DANIEL FAST?

Here are a few blog posts to help you:

Daniel Fast Food List

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January 2020 Daniel Fast -...

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FEATURED RECIPE



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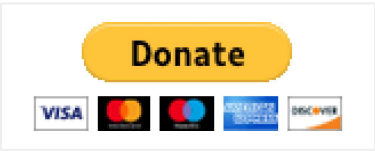


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