

enzymes and is the most restorative food for the liver?

Every morning, you should start the day off with a cup of warm (not boiling) water with the juice of half a lemon. The other half? Use it in your cold filtered water throughout the day.

KALE CAESAR SALAD WITH CHICKPEAS FOR THE DANIEL FAST

I tend to use lemons in just about everything I possibly can. My all-time favorite recipe is Kale Caesar Salad because the Caesar Dressing I make calls for half a lemon – but I love the tart freshness of lemon zest that I add that to the dressing as well – just to get the full lemon flavor!



Photo Credit: Jacqui McGovern

Dressing

1/2 tsp salt

1 tsp black pepper

2 cloves garlic – minced

1 tsp [Umeboshi Pickled Plum Paste](#) (Optional for the salty flavor. Also try capers.)

1 TBS dijon (or grainy) mustard

1 TBS [vegan mayo](#)

juice of 1/2 lemon

zest of 1/4 lemon

2 tsp red wine vinegar

1/3 cup olive oil

*you can also add 1 tsp Worcestershire sauce if you enjoy the taste

Whisk all ingredients together until creamy. Refrigerate. (will keep refrigerated up to 5 days)

Salad

1 bunch Organic Kale – rinsed, dried and torn into bite-sized pieces

4 sweet baby peppers (red, orange or yellow) or 1 regular sized pepper – chopped

1/4 red onion – sliced thin

1 cup chickpeas – rinsed well and patted dry

1/8 cup [soy parmesan cheese](#)

1/2 cup pepitas (roasted pumpkin seeds)

1 large, ripe tomato – sliced and chopped

Combine ingredients, add dressing, toss to coat and serve. Serves 2.







This post was written by contributor Jacqui McGovern.

Looking for more Daniel Fast Recipes? Check out this post of [Daniel Fast Lunch and Dinner recipes](#). You may also find something you like on this list of [Breakfast recipes](#). As always, I can't please everyone (though I wish I could!!) so if take the recipes you feel are a fit for you and leave the rest.

Below is a printable recipe for the Daniel Fast Kale Caesar Salad you can take to the store.

Kale Caesar Salad with Chickpeas #DanielFast

Dressing 1/2 tsp salt 1 tsp black pepper 2 cloves garlic - minced
1 tsp Umeboshi 1 TBS dijon (or grainy) mustard 1 TBS vegan mayo juice of 1/2 lemon zest of 1/4 lemon 2 tsp red wine vinegar
1/3 cup olive oil *you can also add 1 tsp Worcestershire sauce if you enjoy the taste

 Course	Dinner
 Cuisine	Italian
 Prep Time	20 minutes
 Total Time	20 minutes
 Servings	2 servings
 Author	Jacqui McGovern



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Ingredients

- Dressing
- 1/2 tsp salt
- 1 tsp black pepper
- 2 cloves garlic - minced
- 1 tsp Umeboshi paste
- 1 TBS dijon or grainy mustard
- 1 TBS vegan mayo
- juice of 1/2 lemon
- zest of 1/4 lemon
- 2 tsp red wine vinegar
- 1/3 cup olive oil
- *you can also add 1 tsp Worcestershire sauce if you enjoy the taste
- Salad:
- 1 bunch Organic Kale - rinsed dried and torn into bite sized pieces
- 4 sweet baby peppers red, orange or yellow or 1 regular sized pepper - chopped
- 1/4 red onion - sliced thin
- 1 cup chickpeas - rinsed well and patted dry
- 1/8 cup soy parmesan cheese - shredded
- 1/2 cup pepitas roasted pumpkin seeds
- 1 large ripe tomato - sliced and chopped

Instructions

1. Make dressing, whisking all ingredients together until creamy. Refrigerate. (will keep refrigerated up to 5 days)
2. Combine salad ingredients, add dressing, toss to coat and serve.

 [FOOD](#)

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