

DASH DIET COOKBOOK FOR BEGINNERS 2024

*The Comprehensive Guide To DASH Dietary Regimen With 120+
Scrumptious Recipes, & A 7-Day Meal Plan To Help Control
Hypertension, Weight-Loss & Promote Healthy Eating*

By

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Introduction

If you have been diagnosed with hypertension, the DASH diet is a tried-and-true dietary approach to managing blood pressure. However, it is possible to follow the DASH diet without having high blood pressure. DASH is flexible in its design and, focusing on entire meals, creates a solid nutritional foundation for maximum health and disease prevention.

The DASH diet's primary goal is to lower hypertension. People will reduce their fat, red meat, salt, and sugar consumption while consuming plenty of vegetables, fruits, low-fat dairy products, whole grains, fish, poultry, beans, and nuts.

DASH diet vital aspects:

- serving size
- eating a wide range of nutritious meals
- acquiring an adequate mix of nutrients

DASH recommends to:

- Consume less sodium, the main component of salt.
- Increase calcium, potassium, and magnesium consumption

These methods aid in lowering blood pressure. Although the DASH diet isn't vegetarian, it does include more vegetables, fruits, nuts, beans, and other healthy foods. It suggests healthier alternatives to "junk food" and recommends readers stay away from processed foods.

Researchers developed DASH more than 20 years ago with the NHLBI, a branch of the NIH. Studies show that a dash diet decreases blood pressure and cholesterol, two important cardiovascular risk factors. Compared to a traditional diet, those who follow the DASH diet while maintaining their salt intake may have a weeks-long decline in blood pressure. Respondents to the poll who reduced their daily salt intake from 3450 mg to 2300 mg had significantly lower blood

pressure. Those with hypertension who followed a reduced-sodium DASH diet, equivalent to halving salt consumption, showed the greatest benefits.

Along with the low-sodium version, DASH may be modified by replacing 10% of the daily carbohydrates with unsaturated fats or proteins. When consuming DASH, no foods are off-limits.

This book is a complete guide to following DASH dietary regimen, with 80+ recipes and a 30-day meal plan to keep you healthy and medically fit.

Chapter 1: DASH Diet Review

Are you perplexed by the constant advertising of diets and weight-loss techniques? In this chapter, we examine five well-liked diets and examine the supporting evidence.

1.1 What is the DASH diet?

Doctors sometimes recommend the DASH diet to help manage hypertension. The force that blood exerts on artery walls is known as blood pressure. Normal daily fluctuations occur, but if it continues to be too high, it is referred to as hypertension. Cardiovascular disease, congestive heart failure, stroke, renal disease, & blindness may all develop due to uncontrolled hypertension.

1996 DASH was initially discussed at an AHA (American Heart Association) conference. In 1997, it was then published in the British Journal of Medicine. The DASH experiment tested how different dietary regimens affected blood pressure reduction by randomly assigning 456 participants to various diets. The authors hypothesized that eating a diet rich in various blood pressure-reducing nutrients might have a bigger impact on hypertension than eating a diet deficient in those nutrients or taking supplements. There were three diets examined:

1. A control diet, often known as the typical American diet
2. A diet high in vegetables and fruits is comparable to the control diet but includes less sweets, snacks & a greater proportion of vegetables and fruits.
3. A balanced diet that is minimal in saturated fat, cholesterol, and total fats and is high in vegetables, fruits, low-fat dairy products, and nuts. The two remaining diets were higher in nutrients, including magnesium, potassium, calcium, protein, and fiber, linked to reducing blood pressure. Each of the three diets had roughly 3000 mg of sodium, which is greater than the amount advised by the American Dietary

Recommendations, although less than the typical sodium consumption of Americans.

Despite no weight changes, the balanced diet lowered blood pressure significantly more than the 2 diets. The blood pressure dropped more quickly in people with hypertension than in those without. The DASH combo diet's ability to lower blood pressure was equivalent to patients taking medication for early-stage hypertension.

The dietary recommendations for Americans 2010 & subsequent editions largely relied on the findings of this important research for its scientific foundation.

1.2 How Does The DASH Diet Works?

Vegetables, fruits, whole grains, low-fat milk, beans, poultry, fish, and nuts are the foundation of the DASH diet. It advises cutting down on red meat, sugar added in meals and drinks, and salt. The diet is heart-healthy because it reduces the consumption of trans and saturated fats while boosting the consumption of magnesium, potassium, calcium, fiber, and protein - nutrients thought to help regulate blood pressure.

The diet suggests the recommended serving sizes for the above-mentioned items. The NHLBI has offered example diet regimens based on the daily calorie intake of 2600, 2000, or 1600. This equates too approximately:

- 6 to 8 portions of grains as well as grain products (whole grains are considered)
- 4 to 5 portions of vegetables
- 4 to 5 portions of fruits
- 2 to 3 oz. poultry, fish, or meat servings
- 2 to 3 servings of dairy products (low-fat)

- 2 to 3 portions of fats and oils, and 4 to 5 seeds, dry beans, or nuts servings each week.

It suggests keeping your processed sugars & sweets intake to five servings or fewer per week. The serving amounts for each of these food categories are specified in the plan.

The heart might benefit from eating more unsaturated fats or proteins while consuming fewer carbohydrates. In the OmniHeart clinical trial, it was discovered that older people with initial or first-stage hypertension had reduced blood pressure, triglycerides, & LDL cholesterol when they replaced about 10% of their calories from carbs with protein (in particular plant proteins including nuts, seeds, or legumes) and monounsaturated fats (canola oil, olive oil, seeds, or nuts). Increases in HDL cholesterol (good) came from replacing carbs with unsaturated fats. Instead of just consuming additional fats and proteins, the effect was obtained by changing out an equivalent number of calories, keeping the overall calorie intake close to the same.

To follow the strategy, one must determine their daily caloric intake, and then spread out the recommended serving sizes of each food type throughout the day. This necessitates advanced food planning. This book offers a wealth of advice on incorporating DASH meals and reducing sodium consumption, as well as an entire week of recipes and example menus for a 2300 mg & 1500 mg salt restriction.

1.3 The Existing Research

Numerous studies demonstrate the DASH diet's multiple health benefits. According to reliable evidence, DASH decreases blood pressure in those with hypertension and those with typical blood pressure levels, despite not reducing salt consumption. If salt intake is reduced to no more than 2300 mg per day, and possibly more so under a 1500 mg sodium limitation, it may result in significant blood pressure decreases. DASH is additionally shown to reduce serum uric acid

levels among individuals with hyperuricemia, which puts them at risk for an aggravating inflammatory condition known as gout. DASH is best for improving all of these medical conditions since persons with gout frequently suffer from hypertension & other heart problems.

In a controlled eight-week trial, subjects were randomly assigned to follow the DASH diet, a vegetable and fruit-rich diet, and a control diet (the typical American diet, which is rich in fat and cholesterol). The DASH diet was shown to reduce the risk of cardiovascular disease. Based on the individuals' cholesterol & blood pressure readings before and following the diet assistance, the researchers calculated a 10-year decrease in risk for heart disease. Participants who followed the DASH or vegetable/fruit diets had a 10% lower risk than those who followed the control diet, although women & Black people had the most advantages, with risk reductions of 13% & 14%, respectively.

According to a new meta-analysis of the Atherosclerosis Incidence in Communities (ARIC) cohort, which monitored more than 3700 individuals who acquired kidney illness, following a DASH-style regimen could additionally avoid the onset of diabetes and renal disease. ARIC cohort participants who followed the DASH diet plan consumed a lot of legumes, nuts, & low-fat dairy foods. Processed meat and red meat consumption raised the risk of renal disease.

1.4 Possible Pitfalls

- DASH mandates that individuals create their daily meals based on the permitted portions. Those unfamiliar with meal planning or preparation may need more detailed instructions. The list of food categories is not all-inclusive. It is unclear, for instance, whether avocados could be classified as a fat serving or fruit since they are not listed. Some foods are classified in dubious ways, such as pretzels, which are classified as grains despite having little fiber & a very low nutritional content, & frozen yogurt, which is classified as dairy despite the majority of brands' high levels of added sugar and

inadequate levels of vitamin D and calcium. Although the broad word "cereals" is included in the grain category, the nutritional & sugar levels of various cereals may vary greatly.

- People who are lactose intolerant or have nut allergies might have to change their diet to incorporate seeds rather than nuts & lactose-free substitutes for dairy. Given the substantial amount of fiber in plant-based foods such as vegetables, fruits, & whole grains, some individuals may feel bloating or gas while beginning the diet. This may be reduced by introducing a few new high-fiber meals every week rather than all at once.

To sum up, the DASH diet is a nutritious diet that may help decrease blood pressure & lessen the risk of developing cardiovascular illnesses, renal disease, diabetes, & gout. This is supported by research.

1.5 Healthy Eating To Decrease Blood Pressure With The DASH Diet

Learn how DASH may help you feel better and decrease your blood pressure.

A healthy eating strategy called the DASH diet was created to help avoid or control hypertension. LDL cholesterol, associated with heart disease, may also be reduced.

Two key risk factors for stroke and coronary artery disease are hypertension and elevated LDL cholesterol levels.

The minerals that include magnesium, potassium, & calcium are plentiful in the foods that make up the DASH diet. The DASH diet emphasizes whole grains, fruits, & vegetables. Dairy items with no or little fat, poultry, fish, nuts, and beans are all included.

The diet restricts foods rich in sodium (commonly known as salt). Additionally, it restricts additional sugar & saturated fat, which are often found in full-fat dairy products and fatty meats.

Sodium And The DASH Diet

The recommended daily salt intake for those following the DASH diet is 2,300 mg. The dietary recommendations for Americans support that amount. Approximately 1 tsp of table salt has that much sodium.

DASH, with less sodium, has a daily sodium limit of 1,500 mg. You may choose the diet that best suits your health requirements. Speak with a medical professional if unsure about your ideal salt intake.

What To Eat On The DASH Diet

The DASH diet is a well-balanced dietary strategy that offers options. The diet promotes lifelong heart-healthy eating habits. No particular meals or beverages are required. The majority of restaurants and supermarket shops carry diet-friendly foods.

When adhering to DASH, you must select foods that are:

- Saturated fat is scarce.
- High in protein, fiber, potassium, magnesium, and calcium.
- Low salt content.

1.6 Recommended Servings

The DASH diet specifies dietary targets for the day and the week. Daily calorie requirements determine the quantity.

For a DASH diet of 2,000 calories per day, have a look at the suggested portions from every group of foods as follows:

- **Grains:** six to eight servings per day. One portion can be a half cup of cooked rice, pasta, or cereal. One oz. of dry cereal or one slice of bread.
- **Seeds, nuts, dry peas and beans are four to five servings weekly.** One portion is 2 tbsps. peanut butter, 1/3 cup of nuts, 2 tbsps. seeds, half cup of dried peas, & beans, also known as legumes.
- **Vegetables:** four to five servings per day. One portion is one cup of raw green vegetables, half a cup of vegetable juice, or half a cup of cooked or raw vegetables.
- **Low-fat or fat-free dairy products:** two to three servings per day. One portion is one cup of yogurt or milk or 1 1/2 oz. cheese.

- **Fruits:** four to five servings per day. One portion is a medium-sized fruit, half a cup of frozen, fresh or canned fruit, or half a cup of fruit juice.
- **Oils and fats:** two to three servings a day. One serving is 1 tsp vegetable oil, 1 tsp soft margarine, 2 tbsps. salad dressing or 1 tbsp. mayonnaise.
- **Poultry, lean meat, and fish:** 6 one-oz. servings or less daily. One portion is an oz. of cooked poultry, meat, fish, or an egg.
- **Added sugars & sweets:** five servings or less per week. One portion is 1 tbsp. jelly, sugar, or jam, one cup of lemonade, or half a cup of sorbet.

1.7 Caffeine And Alcohol

Alcohol use in excess may raise blood pressure. According to the dietary recommendations for Americans, women should restrict their alcohol consumption to one drink per day and men to a maximum of two.

The DASH diet makes no mention of caffeine. It's unclear how caffeine influences blood pressure. However, caffeine may shortly raise blood pressure.

Consider reducing your intake of coffee if you've hypertension or feel it impacts it. You might discuss caffeine with your healthcare physician.

1.8 Target Salt

The DASH diet's staple foods have a low salt content. Thus, adhering to the DASH lifestyle will probably reduce salt consumption.

- Pay attention to food labels & opt for low-sodium or no-sodium-added products to further limit salt intake.
- Replace salt with salt-free flavorings or spices.
- When preparing hot cereal, pasta, or rice, avoid adding salt.
- Select simple, either frozen or fresh vegetables.
- Pick lean meat cuts, fresh seafood, and skinless poultry.

- Eat less food from restaurants. Ask for foods to be prepared with less sodium or request that salt not be included in your order while dining out.

Food may taste different if you reduce your intake of processed, salty meals. Your taste buds may need some time to adapt. Once they do, however, you may prefer the DASH eating style. And as a result, you will be healthy.

1.9 What Foods Promote Heart Health Most Effectively?

Dietary decisions may support heart health protection. Flaxseeds, asparagus, lentils, and green tea might benefit your heart. They contain antioxidants, fiber, minerals, and vitamins, among other nutrients.

You may take many steps to maintain your heart health. You may schedule yearly checkups, exercise regularly, give up tobacco use, or take actions to lessen anxiety throughout your life.

The well-being of the heart may benefit from all of these things. But keeping an eye on your diet is one of the easiest lifestyle modifications to improve your heart.

The CDC warns that eating meals heavy in cholesterol, fat, or salt may be highly hazardous for the heart. Thus, changing one's diet is a smart place to begin when reducing the chance of developing heart disease.

This chapter examines several foods to help you maintain a healthy heart.

1. Asparagus: It is an organic source of folate, an amino acid that aids in preventing the buildup of homocysteine in the body. A higher likelihood of heart-related illnesses, including stroke and CAD (Coronary artery disease), has been associated with elevated homocysteine levels.

2. Lentils, chickpeas, peas, & beans: Legumes or pulses, such as peas, beans, lentils, & chickpeas, may all dramatically lower levels of LDL, sometimes referred to as bad cholesterol, according to research. They also include high levels of protein, fiber, & antioxidant polyphenols, every one of which is good for the heart & overall health.

3. Berries: Antioxidant polyphenols found in berries can lower the risk of cardiovascular disease. Berries are lower in fat and a wonderful source of folate, fiber, iron, vitamin A, calcium, & vitamin C.

4. Broccoli: According to several research studies, steamed broccoli helps decrease cholesterol and stave against heart disease.

5. Flax & chia seeds: These seeds are a good source of ALA (alpha-linolenic acid), one of the omega-3s found in plants. Omega-3 fatty acids have various positive benefits, including lowering triglyceride, LDL, & overall cholesterol levels. Additionally, they lower blood pressure and lessen the development of lipid plaques in the vessels.

Thrombosis & arrhythmias, two conditions that may result in heart attacks, are made less likely by omega-3 fatty acids.

6. Dark chocolate: One uncommon instance of a delectable meal that is also healthy (in moderation) is dark chocolate.

Dark chocolate may protect against atherosclerosis, a condition in which artery plaque thickens and raises the risk of a stroke or heart attack.

WBCs adhesion occurs when WBCs cling to the lining of blood vessels, and stiffening of the arteries, both of the processes associated with atherosclerosis, appear to be prevented by dark chocolate.

Furthermore, studies have shown that increasing the amount of flavanol in dark chocolate, which gives it flavor and addictiveness, does not reduce these protective advantages.

7. Coffee: It falls under the category of "almost too tempting to be true." According to recent research, frequent coffee consumption was associated with a lower risk of stroke & Heart failure.

Considering that, this research evaluated data obtained from the 'Framingham Heart' research using machine learning, it only identified a relationship between parameters and cannot definitively establish cause & effect.

8. Omega-3-rich fish: Fish is a good source of protein and heart-healthy omega-3s but also minimal in saturated fat. Omega-3 fatty acids, found in fish, are often advised to those with cardiovascular disease or at risk of getting it as they reduce the likelihood of irregular heartbeats and delay the development of arterial plaque.

The AHA recommends eating 3.5 oz. of fatty fish at least twice weekly, including mackerel, salmon, herring, sardines, albacore tuna, or lake trout.

9. Green tea: According to a 2011 comprehensive analysis, consuming green tea is linked to a slight reduction in cholesterol levels, which is known to be a major risk factor for cardiovascular disease & stroke. However, the analysis could not specify the amount of green tea that should be consumed to reap health advantages.

Another evaluation of the impact of green tea consumption on patients with hypertension was conducted in 2014. The study concluded that green tea lowers blood pressure. However, the investigators could not identify whether this little decrease may aid in heart disease prevention.

10. Nuts: Heart-healthy nut alternatives include hazelnuts, almonds, peanuts, pistachios, pecans, & walnuts. Fiber, protein, antioxidants, vitamins, and minerals are abundant in these nuts. Walnuts serve as a heart-healthy treat to keep on the move since they are rich in omega-3s, similar to flaxseeds and fish.

11. Liver: The liver is the meat organ with the highest nutrients overall. Iron, folic acid, chromium, zinc, and copper, which boost hemoglobin levels in the blood and support heart function, are particularly abundant in the liver.

12. Oatmeal: It has a lot of soluble fiber, which may help lower the risk of cardiovascular disease. Oat-based products dramatically lower LDL & total cholesterol without having any negative consequences, according to a 2008 evaluation of the research.

13. Red wine: Antioxidants found in red wine have been linked to possible health benefits in several studies. However, it seems doubtful that alcohol's risks exceed the advantages of antioxidants.

Although red wine contains healthy antioxidants, it ought to be drunk seldom.

However, recent research suggested that the same antioxidants may be the foundation for a brand-new stent used in angioplasty, which widens constrictive or blocked veins to treat atherosclerosis.

The study's authors are working on a novel stent design that disperses antioxidants like those found in red wine into the bloodstream to aid healing, inhibit blood clotting, and lessen inflammation following angioplasty.

It is important to note that alcohol use is generally bad for the heart. In reality, drinking alcohol in small amounts, or not at all, is crucial for heart wellness.

14. Spinach: By routinely ingesting high-quality magnesium sources, you may aid in maintaining a healthy cardiovascular rhythm. Popeye's favorite meal, spinach, is one of the greatest sources of magnesium and is linked to a wide range of health advantages.

15. Tomatoes: Numerous compounds found in tomatoes may support heart health. The tiny red fruits contain heart-healthy nutrients, including fiber, vitamin C, potassium, folate, & choline.

In addition to benefiting bones and muscles and warding off cardiovascular disease, potassium also aids in preventing kidney stone formation.

According to scientists, the most crucial dietary adjustment to lower the risk of cardiovascular disease is to boost potassium consumption while reducing salt intake.

16. Vegetables: According to the AHA, we should consume 8 or more servings of vegetables and fruit daily. Vegetables are high in minerals, vitamins, and fiber yet low in calories and fat. Vegetables in moderation may assist people with their blood pressure & weight.

Chapter 2: Tips For Adhering To The DASH Diet

The DASH diet routinely rates among the top eating strategies for shedding pounds and maintaining a healthy weight. However, many individuals do not adhere to this healthy eating pattern.

Individuals with high blood pressure were the target audience when the DASH diet was first created. But everyone may adhere to it! The DASH diet is nutritious for adults and kids and helps lower blood pressure, inflammation, and cholesterol. Additionally, since it concentrates on dietary categories rather than excluding certain items, it is sustainable, and most individuals can maintain it over the long term.

Discover how to adhere to the DASH diet.

Guidelines for the DASH Diet

The DASH diet emphasizes plants and is high in lean meats like fish & chicken, low-fat & nonfat dairy products, vegetables, fruits, seeds, and nuts. It is also high in whole-grain foods & heart-healthy lipids. Depending on calorie requirements, varying amounts of various food categories are advised. According to the National Institutes of Health, calculating your unique calorie requirements and serving sizes is simple.

The following items are included in a normal 2000-calorie diet. (Keep in mind that a serving size of 1 cup of vegetables, 1 ounce of grains, or 1 ounce of protein is considered to represent one serving here; see additional details below)

The DASH diet advises a daily salt intake of not more than 2,300 mg, regardless of your daily caloric demands.

2.1 Pick Up Whole Foods

Given that processed foods are a substantial source of salt in American diets, it seems sensible that they are excluded from the DASH diet. The main sources of

salt include frozen foods, deli meats, cheese, bread, and meals consumed outside the house. Review the ingredients on the nutritional data labels of your purchased packaged goods to become an expert. A high salt intake is 20% or more of the recommended daily amount, while a low sodium intake is 5% or less. Select whole grains, legumes, beans, lean meats, fish, nuts (without salt added), and fresh vegetables & fruits (or frozen without additional salt).

2.2 Increase The Intake Of Vegetables & Fruits

The DASH diet encourages and allows the consumption of all fruits and vegetables. A minimum of 4 to 5 servings of vegetables and fruits per day are advised. This has been shown to reduce the risk of hypertension & cardiovascular disease. Read MyPlate and fill half your plate with fruits and veggies if in doubt. More diversity is always better.

Try cabbage, broccoli, cauliflower, peppers, green beans, mushrooms, asparagus, and other cruciferous vegetables. Aim for 3 to 6 portions of fruit daily, depending on your daily calorie requirements. Most of the time, pick whole fruit and use fruit juice sparingly since they contain more calories.

Examples of a vegetable serving include:

- half a cup of vegetable juice
- half a cup of cooked or raw vegetables like carrots, broccoli, tomatoes, or squash
- 1 cup leafy, raw vegetables like kale or spinach

Examples of fruit serving include:

- half a cup of fruit juice
- half a cup of frozen, canned, or fresh fruit
- 1/4 cup of dried fruit or 1 medium-sized fruit

2.3 Use Whole Grains Rather Than Processed Ones

Make as many of the grains whole as you can. It equates to at least 3 servings of whole grains in a day. Fiber-rich whole grains keep you full and promote weight reduction and digestion by lowering cholesterol, regulating blood sugar, and lowering blood pressure. Since fiber remains a grain component, whole-grain foods are healthier than refined ones (such as white flour).

Examples of whole-grain servings include:

- half cup pasta (whole-wheat), cooked brown rice, or cereal (whole-grain), for instance, oatmeal
- 1-ounce dry cereal (whole-grain)
- 1 slice of bread (whole-grain)

2.4 More Lean Protein Rather Than Red Meat

Consume lean proteins like eggs, chicken, & turkey. Avoid deli foods, red meat, or processed meats. Prepare fatty fish like mackerel, tuna, and salmon instead since they are rich in omega-3s, which have been found to lower inflammation while boosting cholesterol. Although they are not abundant in omega-3s, shellfish & white fish are still excellent sources of lean protein.

2.5 Consume Low-Fat Dairy

On the DASH eating plan, dairy is allowed as long as it has low-fat. Protein and calcium are provided by dairy. However, many dairy products, particularly cheese, are rich in salt. Read the labels to remain within the daily limit of sodium 2300mg.

Examples of dairy serving include:

- 1.5-ounce cheese (low-fat)
- One cup of low-fat yogurt or milk

2.6 Add Seeds, Nuts, & Legumes To Your Diet

The DASH diet includes foods like walnuts, almonds, peanuts, sunflower seeds, hazelnuts, chia seeds, flaxseeds and various varieties of beans. Beneficial poly and monounsaturated fats, fiber, magnesium, and protein are all present in seeds and nuts. There is evidence that adding them to the diet has cardioprotective advantages. Add nuts to your yogurt, oatmeal, or salad. Eat cooked chickpeas as a snack. Replace meat with legumes and beans, which are fiber-rich and an excellent source of protein. Additionally, beans are less expensive than meat.

Examples include:

- 2 tbsps. nut butter
- 1.5-ounce nuts
- half a cup of legumes, cooked
- 2 tbsps. or half-ounce seeds

2.7 Select Wholesome Oils And Fats

Choosing heart-healthy oils is crucial since the plan promotes them. The DASH diet recommends consuming vegetable oils like corn, canola, safflower, and olive. Consume avocado, seeds, nuts and additional healthy fats. To reduce saturated fats, prepare with olive oil and use coconut oil and butter in moderation.

Always read the labels of salad dressings and margarine & steer clear of those that contain trans fats.

Examples include:

- 2 tbsps. salad dressing
- 1 tsp vegetable oil

2.8 Limit Sugary Foods And Beverages

The DASH diet minimizes added sugars, so consume sweets, table sugar, and soda no more than 5 times a week. The DASH lifestyle also restricts naturally occurring sugars and other sources of sugar, such as honey, maple syrup, and agave nectar.

Examples include:

- 1 tbsp. jam or jelly
- 1 tbsp. sugar
- 1 cup of lemonade

The DASH eating plan is a simple, effective strategy to lower blood pressure & reduce your likelihood of developing heart disease. There is no recommended food list for the DASH diet but rather a nutritional strategy emphasizing portions of various food categories. Anyone may adhere to this diet for best heart health, although it is advised for those with hypertension. By controlling stress, engaging in regular exercise, giving up smoking, keeping a healthy weight, and consuming alcohol in moderation, you may further improve cardiovascular health and lower blood pressure.

The Best Diet, As Determined By Science, To Reduce Hypertension

The tried-&-right DASH diet is the most effective option if you want the greatest meals to control blood pressure.

Uncomfortably many Americans suffer from arterial hypertension. According to data, hypertension affects about half of the nation's people. When you have hypertension, your blood continually pushes too hard against the lining of the blood vessel. A person's chance of coronary artery disease and stroke might rise over time due to this added physical stress.

You still have hope if you're one of the many individuals who manage their hypertension. Certain variables, like family history & genetics, are absolutely beyond your grasp when it comes to having this ailment. However, there are additional variables that affect your cardiovascular health that are entirely changeable.

Changing how you eat has shown potential outcomes in lowering blood pressure measurements. Additionally, it has been shown for more than 20 years that individuals with hypertension may reduce their blood pressure by adhering to the DASH diet. According to research, these outcomes place it as the best diet for lowering high blood pressure.

Simple Advice For Adopting The DASH Diet

Unfortunately, hypertension is fairly common. However, reducing blood pressure naturally with a few modifications in dietary habits is feasible, especially by adhering to the DASH diet.

Here are some pointers to get you started on the DASH diet:

- As an alternative to a sweet treat with added sugar, have a portion of frozen or fresh fruits as dessert following a meal. Frozen grapes are particularly tasty.
- Add novel veggies to your classic meals, like sweet potato to chicken chili.
- Replace fatty meat with lean alternatives like chicken breast.
- Rather than a deli meat sandwich, consider vegetarian lunch choices like a Hummus and Veggie Sandwich.
- Instead of using table salt, flavor your food using spices and herbs.
- Opt for seltzer or sparkling water over drinks that are sweetened with sugar.
- Substitute homemade salad dressings with alternative packaged food items.

- Instead of toast baked with white bread, choose whole-grain choices like Banana Cinnamon-Peanut Butter Toast.
- Make your recipes using whole grains as a basis, like these Buttermilk Pancakes (Whole Grain).

Small dietary adjustments may have a big impact on decreasing blood pressure. Remember that some individuals may need to adjust their lifestyles or even take drugs to lower their blood pressure; the DASH eating plan alone may not be adequate. Even while the DASH diet shows promise, always check with your doctor's office and a licensed dietitian to determine whether adding additional lifestyle modifications would help you decrease your hypertension more effectively and reach your health objectives.

2.9 The 3 Healthiest Diets For Older Women, Recommendations From Dietitians & Doctors

There is no incorrect moment to pursue these restriction-free techniques, but they are especially wise choices to maintain your body and mind as you age.

Every January, the United States News and World Report publishes a new summary of the most effective and poorest diets in various areas as determined by their expert teams. They used to concentrate heavily on broad categories like "the most effective diet overall," etc., but lately, they've included more specifics, such as the greatest options for families & the most beneficial for joint and bone health.

They included the optimal diet for women over 50 in the panel discussion. Menopause generally starts between the ages of 45 to 55 and is characterized by hormonal, energy, sleep, & muscle mass alterations that may lead to weight gain. According to research, most women report increasing by 2 to 4.5 lbs. yearly while not modifying their activity or eating routines.

But it's more than about the pounds. The physicians and nutritionists in this selection agree that women of a particular age should concentrate on a few critical nutrients. These consist of the following:

- **Calcium:** As people age, their rates of calcium absorption decline, which may lead to weaker bones. Salmon, dairy, tofu, fortified foods, and sardines contain it.
- **Vitamin B12:** Aids in the formation of new nerve & brain cells. Also prevents anemia. As we age, our bodies encounter difficulty-absorbing B12. Poultry, meat, fortified foods, and fish contain it.
- **Protein:** Helps to maintain muscular mass, promotes the healing of wounds, and aids in hormone synthesis. It includes legumes, beans, nuts, poultry, seeds, beef, seafood, and fish.
- **Vitamin D:** Promotes calcium absorption. Eggs, fortified foods, UV-grown mushrooms, and fatty fish contain it.

Some are the greatest diets for women who are approaching menopause, according to the United States News and World Report, since they include the optimal amounts of certain vitamins, minerals, & macronutrients and are long-lasting.

DASH Diet

Cardiologists from the AHA chose the DASH diet as the best for heart health. It takes the prize home as the top regimen for women over 50.

Prioritize fruits, vegetables, reduced-fat dairy products, nuts, whole grains, seeds, & lean proteins while minimizing added sugars to adhere to the DASH diet. This approach will likely provide a meal that is high in calcium, low in sodium, and well-rounded in macronutrients (carbohydrates, fat, and protein). On DASH, magnesium, potassium, and fiber levels often stand out.

Mediterranean Diet

A six-year winner of "Best Regimen Overall," this eating regimen also took first place honors in 2023 for the Greatest Diet for a Healthy Lifestyle. The Med diet is associated with a decreased risk of cardiovascular disease and improved general health. Planning your meal in the Mediterranean style has such an influence that it can have an equivalent effect on adding 4,000 steps to your daily stroll.

Your days should be filled with fish, low-fat dairy, seafood, poultry, eggs, whole grains, nuts, seeds, and olive oil if you want to adhere to the Med diet, which is influenced by the cuisines of nations that are close to the coast of the Mediterranean (but may be modified to suit any cultural tastes). Avoid highly processed meals and sugary foods, have an alcoholic beverage of red wine occasionally (if you prefer to consume alcohol), and sometimes eat red meat.

MIND Diet

It is no shock that the MIND diet earns the bronze medal on this compilation of the best regimens for women, as it is a mash-up of the Mediterranean and DASH diets. It is intended to sustain and potentially enhance cognitive function as we mature. A decreased incidence of dementia during the first six years of examinations was shown to be associated with the MIND diet, according to research. In case, you

didn't know, according to the Alzheimer's Association, approximately one out of three elders pass away from Alzheimer's or another type of dementia.

Consume plenty of fruits (berries earn a special golden star), vegetables (particularly leafy, dark greens), legumes, beans, nuts, whole grains, seeds, seafood, fish, and olive oil if you're on the MIND diet. If you want to consume alcohol, do it in moderation, no more than one five-oz. of glass per day.

The Mediterranean, DASH, & MIND diets are among the top living methods for women older than 50 because they promote longevity, brain and heart health, weight stability, and bone strength.

Physicians and nutritionists advise avoiding current fad diets or diet medicines. Regardless of your chosen program, unless you can maintain it over the long term, it will lack the capacity to promote well-being.

Chapter 3: DASH Diet Breakfast Recipes

The DASH diet is one of the finest eating habits supporting heart health and reducing blood pressure. These DASH-compliant breakfast suggestions include wholesome components, including vegetables, whole grains, lean protein, and low-fat dairy. These meals fit our criteria for heart-healthy and hypertension recipes because they include minimal amounts of sodium and saturated fats and high amounts of potassium. For a substantial and stimulating morning meal, try our recipes.

3.1 Almond-Berry Smoothie Bowl



Prep Time: 15 mins

Total Time: 15 mins

Servings: 1

Ingredients

- ½ cup of banana, sliced & frozen
- ⅔ cup of raspberries, frozen
- ½ cup of plain of almond milk, unsweetened

- 1 tbsp. of coconut flakes, unsweetened
- ¼ tsp. of ground cinnamon
- 5 tbsps. of almonds, sliced & divided
- ⅛ tsp. of ground cardamom
- ¼ cup of blueberries
- ⅛ tsp. of vanilla extract

Directions

- Blend the following ingredients in a blender: banana, raspberries, almond milk, 3 tbsps. almonds, cardamom, vanilla, and cinnamon. Blend until extremely smooth.
- The two remaining tbsps. of coconut & almonds and blueberries should be added to the smoothie before serving.

Nutrition Info (per serving)

360 Calories, 46g Carbohydrates, 9g Proteins, 19g Fat, 89mg sodium

3.2 Egg Scramble & Spinach With Raspberries

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1

Ingredients

- 1 ½ cups of baby spinach
- 1 tsp. of canola oil
- 2 eggs, large & lightly beaten
- ground pepper as per taste
- kosher salt as per taste

- ½ cup of raspberries, fresh
- 1 slice of bread (whole-grain), toasted

Directions

- A modest nonstick skillet with moderate to high heat is used to heat the oil. Add the spinach and simmer for one to two minutes, tossing often, until wilted. Onto a platter, put the spinach. Wipe the pan, then add eggs and cook it up over medium-low. Cook for one to two minutes, tossing occasionally to achieve uniform cooking. Add the salt, pepper, and spinach, and stir. Along with raspberries and toast, serve the egg scramble.

Nutrition Info (per serving)

296 Calories, 21g Carbohydrates, 18g Protein, 16g Fat, Sodium 394mg

3.3 Green Pineapple Smoothie

For this delicious spinach, pineapple, and Greek yogurt smoothie, combine ripe bananas. Chia seeds increase nutrition by adding fiber, little protein, and good omega-3 fats.

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1

Ingredients

- ⅓ cup of Greek yogurt, nonfat plain
- ½ cup of almond milk, unsweetened
- 1 cup of baby spinach
- ½ cup of pineapple chunks, frozen
- 1 cup of banana slices, frozen (one medium-sized banana)

- 1 to 2 tsps. of pure honey or maple syrup (optional)
- 1 tbsp. of chia seeds

Making A Green Pineapple Smoothie

This smoothie with pineapple is unique. A small amount of baby spinach is included in the beverage to turn it green. Folate, plant-derived iron, and vitamins C & A are abundant in spinach. This smoothie will start your day correctly since it contains chia seeds, which provide fiber and omega-3 fatty acids. Here are some pointers toward achievement:

- Utilize frozen, ripe bananas. The richness of the fruit is what gives this smoothie much of its flavor. We advise utilizing frozen, ripe bananas as a result. Although overripe bananas seem sweeter and have a creamier texture than underripe bananas, bread made with them is the ideal way to utilize them. An overripe banana may dominate the other components of the smoothie with its flavor and color.
- First, pour the liquid into the blender. Have you ever attempted to combine a smoothie and failed? Most likely, it's not the blender. It can occur as a result of the incorrect addition of the ingredients. When frozen fruit pieces are added before liquid, air pockets surround the blade, making blending more challenging. The spinning blades may pull the components from above down, which can spin with the fluid at the bottom.
- Taste first before adding sweetener. Your smoothie might or might not need to be a bit sweeter. Because the sweetness of pineapple and bananas might vary, we advise keeping the extra sugar optional & only using it if you're certain your smoothie requires it. After all, adding sugar is simpler than removing it! Begin with a small amount and adjust as desired. We advise including liquid sweeteners like honey or pure maple syrup.

Directions

- Add yogurt and almond milk in a blender, then add banana, chia seeds, spinach, pineapple, & sweetener (if required); mix until smooth.

Nutrition Info (per serving)

297 calories, 54g carbohydrates, 13g protein, 6g fat, sodium 145mg

3.4 Banana- Chocolate Protein Smoothie

This smoothie gets a dose of plant-derived protein from red lentils. Use unsweetened almond milk or coconut water instead of dairy milk to make it vegan.

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1

Ingredients

- ½ cup of red lentils, cooked
- 1 frozen of banana
- ½ cup of milk, nonfat
- 1 tsp. of pure maple syrup
- 2 tsps. of cocoa powder, unsweetened

Directions

- Combine lentils, banana, milk, syrup, and cocoa in a blender. Blend until smooth.

Nutrition Info (per serving)

310 calories, 64g carbohydrates, 15g protein, 2g fat, sodium 57mg

3.5 Yogurt Raspberry Cereal Bowl

Try substituting yogurt for milk in the cereal for breakfast or a nutritious dessert. Retain the cereal separately if cooking it as a take-out snack, and add it before serving.

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1

Ingredients

- ½ cup of wheat cereal, mini shredded
- 1 cup of yogurt, nonfat plain
- ¼ tsp. of ground cinnamon
- ¼ cup of raspberries, fresh
- 1 tsp. of pumpkin seeds
- 2 tsps. of chocolate chips, mini

Directions

- In a bowl, pour yogurt & top with raspberries, shredded wheat, chocolate chips, cinnamon, and pumpkin seeds.

Nutrition Info (per serving)

290 calories, 48g carbohydrates, 18g protein, 5g fat, sodium 191mg

3.6 Egg Tacos & Spinach



For a quick, tasty breakfast, eggs are paired with cheese, salsa, and spinach. An avocado that has been mashed adds a creamy component, while a splash of lime juice adds acidity.

Prep Time: 5 mins

Total Time: 5 mins

Servings: 1

Ingredients

- 1 tsp. of lime juice
- ¼ avocado
- 2 eggs, hard-boiled & chopped
- 1 cup of spinach, chopped & divided
- 2 warmed corn tortillas

- 2 tbsps. of salsa, divided
- 2 tbsps. of Cheddar cheese, shredded & divided

Directions

- In a small bowl, mash avocado with salt and lime juice. Add eggs. Separate the mix between tortillas & top each with 1 tbsp. cheese & salsa and half-cup spinach.

Nutrition Info (per serving)

421 calories, 32g carbohydrates, 21g protein, 24g fat, sodium 658mg

3.7 Green Smoothie

This nutritious smoothie recipe is made even more green using avocado and kale. With its omega-3s and fiber, chia seeds pack a heart-friendly punch.

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1

Ingredients

- 1 cup of baby kale (packed) or mature kale (coarsely chopped)
- 1 ripe banana, large
- ¼ avocado
- 1 cup of ice cubes
- 1 cup of vanilla almond milk, unsweetened
- 2 tsps. of honey
- 1 tbsp. of chia seeds

Directions

- Combine kale, banana, almond milk, chia seeds, honey, and avocado in a blender. Keep on blending until smooth and creamy. Add ice & mix until smooth.

Nutrition Info (per serving)

343 calories, 55g carbohydrates, 6g protein, 14g fat, sodium 310 mg

3.8 Yogurt & Fruit Smoothie

Fruit juice, yogurt, & frozen fruit are the only ingredients this simple smoothie recipe needs. Switch up the fruit combos daily for a deliciously varied nutritious breakfast.

Prep Time: 12 mins

Total Time: 12 mins

Servings: 1

Ingredients

- 1.5 cups of frozen fruit, like raspberries, blueberries, peaches, pineapple
- half cup of fruit juice, 100% pure
- 3/4 cup of yogurt, nonfat plain

Directions

- Blend yogurt and juice until completely smooth. Fruit should be added through the lid's hole while the motor is running, & it should be pureed until smooth.

Nutrition Info (per serving)

279 calories, 56g carbohydrates, 12g protein, 2g fat, Sodium 149mg

3.9 Delicious Salad with Salsa Verde & Egg Vinaigrette

Prep Time: 12 mins

Total Time: 12 mins

Servings: 1

Ingredients

- 1.5 tbsps. of olive oil, extra-virgin
- 1 egg, large
- 3 tbsps. of salsa verde, like Frontera brand
- 2 tbsps. of cilantro, chopped or more for garnishing
- 8 tortilla chips (blue corn) divided into large pieces
- 2 cups of mesclun
- ¼ sliced avocado
- ½ cup of red kidney beans, canned and rinsed

Directions

- Combine cilantro, salsa, and 1 tablespoon of oil in a compact bowl. Place half of the mixture in a wide dinner dish with the mesclun.
- Top the salad with a layer of beans, avocado, and chips.
- Heat the last teaspoon of oil in a nonstick pan over moderate heat. Add egg & cook for approximately two minutes, till the white is fully cooked and the yolk remains a little runny.
- Serve the salad with the egg. Add more cilantro, if needed, and sprinkle with the leftover salsa vinaigrette.

Nutrition Info (per serving)

527 calories, 37g carbohydrates, 16g protein, 34g fat, Sodium 660mg

3.10 Ginger-Mango Smoothie

Prep Time: 12 mins

Total Time: 12 mins

Servings: 1

Ingredients

- 1 cup of mango chunks, frozen
- 3 ice cubes
- ½ cup of red lentils, cooked
- 1 tsp. of fresh ginger, chopped
- ¾ cup of carrot juice
- 1 pinch of ground cardamom
- 1 tsp. of honey

Directions

- Place mango, lentils, carrot juice, honey, ginger, ice cubes, and cardamom in a blender. Keep blending until uniform and smooth, for two to three minutes. Sprinkle with additional cardamom, if required.

Nutrition Info (per serving)

352 calories, 79g carbohydrates, 12g protein, 1g fat, Sodium 122mg

3.11 Avocado & White Bean Toast

White beans & mashed avocado combine to create a creamy, fiber-rich topping that goes well with a crisp piece of bread. For an instant snack or breakfast, give it a try.

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1

Ingredients

- ¼ mashed avocado

- 1 slice of bread (whole-wheat), toasted
- 1 pinch of red pepper, Crushed
- ½ cup of white beans, canned, drained, and rinsed
- Ground pepper as per taste
- Kosher salt as per taste

Directions

- Top toast with white beans and mashed avocado. Season with pepper, salt & red pepper (crushed) as per taste.

Nutrition Info (per serving)

230 calories, 35g carbohydrate, 12g protein, 9g fat, Sodium 459mg

3.12 Vegan-Smoothie Bowl

Use a spoon to eat this rich & creamy smoothie bowl. Adding almond milk to frozen berries and banana creates a delicious vegan breakfast. For the topping, we often use nuts, seeds, and fruits. However, you're welcome to experiment with other ingredients.

Prep Time: 12 mins

Total Time: 12 mins

Servings: 1

Ingredients

- 1 cup of mixed berries, frozen
- 1 banana, large
- 1 tsp. of chia seeds
- ½ cup of soymilk, unsweetened
- ½ sliced kiwi

- ¼ cup of pineapple chunks
- 1 tbsp. of coconut flakes, unsweetened & toasted if required
- 1 tbsp. of almonds, sliced & toasted if required

Directions

- Combine berries, almond milk or soymilk, and banana in a blender. Mix until smooth.
- Now pour the mixture into a bowl & top with kiwi, pineapple, almonds, chia seeds, and coconut.

Nutrition Info (per serving)

338 calories, 64g carbohydrates, 9g protein, 10g fat, Sodium 46mg

3.13 Banana Cinnamon-Peanut Butter Toast

Cinnamon adds even more flavor to this filling peanut butter and banana toast.

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1

Ingredients

- 1 tbsp. of peanut butter
- 1 slice of bread (whole-wheat), toasted
- Cinnamon as per taste
- 1 banana, small and sliced

Which Kind Of Bread Is Best? Although we're using (whole-wheat) bread in this recipe, you can substitute your own. Check for flour (whole-wheat) as the initial ingredient when purchasing the bread. The germ & bran, and the wheat kernel are all in whole-wheat flour.

What Kind Of Peanut Butter Must Be Used? The shop offers a wide selection of peanut butter variants. The most nutritious peanut butter, however, is which one? Natural peanut butter, which is produced only from peanuts and maybe a little salt, is what we advise using.

Can I Substitute Another Nut Butter? Absolutely! We advise buying nut butter labeled "natural"; make sure the only ingredients are salt and nuts.

The Health Advantages Of Bananas. Bananas are nourishing and offer several health advantages. They are rich in fiber & potassium. Vitamin C, magnesium, vitamin B6, and phosphorus are also included.

Advantages Of Cinnamon For Health. To taste, add cinnamon to the bread with peanut butter and banana. This common spice has been praised for its ability to lower blood sugar levels and is regarded as one of the finest spices.

Directions

- Spread peanut butter on the toast & sprinkle with banana slices. Garnish cinnamon as per taste.

Nutrition Info (per serving)

266 calories, 38g carbohydrates, 8g protein, 9g fat, Sodium 181mg

3.14 Cantaloupe Smoothie

When cantaloupe is in season and at its sweetest, this wholesome smoothie idea is a perfect way to stay cool while adding flavor to this nutritious snack.

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1

Ingredients

- 2 cups of ripe cantaloupe, chopped

- ½ tsp. of vanilla extract
- 1 banana
- 1/2 cup of low-fat or nonfat plain yogurt
- 1 ½ tbsp. of orange juice concentrate, frozen
- 2 tbsps. of dry milk, nonfat

Directions

- Freeze a banana that hasn't been peeled for at least three months or overnight.
- Take the fruit out, & let it sit for approximately two minutes or until the peel softens. Use a paring knife to get rid of the skin. (It's okay if some fiber is left.) The banana should be chopped up. Add yogurt, cantaloupe, dry milk, vanilla, and orange juice to a food processor or blender. Until smooth, blend.

Nutrition Info (per serving)

364 calories, 75g carbohydrates, 14g protein, 3g fat, Sodium 187mg

3.15 Avocado - Spinach Smoothie

The avocado & frozen banana give this nutritious green smoothie a creamy texture. Up to a day in advance, prepare it and keep it in the refrigerator until it's time for a vegetable boost.

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1

Ingredients

- 1 cup of spinach, fresh

- 1 tsp. of honey
- 1 cup of plain yogurt, nonfat
- 1 banana, frozen
- 2 tbsps. of water
- ¼ avocado

Directions

- Combine spinach, yogurt, banana, water, honey, and avocado in a blender. Blend until smooth.

Nutrition Info (per serving)

357 calories, 58g carbohydrates, 18g protein, 8g fat, Sodium 238mg

3.16 Egg Scramble & Skillet Vegetable

Prep Time: 35 mins

Total Time: 35 mins

Servings: 4

Ingredients

- 12 oz thinly sliced baby potatoes
- ½ tsp salt
- 2 tbsp olive oil
- 3 scallions, white & green parts separated, thinly sliced
- 4 cups vegetables, thinly sliced like bell peppers, mushrooms, or/and zucchini
- 1 tsp fresh herbs, minced, like thyme or rosemary
- 2 cups leafy greens, packed like baby kale or baby spinach

- 6 eggs, large, slightly beaten

Directions

- Heat the oil in a big nonstick or cast-iron pan over a moderate flame. Add the potatoes; simmer covered for eight minutes, often tossing until they soften.
- Include the scallion whites and sliced veggies. Cook uncovered, sometimes turning until the vegetables are soft and gently browned for eight to ten minutes. Stir in the herbs. Place the veggie mixture around the pan's edge.
- Lower the heat to a medium setting. In the center of the pan, add the scallion greens and eggs. While stirring, prepare the eggs for about two minutes per side until gently scrambled.
- Combine eggs with leafy greens. Removing from the heat and thoroughly combining. Add salt and mix.

Nutrition Info (per serving)

254 calories, 20g carbohydrates, 12g protein, 14g fat, Sodium 415mg

3.17 Pumpkin Pie Delicious Smoothie

With half the sugar, this nutritious smoothie recipe tastes just like a pumpkin spice latte. This takes only five minutes to prepare and combines into a creamy, delicious grab-and-go breakfast with frozen banana & pumpkin.

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1

Ingredients

- 1 to 2 tsps. of pure maple syrup
- ½ cup of almond milk or any other nut milk, unsweetened

- 1 frozen banana, medium
- $\frac{1}{3}$ cup of Greek yogurt, plain whole-milk
- $\frac{1}{8}$ tsp. of pumpkin pie spice
- $\frac{1}{3}$ cup of pumpkin puree, canned

Directions

- Place almond milk, banana, yogurt, pumpkin pie spice, maple syrup, and pumpkin puree in a blender. Mix until smooth.

Nutrition Info (per serving)

247 calories, 42g carbohydrates, 10g protein, 6g fat, Sodium 121mg

3.18 Quinoa Pudding

This quick and simple dish combines chia seeds and quinoa to create a protein-rich breakfast. The recipe uses kefir for milk to increase the probiotic content, while maple syrup is used instead of refined sugar to make it sweet. The only preparation required is to set up the mix in the fridge overnight.

Prep Time: 10 mins

Total Time: 8 hrs 5 mins

Servings: 1

Ingredients

- $\frac{3}{4}$ cup of plain kefir
- 1 cup of cooled and cooked quinoa
- 1 tbsp. of chia seeds, & more for serving
- $\frac{1}{4}$ tsp. of vanilla extract
- 2 tsps. of pure maple syrup
- 1 cup of berries, fresh

- Pinch of ground cinnamon

Directions

- Combine kefir, quinoa, chia seeds, vanilla, cinnamon, and maple syrup in a jar or bowl. Keep in the fridge overnight. While serving, top with chia and berries, if required.

Nutrition Info (per serving)

394 calories, 62g carbohydrates, 18g protein, 9g fat, Sodium 97mg

3.19 Raspberry Muesli

Prep Time: 5 mins

Total Time: 8 hrs

Servings: 1

Ingredients

- ½ cup of rolled oats, old-fashioned
- ¾ cup of vanilla yogurt, nonfat
- 1 tbsp. of chopped almonds, toasted
- ½ cup of raspberries, fresh

Directions

- In a bowl, combine oats and yogurt. Wrap & refrigerate overnight or for 24 hours.
- Add raspberries & sprinkle with almonds before serving.

Nutrition Info (per serving)

401 calories, 68g carbohydrates, 17g protein, 8g fat, Sodium 169mg

3.20 Blueberry-Strawberry-Banana Smoothie

With an added source of protein via hemp seeds, a smoothie made with blueberries, bananas, and strawberries is mildly sweet and completely kid-friendly. For a more icy texture after blending, freeze the fruits beforehand.

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1

Ingredients

- ½ cup of blueberries, frozen
- ½ cup of strawberries, frozen
- 1 tbsp. of hulled hemp seeds
- 1 ripe banana, small
- 1 tbsp. of cashew butter
- ¾ cup of unsweetened, chilled cashew milk; add more if desired

Directions

- Combine blueberries, strawberries, bananas, cashew butter, hemp seeds, and cashew milk in a blender. Blend until smooth, and pour more cashew milk, if required, to obtain consistency. Enjoy.

Nutrition Info (per serving)

335 calories, 46g carbohydrates, 7g protein, 17g fat, Sodium 115mg

3.21 Rhubarb- Oatmeal Porridge

Add some tart rhubarb to your morning porridge to make it more flavorful. This oatmeal benefits from added calcium when made with milk, but you can also make it without it and save roughly sixty calories.

Prep Time: 20 mins

Total Time: 20 mins

Servings: 2

Ingredients

- ½ cup of orange juice
- 1.5 cups of nondairy or nonfat milk, like almond milk or soymilk
- 1 cup of rolled oats, old-fashioned
- ½ tsp. of ground cinnamon
- 1 cup of half-inch rhubarb pieces, frozen or pieces
- Salt as desired
- 2 tbsps. of pecans, chopped or other nuts, toasted
- 2 to 3 tbsps. of pure maple syrup, agave syrup, or brown sugar

Directions

- Combine juice, milk, oats, cinnamon, salt, and rhubarb in a saucepan. Boil over moderate flame. Lessen the heat, And simmer, stirring sometimes, until the rhubarb and oats are tender, for approximately five minutes. Take off the flame and place aside, covered, for five minutes. Add in sweetener as per taste. Garnish with nuts.

Nutrition Info (per serving)

336 calories, 56g carbohydrates, 13g protein, 8g fat, Sodium 153mg

3.22 Greens & Eggs Breakfast Dish

Prep Time: 10 mins

Total Time: 20 mins

Servings: 2

Ingredients

- 2 cups of chopped & stemmed rainbow chard
- 1 tbsp. of olive oil
- 1 cup of spinach, fresh
- 2 minced cloves garlic
- ½ cup of arugula
- 4 eggs
- Black pepper & salt as per taste
- ½ cup of Cheddar cheese, shredded

Directions

- In a saucepan, heat the oil over moderate flame. Sauté spinach, arugula, and chard for 3 minutes or until soft. Add the garlic & stir while cooking for two minutes or until fragrant.
- Add the cheese and eggs; add to the above mixture in a bowl. Once set, between five and seven minutes under cover. Add pepper and salt to taste.

Nutrition Info (per serving)

333 calories, 4g carbohydrates, 21g protein, 26g fat, 484 mg sodium

3.23 Breakfast Pita Pizza

Prep Time: 25 mins

Total Time: 55 mins

Servings: 2

Ingredients

- ¼ chopped onion

- 4 slices of bacon
- 2 tbsps. of olive oil, extra-virgin
- 2 tbsps. of pesto
- 4 eggs
- two pita bread rounds
- ¼ cup of mushrooms, chopped and fresh
- ½ chopped tomato
- ½ cup of spinach, chopped
- 1 avocado - pitted, sliced, & peeled
- ½ cup of Cheddar cheese, shredded

Directions

- The oven should be heated to 350°F. Use parchment paper to cover a baking sheet.
- Add the bacon to a large pan, add the bacon, & cook for approximately 10 minutes, flipping it regularly until it is uniformly browned. On paper towels, drain. In the same pan, cook and sauté the onion for approximately 5 minutes until it is tender and translucent. Take out and put aside. In the skillet, warm the olive oil. Add the eggs & cook them for three to five minutes, stirring regularly, until set.
- Put the pita on a baking surface that has been lined. Top the pita with pesto before adding the bacon, tomato, eggs, spinach, and mushrooms. Cheddar cheese should be added to the toppings.
- For approximately ten minutes, till the cheese melts, bake in the prepared oven. Garnish with slices of avocado.

Nutrition Info (per serving)

873 calories, 44g carbohydrates, 37g protein, 63g fat, sodium 1135mg

3.24 Eggs Florentine

Prep Time: 10 mins

Total Time: 20 mins

Servings: 3

Ingredients

- ½ cup of sliced mushrooms
- 2 tbsps. of butter
- 2 minced cloves garlic
- 6 eggs, large & slightly beaten
- ½ (10 oz.) package of spinach, fresh
- 3 tbsps. of cream cheese, iced into tiny pieces
- black pepper and salt as per taste

Directions

- In a large pan, melt the butter over a medium-high flame. Cook and toss the garlic and mushrooms for approximately a minute or until the garlic is fragrant. Add spinach to the mushroom mixture & heat for two to three minutes till the spinach is cooked.
- Add salt, pepper, and eggs to the mushroom-spinach combination. Cook the eggs without stirring until they firm up, then flip. Cream cheese ought to melt after being sprinkled over the egg mixture & cooked for around five minutes.

Nutrition Info (per serving)

279 calories, 4g carbohydrates, 16g protein, 23g fat, sodium 276mg

3.25 Quinoa Cereal

Prep Time: 5 mins

Total Time: 21 mins

Servings: 4

Ingredients

- 1 cup rinsed quinoa
- 2 cups of water
- ½ cup dried apricots, chopped
- ⅓ cup of flax seeds
- ½ cup almonds, slivered
- ½ tsp ground nutmeg
- 1 tsp ground cinnamon

Directions

- Over moderate flame, add quinoa and water in a saucepan and boil. Lower the flame & boil till the water is absorbed mostly, for approximately eight to twelve minutes. Mix in almonds, apricots, flax seeds, nutmeg, and cinnamon; simmer till quinoa is soft & tender for two to three minutes.

Nutrition Info (per serving)

350 calories, 45g carbohydrates, 12g protein, 15g fat, sodium 13mg

3.26 Cinnamon Apples & Quinoa Porridge

Prep Time: 10 mins

Total Time: 40 mins

Servings: 3

Ingredients

- 2 cups of water
- 1 cup of red quinoa, drained & rinsed
- 1 tbsp. of butter
- ½ tsp. of salt
- 1 apple – cored, diced, & peeled
- 1 tbsp. of ground cinnamon
- ⅓ cup of almonds, sliced
- 2 tbsps. of maple syrup
- 1 tbsp. of cream or more as per taste
- 1 ½ cups of almond milk

Directions

- Over a high flame, boil the water and quinoa. Lower flame to medium-low, place the lid on, & simmer for fifteen to twenty minutes, till the quinoa is cooked through and the water is fully absorbed.
- In a large pan over a moderate flame, heat the butter. Cinnamon, maple syrup, and salt should be added to the apple. Add the almonds & stir while cooking for two to three minutes, till the apple has warmed and softened. Add the cream and almond milk, and simmer until heated through. Several minutes preceding serving, mix in the heated quinoa.

Nutrition Info (per serving)

402 calories, 59g carbohydrates, 11g protein, 14g fat, sodium 515mg

3.27 Oats, Granola & Quinoa Breakfast

Prep Time: 10 mins

Total Time: 1 hrs 10 mins

Servings: 16

Ingredients

- ½ cup of oats
- ½ cup of quinoa
- ½ cup of almonds, slivered
- ½ cup of sunflower seeds, raw
- ½ cup of dried, sweetened cranberries
- ½ cup of pumpkin seeds, raw
- ¼ cup of chia seeds
- ½ cup of coconut flakes, unsweetened
- ¼ cup of flax seeds
- 1 tbsp. of ground cinnamon
- 2 tbsps. of cocoa powder unsweetened
- 2 packets of stevia powder
- ⅓ cup of honey
- 2 tbsps. of vanilla extract
- ¼ cup of coconut oil

Directions

- Set the oven's temperature to 300 °F. Use parchment paper to cover a baking sheet.
- In a sizable dish, combine the following ingredients: steel-cut oats, quinoa, almonds, sunflower seeds, cranberries, coconut flakes, pumpkin seeds, flax seeds, chia seeds, cinnamon, and cocoa powder.

- In a dish that can go in the microwave, combine the coconut oil, honey, stevia and vanilla essence. Microwave for thirty seconds to one minute or until the ingredients completely melt.
- Stir the quinoa mixture well after adding the honey mixture to it. On the prepared baking sheet, spread out into an equal layer.
- For around thirty minutes, bake in the oven till golden brown. Allow it to cool for approximately thirty minutes before cutting it into pieces.

Nutrition Info (per serving)

206 calories, 22g carbohydrates, 5g protein, 12g fat, 489 mg sodium

3.28 Pumpkin Quinoa Bread

Prep Time: 15 mins

Total Time: 1 hrs 5 mins

Servings: 12

Ingredients

- 1 cup of brown sugar
- 1 (15 oz.) can of pumpkin puree
- 1 cup of white sugar
- 3 eggs
- $\frac{3}{4}$ cup of canola oil
- 1 tsp. of ground cinnamon
- 2 $\frac{1}{2}$ cups of wheat flour
- $\frac{3}{4}$ tsp. of baking soda
- 1 tsp. of ground nutmeg
- $\frac{3}{4}$ tsp. of baking powder

- ½ cup of cranberries, dried
- ½ tsp. of ground allspice
- ¾ tsp. of salt
- ½ tsp. of ground cloves
- 1 cup of walnuts, chopped
- 1 cup of quinoa, cooked

Directions

- The oven should be preheated at 350°F. A 9 by 5-inch loaf pan should be greased and dusted with flour.
- Mix eggs, brown sugar, pumpkin, canola oil, and white sugar in a bowl, and stir well. Sift the cinnamon, flour, nutmeg, baking powder, baking soda, allspice, cloves, and salt in another bowl. When the batter is smooth, add the walnuts, cranberries, and quinoa by incorporating a little amount of the flour mixture into the pumpkin combination at a time. Fill the prepared loaf pan with the batter.
- Bake in the heated oven for fifty to sixty minutes, till the loaf's top bounces back when gently touched.

Nutrition Info (per serving)

472 calories, 65g carbohydrates, 8g protein, 23g fat, sodium 366mg

3.29 Quinoa & Rice Breakfast Pudding

Prep Time: 10 mins

Total Time: 30 mins

Servings: 2

Ingredients

- 1 ½ cups of brown rice, cooked and divided
- 1 tbsp. of brown sugar
- 1 ½ cups of quinoa, cooked and divided
- 1 tbsp. of honey
- 1 tsp. of salt
- 1 ½ cups of almond milk
- 1 egg
- 2 tsps. of pumpkin pie spice
- 1 tbsp. of vanilla extract

Directions

- Mix 1 cup brown rice, 1 cup quinoa, almond milk, brown sugar, salt, and honey in a saucepan over moderate. Stir constantly for approximately five minutes till the almond milk is well heated.
- In a tiny bowl, whisk the egg. To gradually bring the egg to ambient temperature, stir in a little amount of the steaming milk mixture.
- Fill the pot with the egg mixture. Add the last half cup of quinoa, the vanilla essence, the last half cup of brown rice, and the pumpkin pie spice. Boil, then lower the heat & simmer for ten to fifteen minutes or until the sauce thickens. Scoop the mixture into two dishes for serving.

Nutrition Info (per serving)

495 calories, 87g carbohydrates, 20g proteins, 9g fat, sodium 1338mg

3.30 Buckwheat Crepes

Prep Time: 4 mins

Total Time: 15 mins

Servings: 4

Ingredients:

- 1 cup of buckwheat flour
- 1 cup of skim milk
- 1 beaten egg
- 1 tsp. of olive oil
- 1/3 cup of whole-wheat flour
- ½ tsp. of ground cinnamon

Directions:

- Combine all ingredients in a mixing dish and whisk them until a homogenous batter forms.
- Heat a nonstick skillet requires three minutes on high flame.
- Pour small quantities of batter onto a skillet using a spoon to form crepe-shaped pancakes.
- Cook the first side for approximately one minute before flipping and cooking on the opposite side for 30 seconds more.
- Continue to process the remaining batter in this manner.

Nutrition Info (per serving)

122 calories, 20g carbohydrates, 6g proteins, 2g fat, sodium 34mg

3.31 Avocado Meyer Lemon Toast

Prep Time: 10 mins

Total Time: 15 mins

Servings: 2

Ingredients:

- ½ avocado
- 2 tbsps. of fresh cilantro chopped
- 1 tsp. of Meyer lemon juice
- ¼ tsp. of chia seeds
- 2 slices of whole-grain bread
- ¼ tsp. of Meyer lemon zest
- 1 pinch of cayenne pepper

Directions:

- Toast bread pieces for approximately 3 to 4 minutes in order to achieve optimal results.
- Mix together avocado with cilantro, Meyer lemon juice, cayenne pepper and Meyer lemon zest until evenly mixed; place on bread slices as an avocado spread and top it off with sprinkled chia seeds before eating!

Nutrition Info (per serving)

72 calories, 12g carbohydrates, 4g proteins, 1g fat, sodium 82mg

3.32 On-the-Go Breakfast Smoothie



Prep Time: 5 mins

Total Time: 5 mins

Servings: 2

Ingredients:

- 1 cup of fresh raspberries
- 3 tbsps. of peanut butter powder
- 1 medium ripe banana

- 1 tsp. of honey
- 1 cup of 1 % milk

Directions:

- Blend together peanut butter powder, banana and berries until smooth in a blender before slowly adding milk & honey and processing for 1 minute more until everything is uniformly mixed together.
- Enjoy your smoothie by pouring it into two glasses and sipping from each.

Nutrition Info (per serving)

465 calories, 29g carbohydrates, 9g proteins, 9g fat, sodium 57mg

3.33 Peach Pancakes



Prep Time: 10 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 1 cup of whole-wheat flour
- 1 tsp. of apple cider vinegar
- 1 beaten egg
- ¼ cup of skim milk
- 1 tbsp. of margarine
- 2 chopped peaches
- 1 tsp. of vanilla extract
- ½ tsp. of baking powder

Directions:

- Make pancake batter by whisking together eggs, whole-wheat flour, apple cider vinegar, vanilla extract, baking powder and skim milk in a large mixing dish.
- Use your skillet to melt the margarine.
- By using a spoon, pour your batter onto your skillet and use your spatula to flatten it into pancake form.
- Cook the pancakes over medium-low flame for approximately 2 minutes on both sides until each has set up its surface.
- Peaches should be added as a garnish to cooked pancakes.

Nutrition Info (per serving)

129 calories, 21g carbohydrates, 4g proteins, 3g fat, sodium 39mg

3.34 Breakfast Salsa Eggs

Prep Time: 10 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 4 eggs
- 1 tbsp. of olive oil
- 2 chopped cucumbers
- 1 chopped red onion
- 2 chopped tomatoes
- 1 chopped chili pepper
- 2 tbsps. of chopped parsley
- 1 tbsp. of lemon juice
- 1 cup of water

Directions:

- Prepare the eggs by boiling in for approximately seven to 10 minutes in a pot of water before placing them in cold water to allow them to cool further before peeling them off the shells.
- To create the salsa salad, mix tomatoes, chili peppers, cucumbers, olive oil, red onion, parsley & lemon juice together in a large mixing bowl.
- Slice eggs in half and top each with an abundance of cooked salsa salad.

Nutrition Info (per serving)

140 calories, 11g carbohydrates, 7.5g proteins, 8.3g fat, sodium 71mg

3.35 Breakfast Mushroom Omelet



Prep Time: 5 mins

Total Time: 15 mins

Servings: 4

Ingredients:

- 3 tbsps. of grated mozzarella cheese
- 1 1/2 tbsps. of milk semi-skimmed
- 6 large-sized eggs
- ½ cup of finely chopped mushrooms
- 1 finely chopped spring onion
- 2 tbsps. of olive oil
- Pinch of ground black pepper

Directions:

- Chop mushrooms and spring onion finely; then grate mozzarella cheese if not pre-grated.
- Heat two tablespoons of olive oil over medium flame in a skillet. Once hot, stir in chopped spring onion and mushrooms for approximately five to six minutes until mushrooms become tender.
- Whisk eggs, milk and ground black pepper until thoroughly mixed in a bowl.
- Pour the egg mixture over the cooked mushrooms and spring onions in your skillet. Cook on medium-low flame without stirring for 3-4 minutes until eggs have begun to set along their edges - usually 3-4.
- Scatter-grated mozzarella cheese over your omelet. Continue cooking until all of the cheese has melted and the eggs have fully set; about 2-3 more minutes. You may cover your skillet to help the cheese dissolve more evenly while simultaneously setting your eggs.
- Slide the omelet onto a serving plate and cut it into four portions before serving hot.

Nutrition Info (per serving)

213 calories, 3g carbohydrates, 13g proteins, 16g fat, sodium 284mg

Chapter 4: DASH Diet Lunch Recipes

These lunch recipes are the best to satisfy your cravings while maintaining a healthy lifestyle.

4.1 Chicken And Chickpea Soup In Slow-Cooker

Prep Time: 20 mins

Total Time: 4 hrs 20 mins

Servings: 6

Ingredients

- 4 cups of water
- 1 ½ cups of chickpeas, dried & soaked overnight
- 1 yellow onion, large & finely chopped
- 2 tbsps. of tomato paste
- 1 (15 oz.) can of sliced tomatoes, no-salt-added, fire-roasted preferred
- 4 finely chopped cloves of garlic
- 4 tsps. of ground cumin
- 4 tsps. of paprika
- 1 bay leaf
- ¼ cup of cilantro or fresh parsley chopped
- ¼ tsp. of cayenne pepper
- 2 lbs. thighs, with skin removed & trimmed
- ¼ tsp. of ground pepper
- 1 (14 oz.) can of artichoke hearts, quartered and drained
- ½ tsp. of salt

- ¼ cup of oil-cured olives, halved pitted

Directions

- Chickpeas should be drained and added to a large or six-quart slow cooker. Stir the onion, water, tomatoes, tomato paste, juice, bay leaf, paprika, cumin, pepper, and cayenne. Cook covered for eight hours on low or four hours on high flame.
- Place the chicken on a clean cutting board, then allow it to cool somewhat. Remove the bay leaf. Stir together the olives, salt, and artichokes in the slow cooker.
- Discard the chicken's bones as you shred it. Add the chicken to the soup and stir. Serve garnished with cilantro or parsley.

Nutrition Info (per serving)

447 calories, 43g carbohydrates, 34g protein, 15g fat, sodium 762mg

4.2 Root Vegetables Roasted With Cheese Polenta

Prep Time: 25 mins

Total Time: 35 mins

Servings: 2

Ingredients

Vegetables

- 1 garlic, diced
- Fresh parsley
- 1 tbsp. of butter or olive oil, extra-virgin
- 2 cups of root vegetables, roasted
- 2 tsps. of prepared pesto

- 1 tbsp. of torn fresh sage

Polenta

- ½ cup of corn grits or polenta fine cornmeal
- ¼ tsp. of ground pepper
- 2 cups of chicken or vegetable broth, low-sodium
- ¼ cup of goat cheese
- ¼ tsp. of kosher salt
- 1 tbsp. of extra-virgin olive oil or butter

Directions

- Boiling broth in a medium pot is the first step in making polenta. Turn down the heat to a low setting, whisking constantly to prevent clumping, and add the polenta gradually. Cook for ten minutes with a cover on. Cook for another ten minutes while stirring, covered, until creamy & thick. Add the salt, pepper, butter or oil, & goat cheese.
- While preparing vegetables, melt the butter (or oil) over a moderate flame in a large skillet. Add the garlic and stir-fry for approximately a minute or until fragrant. Add the roasted veggies and simmer for two to four minutes, tossing often, until cooked. Sage is added and cooked for another minute or so until aromatic.
- Top the polenta with pesto and serve the veggies on top. If desired, add parsley as a garnish.

Nutrition Info (per serving)

442 calories, 41g carbohydrates, 9g protein, 28g fat, sodium 589 mg

4.3 Eggplant Parmesan

Prep Time: 20 mins

Total Time: 45 mins

Servings: 6

Ingredients

- 2 eggs, large
- Olive or canola oil cooking spray
- 2 tbsps. of water
- $\frac{3}{4}$ cup of Parmesan cheese, grated and divided
- 1 cup of panko breadcrumbs

- 1 tsp. of Italian seasoning
- ½ tsp. of salt
- ½ tsp. of ground pepper
- 1 cup of mozzarella cheese, shredded and divided
- 2 eggplants, medium, dice crosswise into thick slices (¼-inch)
- 1 (24 oz.) jar of tomato sauce, no-salt-added
- 2 grated cloves of garlic
- ¼ cup of basil leaves, fresh
- ½ tsp. of red pepper, crushed

Directions

- Oven rack positions should be in the middle and bottom thirds. Drizzle cooking oil on a pair of baking sheets & a 9 × 13-inch-baking dish.
- In a small bowl, whisk water and eggs together. In a separate small bowl, combine ¼ cup Parmesan, breadcrumbs, & Italian seasoning. After dipping the eggplant into the mixture, cover it with the breadcrumb mixture and gently press it into place.
- Place the eggplant on the preheated baking sheets in an even layer. Spray cooking oil evenly on the eggplant's surface on both sides. The eggplant should bake for approximately thirty minutes at a time, turning it over halfway through and transferring the pans between racks. Add pepper and salt to taste.
- Meanwhile, combine basil, tomato sauce, red pepper flakes, and garlic in a bowl.
- About half a cup of sauce should be spread within the baking pan. Lay down half of the eggplant slices on top of the sauce. Sprinkle a quarter cup

of Parmesan & half a cup of mozzarella over the eggplant after spooning 1 cup of sauce. Add the remaining cheese, sauce, & eggplant on top.

- Bake for twenty to thirty minutes or until the top is brown and the sauce bubbles. Allow to cool for five minutes. If preferred, add additional basil when serving.

Nutrition Info (per serving)

241 calories, 28g carbohydrates, 14g protein, 9g fat, sodium 553mg

4.4 Chicken Quinoa With Cucumber & Olives

Prep Time: 30 mins

Total Time: 30 mins

Servings: 4

Ingredients

- ¼ tsp. of salt
- 1 lb. skinless, boneless, trimmed chicken breasts
- ¼ tsp. of ground pepper
- ¼ cup of slivered almonds
- 1 seven-ounce red pepper, jar roasted and rinsed
- 4 tbsps. of olive oil, extra-virgin and divided
- 1 tsp. of paprika
- 1 clove garlic, small and crushed
- ½ tsp. of ground cumin
- 2 cups of quinoa, cooked
- ¼ tsp. of red pepper, crushed
- ¼ cup of Kalamata olives, pitted and chopped

- 1 cup of cucumber, diced
- ¼ cup of red onion, finely chopped
- 2 tbsps. of fresh parsley, finely chopped
- ¼ cup of feta cheese, crumbled

Directions

- Place a rack in the top third of the oven and turn the broiler to hot. Use foil to cover a baking sheet using the rim.
- Put the chicken on the baking sheet, seasoning with pepper and salt. For fourteen to eighteen minutes, broil, stirring once, till a quick-read thermometer placed in the thickest section detects 165° F. Chop or slice the chicken after moving it to a clean chopping board.
- Meanwhile, combine the almonds, peppers, 2 tbsps. of oil, the garlic, cumin, paprika, & red pepper you're using in a small food processor. Blend until mostly smooth.
- Mix the olives, quinoa, and the last 2 tbsps. of oil, and red onion in a small bowl.
- Distribute the quinoa mix amongst four bowls & top with chicken, cucumber, & red pepper sauce for serving. Add some parsley and feta.

Nutrition Info (per serving)

519 calories, 31g carbohydrates, 34g protein, 27g fat, sodium 684mg

4.5 Vegetable & Chicken Penne with Pesto

Prep Time: 20 mins

Total Time: 30 mins

Servings: 4

Ingredients

- 1 cup of parsley leaves, lightly packed
- $\frac{3}{4}$ cup of walnuts, chopped
- 2 cloves of garlic, peeled and crushed
- $\frac{1}{8}$ tsp. of ground pepper
- $\frac{1}{2}$ tsp. + $\frac{1}{8}$ tsp. of salt
- 2 cups of cauliflower florets
- 2 tbsps. of olive oil
- 1 $\frac{1}{2}$ cups of sliced or shredded, skinless, cooked chicken breast
- $\frac{1}{3}$ cup of Parmesan cheese
- 2 cups or 8 oz. green beans, halved & trimmed crosswise
- 6 oz. whole-wheat fusilli or penne pasta

Directions

- Bring water in a big saucepan to a boil.
- In a little bowl, add the walnuts. Microwave for two to three minutes on high until aromatic and gently toasted. (In a small, dry pan over moderate heat, stirring regularly, you can toast the walnuts for two to three minutes.) Place it on a platter and let it cool. Set aside $\frac{1}{4}$ cup for the topping.
- Mix the remaining half cup of walnuts, garlic, parsley, pepper, and salt in a blender or food processor. Grind the nuts until they are powdered. Oil should be added gradually via the feed tube while the motor operates. Then pulse to mix in the Parmesan. Put the pesto in a big bowl by scraping it. Add chicken.
- During this time, cook the pasta for four minutes in water. Add the cauliflower & green beans; cover the pan and simmer for five to seven minutes, till the veggies are soft & the pasta is nearly done. Scoop off $\frac{3}{4}$

cup of the cooking liquid before draining, and then swirl it into the chicken-pesto combination to gently reheat it. Mix in pasta and veggies after draining them into the chicken & pesto mixture. Toss to coat evenly.

- Top each meal with one tablespoon of the saved walnuts after dividing among the four pasta bowls.

Nutrition Info (per serving)

514 calories, 43g carbohydrates, 31g protein, 27g fat, sodium 557mg

4.6 Chicken with Lemon Vinaigrette & Roasted Vegetables

Prep Time: 30 mins

Total Time: 50 mins

Servings: 4

Ingredients

Chicken with Roasted Vegetables

- ¼ cup of mayonnaise
- 2 (8 oz.) boneless, skinless chicken breast halves, diced halved lengthwise
- 6 minced cloves garlic
- 3 tbsps. of Parmesan cheese, grated
- ½ cup of panko bread crumbs
- ½ tsp. of black pepper
- ½ tsp. of kosher salt
- Olive oil (cooking spray), nonstick
- 1 ½ cups of fresh, sliced cremini mushrooms
- 2 cups of asparagus, 1-inch pieces
- 1 ½ cups of grape tomatoes, halved

- fresh dill
- 1 tbsp. of olive oil

Lemon Vinaigrette

- 1 tbsp. of olive oil
- 1 lemon
- ½ tsp. of honey
- 1 tbsp. of feta cheese, crumbled

Directions

- Vinaigrette preparation: From a lemon, scrape off the zest & squeeze 1 tbsp. of the juice. Lemon juice & zest are combined with the other ingredients in a small bowl. Place aside.
- Set a fifteen by ten-inch baking pan in the oven while you prepare the vegetables and chicken. Set oven to 475° F.
- In the meantime, pound chicken among two sheets of plastic wrap using a meat mallet's flat side till it is half-inch thick.
- In a medium-sized bowl, add the chicken. Stir in the mayonnaise & two garlic cloves. Mix cheese, breadcrumbs, and 1/4 tsp of pepper and salt in a small plate. Turn the chicken over after dipping it in the crumb mixture. Apply cooking spray sparingly to the chicken's tops.
- Mix the mushrooms, asparagus, tomatoes, remaining 4 garlic cloves, and oil with 1/4 tsp pepper and salt in a big bowl.
- Put the chicken in the heated pan's one end with care, & the asparagus mix in the other. Until the chicken has been cooked (165 ° F) & the vegetables are soft, roast for eighteen to twenty minutes.
- Sprinkle dill and vinaigrette on the vegetables and chicken.

Nutrition Info (per serving)

306 calories, 12g carbohydrates, 30g protein, 15g fat, sodium 432mg

4.7 Cauliflower Taco Chipotle-Lime Bowls

This meal-prep variation boosts roasted cauliflower with a strong, smokey marinade. Seek for precut cauliflower in the vegetable section to save prep time for these nutritious taco bowls. Utilizing quinoa pouches, you will need one eight oz. bag for this dish; instead of cooking, the quinoa may also spare you time.

Prep Time: 20 mins

Total Time: 40 mins

Servings: 4

Ingredients

- 1 to 2 tbsps. of chipotles, chopped, in adobo sauce
- ¼ cup of lime juice
- 1 tbsp. of honey
- ½ tsp. of salt
- 2 cloves of garlic
- 1 cauliflower, small head and diced into chunk-size pieces
- 2 cups of quinoa, cooked and cooled
- 1 red onion, small, thinly sliced and halved
- 1 cup of canned black beans (no-salt-added)
- 1 cup of red cabbage, shredded
- ½ cup of queso fresco crumbled
- 1 lime, diced into four wedges
- 1 avocado, medium

Directions

- Set the oven to 450 degrees. Wrap foil around a large baking tray with a rim.
- Mix lime juice, honey, garlic, salt, and chipotle as per taste. Run until completely smooth. In a sizable bowl, add the sauce and toss to coat the cauliflower. On the set baking sheet, transfer. Toss onion on top of the cauliflower. Roast for eighteen to twenty minutes, tossing once, till the cauliflower is fork-tender and browned in places. Remove from the oven and let cool.
- Distribute the quinoa (one-half cup each) into 4 single-serving covered containers. Add two tbsps. of cheese, 1/4 cup of the black beans, and 1/4 of the cauliflower mix to each. Seal the jars for a maximum of four days and keep them chilled.
- Vent the cover and cook on High for 3 minutes to reheat the container. Add 1/4 cup of cabbage & 1/4 avocado on top. If preferred, garnish with a slice of lime.

Nutrition Info (per serving)

345 calories; carbohydrates 46.9g; protein 13.3g; 8.9g; fat 13.3g; sodium 541.7mg.

4.8 Hummus & Veggie Sandwich

The ideal vegetarian meal on the go is this mile-high sandwich with hummus and veggies. Adapt it to your mood by combining it with other hummus varieties and veggies.

Prep Time: 10 mins

Total Time: 10 mins

Servings: 1

Ingredients

- 3 tbsps. of hummus
- 2 slices of bread, whole-grain
- ¼ mashed avocado
- ¼ red bell pepper, medium and sliced
- ½ cup of salad greens, mixed
- ¼ cup of carrot, shredded
- ¼ cup of cucumber, sliced

Directions

- Spread bread, one slice with avocado & the other with hummus. Add bell pepper, greens, carrot, and cucumber to the sandwich. Slice in two halves and enjoy.

Tips

- A sandwich with hummus and veggies is a fantastic fiber-rich option for a packed lunch. This is our usual recipe, along with a few tweaks to make it interesting.
- The Bread: We appreciate the whole-grain bread's nutty taste and fiber-boosting advantages for our hummus and veggie sandwich. Sandwich bread has a milder texture, so we recommend bread with a firm top or country bread.
- The Spreads: You can spread your sandwich with both mashed avocado & hummus. They aid in maintaining the placement of the vegetables and provide a barrier between the vegetables and bread to help keep them from becoming soggy. If you miss the avocado, add more hummus or whipped cream cheese. Just be sure to distribute it evenly over both pieces of bread. Use plain hummus, or experiment with a flavor you like.

- **The Vegetables:** Shredded carrot, salad greens, red bell pepper, and cucumber are just a few of the ingredients we use to make our sandwich simple. Consider adding sprouts, spinach, tomato, broccoli slaw, red onion, radish, & fresh herbs that are still delicate, such as basil or cilantro. But remember that briny foods like pickles and banana peppers can also add salt. Keep your variants basic instead of stuffing the full produce gangway, and choose 3–4 vegetables. Before adding them to the sandwich, wet components like tomatoes must be patted dry to eliminate more moisture.
- **Can I Prepare A Sandwich With Veggies And Hummus Ahead?** Yes! Any variant of this sandwich would be a great option for a packed lunch. Make the sandwich in advance by assembling it, chilling it for 4 hours, or packing it in a carry-on cooler pack with a sealed jar.

Nutrition Info (per serving)

325 calories; carbohydrates 39.7g; protein 12.8g; fat 14.3g; sodium 407mg.

4.9 Creamy Lemon Pasta Along With Shrimp

Prep Time: 10 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 1 tbsp. of extra-virgin olive oil
- 8 ounces of whole-wheat fettuccine
- 12 ounces of deveined and peeled raw shrimp (21-25 count)
- 1 tbsp. of finely chopped garlic
- 2 tbsps. of unsalted butter

- ¼ tsp. of crushed red pepper
- ¼ cup of thinly sliced fresh basil
- ¼ cup of whole-milk plain yogurt
- 4 cups of loosely packed arugula
- 1 tsp. of lemon zest
- ¼ tsp. of salt
- 2 tbsps. of lemon juice
- ⅓ cup of grated Parmesan cheese, and more for garnish

Directions

- 7 cups water, brought to a boil. Stir in the fettuccine to separate the noodles. Cook for 7 to 9 minutes or until just tender. Drain and save 1/2 cup of the cooking water.
- Meanwhile, heat the oil over medium-high heat in a large nonstick skillet. Cook, occasionally tossing, until the shrimp are pink and curled for about 2 to 3 minutes. Place the shrimp in a mixing basin.
- Reduce the heat to medium and add the butter to the pan. Add the garlic and crushed red pepper and simmer, stirring for 1 minute or until the garlic is aromatic. Cook, stirring, until the arugula is wilted, approximately 1 minute. Reduce the heat to a low setting. 1/4 cup at a time, add the fettuccine, lemon zest, yogurt, and saved cooking water, tossing well after each addition until the fettuccine is well covered and creamy. Toss the fettuccine with shrimp, lemon juice, and salt. Remove the pan from the heat and stir with the Parmesan cheese.
- If preferred, top the fettuccine with basil and additional Parmesan cheese.

Nutrition Facts (per serving)

403 calories; protein 28.3g; carbohydrates 45.5g; fat 13.9g; sodium 396.3mg.

4.10 Steaks With Goulash Sauce & Sweet Potato Fries

Prep Time: 10 minutes

Total Time: 35 minutes

Servings: 2

Ingredients

- 250g peeled sweet potatoes, cut into narrow chips
- 3 tsps. of rapeseed oil and some more for the steaks

- 1 tbsp. of fresh thyme leaves
- 1 deseeded and diced green pepper
- 2 halved and sliced small onions (190g)
- 2 sliced garlic cloves
- 85g cherry tomatoes, halved
- 1 tsp. of smoked paprika
- 1 tbsp. of tomato purée
- 2 into 125g fillet steaks, marinated with some rapeseed oil
- 1 tsp. of vegetable bouillon powder
- 200g bag of baby spinach, wilted in the microwave or a pan

Directions

- Preheat the oven to 240 degrees Celsius (220 degrees Celsius fan/gas 7) and place a wire rack on a baking tray. In a dish, toss the thyme and sweet potatoes with 2 tsp oil, spread them out on the rack and put aside until ready to cook.
- In a nonstick pan, heat 1 tsp oil, add the onions, cover, and cook for 5 minutes. Remove the cover and stir — they should be somewhat browned. Stir in the garlic and green pepper, then cover and simmer for 5 minutes. Bake the potatoes for 15 minutes in the oven.
- Mix paprika into the peppers and onions while the potatoes are cooking, then add 150 milliliters of water and the tomato purée, bouillon, & cherry tomatoes.
- Cover and cook for 10 minutes.
- Depending on their thickness, pan-fry the steaks on each side for 2-3 minutes in a hot, nonstick skillet. Take a 5-minute break. Place the beef on

top of the goulash sauce on plates. Serve the chips with the spinach on the side.

Nutrition Facts (per serving)

452 calories; protein 33g; carbohydrates 43g; fat 14g; sodium 165.9mg

4.11 Walnut-Rosemary Crusted Salmon

Prep Time: 10 minutes

Total Time: 20 minutes

Servings: 4

Ingredients

- ¼ tsp. of lemon zest
- 1 minced clove garlic
- 2 tsps. of Dijon mustard
- 1 tsp. of chopped fresh rosemary
- 1 tsp. of lemon juice
- ½ tsp. of honey
- ¼ tsp. of crushed red pepper
- ½ tsp. of kosher salt
- 3 tbsps. of panko breadcrumbs
- 1 tsp. of extra-virgin olive oil
- 3 tbsps. of finely chopped walnuts
- 1 skinless salmon fillet, frozen or fresh (1 pound)
- Chopped lemon wedges and fresh parsley for garnish
- Olive oil cooking spray

Directions

- Preheat the oven to 425 degrees Fahrenheit. Using parchment paper, line a large, rimmed baking sheet.

- Combine garlic, mustard, lemon zest, rosemary, lemon juice, salt, honey, and crushed red pepper in a small bowl. Combine the walnuts, panko, and oil in a separate small bowl.
- Place the fish on the baking sheet that has been prepared. Apply the mustard mixture to the fish, then top with the panko mixture, pushing it in to adhere. Coat lightly with cooking spray.
- Bake for 8 to 12 minutes, depending on thickness, until the fish flakes easily with a fork.
- If preferred, garnish with parsley and then serve with lemon wedges.

Nutrition Facts (per serving)

222 calories; protein 24g; carbohydrates 4g; fat 12g; sodium 256mg.

4.12 Lemon And Coriander Crusted Salmon Along With Poached Egg And Asparagus Salad

Prep Time: 15 minutes

Total Time: 45 minutes

Servings: 4

Ingredients

- 1 tsp. of lemon zest
- 1 tbsp. of coriander seeds
- $\frac{3}{4}$ tsp. of fine sea salt, divided
- 1-pound skin-on, wild salmon (see Tips), cut into 4 portions
- $\frac{1}{2}$ tsp. of crushed red pepper
- 1-pound of asparagus, trimmed
- 1 tbsp. of lemon juice

- 2 tbsps. of extra-virgin olive oil
- 1 tbsp. of chopped fresh mint
- ¼ tsp. of ground pepper and some more for garnish
- 1 tbsp. of chopped fresh tarragon
- 8 cups of water
- 4 large eggs
- 1 tbsp. of white vinegar

Directions

- Preheat the broiler to high and place a rack in the top third of the oven. Using cooking spray, coat a rimmed baking sheet.
- In a small skillet over medium heat, toast coriander until fragrant, approximately 3 minutes, stirring the pan often. Finely grind the lemon zest, coriander, 1/2 teaspoon salt, and crushed red pepper in a spice grinder. Put the salmon on the prepared baking sheet and coat it with the spice mixture (approximately 1 1/2 tablespoons for each chunk).
- Remove the asparagus tips and slice the stalks very thinly on the diagonal. Toss the tips and slices with the remaining 1/4 teaspoon salt, oil, lemon juice, tarragon, mint, and pepper. Allow cooling while you prepare the fish and eggs.
- In a large saucepan, bring the water and vinegar to a boil.
- Meanwhile, broil the salmon for 3 to 6 minutes, depending on thickness, until just cooked through (see Tips). To stay warm, make a tent out of foil.
- Reduce the temperature of the boiling water to a low simmer. Gently swirl the water around the saucepan by stirring in a circle. One by one, crack the eggs into the water. Cook for 3 to 4 minutes until the whites are set and the yolks runny.

- Distribute the asparagus salad and fish over four dishes to serve. In each salad, make a nest and top it with a poached egg.

Tips

- All wild salmon, as well as certainly farmed salmon, is considered a sustainable option. Inquire about farmed fish grown in land-based or tank-based systems.
- Once you know how to cook salmon correctly, it's simple to prepare and very delicious. The fillets fry quickly and continue to cook even after they have been removed from the flame. Cook for the best texture for 3 minutes, each 1/2 inch of thickness. Use an instant-read thermometer to check for doneness (about 130°F) or a fork to peer into the thickest portion of the flesh—it should be just opaque.

Nutrition Facts (per serving)

288 calories; protein 30.5g; carbohydrates 4.2g; fat 16.3g; sodium 360.1mg.

4.13 Hassel Back Eggplant Parmesan

Prep Time: 20 minutes

Total Time: 1 hour 20 minutes

Servings: 4

Ingredients

- 1 cup of marinara sauce, low-sodium
- Four eggplants, small (1 3/4 pounds total, 6 inches long)
- 2 tbsps. divided extra-virgin olive oil and 2 teaspoons more
- 1/4 cup of prepared pesto
- 1 tbsp. of chopped fresh basil
- 4 ounces of thinly sliced 12 pieces of fresh mozzarella
- 1/2 cup of whole-wheat panko breadcrumbs
- 2 tbsps. of grated Parmesan cheese

Directions

- Preheat the oven to 375 degrees Fahrenheit.
- In a broiler-safe baking dish of 9-by-13-inch, spread the sauce. Make transverse slices every 1/4 inch down the length of each eggplant, nearly to the bottom but not through. Move the eggplants to the baking dish with care. Fan them gently to widen the incisions. 2 tablespoons. Oil drizzled over the eggplants. Fill the slices with mozzarella and pesto in that order (some cuts might not get filled). Wrap foil around the dish.
- Bake for 45 to 55 minutes until the eggplants are extremely soft.

- In a small mixing dish, Parmesan, combine panko and 2 tablespoons of oil. Remove the foil from the eggplants and top them with the breadcrumb mixture.
- Raise the temperature of the oven to broil. Broil the eggplants on the middle rack for 2 to 4 minutes or until the topping is golden brown. Garnish with basil. Serve with the sauce on the side.

Nutrition Facts (per serving)

349 calories; protein 14.4g; carbohydrates 24.3g; fat 22.8g; sodium 405.1mg.

4.14 Delicious Chickpea Stew

Prep Time: 20 mins

Total Time: 50 mins

Servings: 4

Ingredients

- 1 red onion, large and chopped
- ¼ cup of olive oil, extra-virgin
- 1 bunch of Italian parsley, small and minced
- 1 carrot, small and shredded
- 2 minced garlic
- black pepper and salt as per taste
- 2 cups of sodium-free, cooked, drained chickpeas
- 1 eggplant, small and cubed
- 1 cup of sliced cherry tomatoes
- 1 tbsp. of dried oregano
- ½ cup of vegetable broth
- ½ tsp. of cayenne pepper
- 1 tsp. of dried thyme

Directions

- Heat the olive oil over a moderate flame in a Dutch oven. Mix the onion with the heated oil and sauté for approximately five minutes or until tender

and transparent. After adding the garlic and parsley, stir-fry for two minutes. Add the carrot shreds and stir continuously for one to two minutes. Cook the diced eggplant for two to three minutes after adding it.

- Add the tomatoes and chickpeas. Mix in cayenne pepper, oregano, & thyme to the broth. Combine, and then boil. Turn the heat down, cover, & simmer for approximately fifteen minutes. Till the stew becomes thicker and the veggies are tender. If extra broth is required, add it. Add pepper and salt according to preference.

Nutrition Info (per serving)

326 calories, 37g carbohydrates, 10g protein, 17g fat, sodium 125mg

4.15 Skordalia

Prep Time: 20 mins

Total Time: 45 mins

Servings: 8

Ingredients

- 6 sliced garlic cloves
- 1 ¼ lbs. of russet potatoes
- 1 tsp. of kosher salt
- ¼ cup of white wine vinegar
- 1 pinch of fresh oregano, minced
- ½ lemon
- ½ cup of olive oil
- 1 drizzle or splash of olive oil
- 1 pinch of cayenne pepper

Directions

- Mix the potatoes, which have been peeled and quartered, in a saucepan & cover them by a few inches with salted, cold water. Simmer over the moderate-high flame. Then lower the flame to low & simmer for fifteen to twenty minutes, or until potatoes are cooked without falling apart.
- One tsp of kosher salt and garlic should be added to a pestle and mortar while the potatoes boil. Prepare by crushing it into a smooth paste.
- Potatoes should be drained, with a portion of the cooking liquid saved to thicken the dip if required. Observe for five minutes.
- The potatoes should be added to a mixing dish. Use a potato ricer or masher to mix the potatoes until they are lump-free and smooth. Add garlic paste and stir. With the ricer, mix the vinegar and lemon juice and combine.
- In three or four additions, stir half a cup of olive oil. If necessary, add extra salt and cayenne. Using a mesh sieve, pour the dip into a bowl. Garnish with oregano and olive oil. Enjoy.

Nutrition Info (per serving)

183 calories, 13g carbohydrates, 2g protein, 14g fat, Sodium 246mg

4.16 Moroccan Lentil Stew

Prep Time: 20 mins

Total Time: 1 hrs 20 mins

Servings: 6

Ingredients

- 2 cubes of tomato bouillon(with chicken flavoring)
- 5 cups of hot water

- 1 tbsp. of olive oil, extra-virgin
- 2 cloves of garlic, large and minced
- 1 cup of yellow onion, chopped
- 1 bay leaf
- 1 tsp. of fenugreek leaves, dried
- ½ tsp. of ground cumin
- ½ tsp. of ground cinnamon
- ½ tsp. of ground coriander
- ½ tsp. of salt
- 1 cup of lentils
- ¼ tsp. of cayenne pepper
- 1 cup of chopped and peeled butternut squash
- 1 chopped celery stalk
- 1 tbsp. of fresh cilantro, chopped
- 1 large, chopped carrot
- ¼ cup of peas, frozen
- ½ cup of green beans, chopped and fresh

Directions

- Mix a bowl of boiling water with a few tomato bouillon pieces to dissolve.
- In an oven, heat the oil over a moderate flame. Add the onion, heat, & stir for three minutes or until it softens. Fenugreek leaves, garlic, bay leaf, coriander, cumin, cinnamon, cayenne pepper, and salt should all be added at this point. Cook for approximately a minute till they become aromatic.

- Add the celery, carrot, butternut squash, & lentils. Boil after adding tomato bouillon. Mixing periodically, lower the flame to a simmer, place a lid over the pot, and cook the lentils for forty-five minutes or until they are mushy.
- Cook the peas and green beans for approximately five minutes or until soft. Add fresh cilantro as a garnish.

Nutrition Info (per serving)

175 calories, 29g carbohydrates, 10g protein, 3g fat, Sodium 248mg

4.17 Slow Cooker Gumbo

Prep Time: 30 mins

Total Time: 6 hrs 45 mins

Servings: 10

Ingredients

- 1 tbsp. of vegetable oil
- ⅓ cup of flour, all-purpose
- 2 chopped green bell peppers
- 3 minced cloves garlic
- 1 onion, large and chopped
- ½ lb. chicken andouille sausage, sliced & quartered lengthwise
- 1 (10.75 oz.) can of chicken broth, reduced-sodium
- ½ lb. medium shrimp, uncooked, deveined, and peeled
- 2 (14.5 oz.) cans of sliced tomatoes, no-salt-added
- 1 tbsp. of Cajun seasoning, salt-free
- ¼ tsp. of black pepper
- ¼ tsp. of salt

- 2 sprigs fresh parsley, chopped
- 5 cups of riced cauliflower, frozen

Directions

- A big skillet should be heated at moderate flame. Add the flour; whisk continuously for seven to ten minutes or until the flour is deeply golden and fragrant. If the heat is browning too soon, decrease it. To a six-quart cooker, transfer.
- Sauté and mix the onion, garlic, and bell peppers in the oil for five to seven minutes or until they are soft. Stir till coated and add to slow cooker. Add the black pepper, salt, Cajun flavor, tomatoes, & broth.
- Cook for six to seven hours on a low setting or three to four hours on a high. Add the shrimp and stir; simmer for approximately thirty minutes on Low or fifteen minutes on high until they are opaque.
- Meanwhile, steam the riced cauliflower for approximately four minutes in a microwave, mixing halfway through till done.
- Serve cauliflower with gumbo. Add some extra black pepper & parsley.

Nutrition Info (per serving)

134 calories, 16g carbohydrates, 12g protein, 4g fat, Sodium 273mg

4.18 Vegan Mushroom Risotto

Prep Time: 15 mins

Total Time: 1 hrs

Servings: 4

Ingredients

- 4 tbsps. of olive oil
- 6 cups of vegetable stock
- 2 (8 oz.) packages of chopped baby bella mushrooms,
- 1 diced celery stalk
- 1 onion, medium & diced
- 2 cups of Arborio rice
- 3 minced cloves garlic
- 1 ½ tsp. of dried thyme
- 1 cup of dry white wine
- ½ tsp. of black pepper, freshly cracked
- ½ tsp. of salt

Directions

- The vegetable stock should be poured into a big saucepan and heated to a boil. Keep warm by turning the thermostat down to low and covering it.
- Heat two tbsps. of olive oil in a Dutch oven to moderate high. Add the mushrooms and simmer for ten minutes, stirring periodically, until tender. Add the onion and simmer for approximately five minutes or until tender and transparent. Add garlic and celery, stir, & simmer for three minutes, till the garlic is aromatic.

- Arborio rice and two extra tbsps. of olive oil are added to the oven. Sauté rice for two to four minutes, tossing often, or until translucent and slightly toasted-smelling. White wine is added and cooked for two to three minutes until it evaporates. Add salt, pepper, and thyme for seasoning.
- Mix 1 cup at a time in the reserved heated vegetable stock. Mix constantly between additions, letting every stock addition completely dissolve. For about twenty minutes, gradually mix broth while stirring regularly to ensure the rice is creamy and soft. Add more pepper and salt according to preference.

Nutrition Info (per serving)

670 calories, 111g carbohydrates, 13g protein, 15g fat, Sodium 1010mg

4.19 Tomato Sauce With Tuscan White Beans

Prep Time: 5 mins

Total Time: 8 hrs 50 mins

Servings: 6

Ingredients

- 1 tsp. of baking soda
- 1 ¼ cups of dry cannellini beans
- 2 tbsps. of olive oil, extra-virgin
- 1 sprig of sage, fresh
- 2 cloves of garlic, crushed & peeled
- black pepper and salt as per taste
- 1 ½ cups of tomato sauce

Directions

- Beans should be put in a big saucepan. Sprinkle baking soda on top after adding water. For eight to twelve hours, immerse at room temperature.
- Return the rinsed and drained beans to the pan. Boil over moderate-high flame, then fill with water. Turn the heat down, cover, & simmer for approximately twenty-five minutes, till the beans are cooked but still firm to the bite. Drain the beans while saving the water. Reserve the boiling water and beans.
- The same saucepan is used to warm up the olive oil. Sage and garlic should be cooked in heated oil for two minutes or until flavorful. The beans should be cooked and stirred until they have absorbed the sage & garlic flavor.
- Add tomato sauce, and then simmer. Cook for ten to fifteen minutes, tossing periodically, or until beans are tender but not soggy. If necessary, use the saved cooking water to prevent the blazing of the sauce. Add pepper and salt according to preference. Serve hot.

Nutrition Info (per serving)

183 calories, 28g carbohydrates, 8g protein, 5g fat, Sodium 558mg

4.20 Pepper Casserole & Mediterranean Chicken

Prep Time: 20 mins

Total Time: 1 hrs

Servings: 2

Ingredients

- 1 tbsp. of olive oil
- 3 cups of mafalda pasta, uncooked
- 1 boneless, skinless chicken breast diced into strips
- 1 yellow bell pepper, small and diced

- 1 yellow onion, small and diced
- 1 red bell pepper, small and diced
- ¼ cup of Italian green olives
- ¼ cup of Pecorino Romano cheese, grated
- 7 cherry tomatoes
- 1 tbsp. of thyme leaves, fresh
- ½ tsp. of red pepper flakes
- 1 tsp. of lemon zest, grated
- ¼ cup of Grana Padano cheese, grated

Directions

- The oven should be heated to 350°F.
- Boil some salted water in a pot. Cook pasta for about five minutes until it is pliable but not done. Drain.
- Over moderate-high flame, warm the oil in a casserole dish. Mix in chicken and cook for three to five minutes until browned. Add the thyme, olives, lemon zest, bell peppers, onion, pepper flakes, and cherry tomatoes. About five minutes of cooking and stirring should result in soft, transparent onions. Take off from the flames, mix in the only partially cooked pasta, then top with Grana Padano & Pecorino Romano.
- For approximately fifteen minutes, bake in an oven until it is bubbling & both cheeses have become browned and melted. Before serving, let it rest for five minutes.

Nutrition Info (per serving)

479 calories, 53g carbohydrates, 28g Protein, 18g fat, sodium 698mg

4.21 Wild Rice with Eggplant and Mushrooms

Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 3 tbsps. of butter
- 1 cup of cooked wild rice
- ½ cup of half-and-half
- 8 ounces of sliced fresh mushrooms
- 1 chopped medium onion
- 1 cup of chicken broth
- 1 can of condensed cream of mushroom soup (10.75 ounces)
- 1 large peeled and cubed eggplant
- 3 tbsps. of olive oil, divided
- 1 tsp. of Italian seasoning
- ½ tsp. of each minced garlic and ground black pepper

Directions:

- Melt butter with 1 tbsp. olive oil in a large-sized pan and fry eggplant until soft - approximately five minutes. Remove it from the heat source, keeping warm on a plate or tray until ready for serving.
- Add the remaining 2 tbsps. of olive oil to the same pan and cook onions & mushrooms until tender, approximately five minutes. Before returning the eggplant to the pan, season it with garlic powder, black pepper & Italian seasoning - stirring for one additional minute to maximize flavors!

- Mix in chicken broth and heat on medium until most of its liquid has been absorbed or reduced, approximately five minutes. Combine half-and-half cream, cream of mushroom soup, and cooked wild rice before simmering on a low flame for fifteen minutes while periodically stirring. Season with pepper as needed.

Nutrition Info (per serving)

243 calories, 17g carbohydrates, 4.7g proteins, 18.2g fat, sodium 176mg

4.22 Mediterranean-Style Vegetable Medley



Prep Time: 5 mins

Total Time: 25 mins

Servings: 4

Ingredients:

- 1 cup of grape tomatoes
- 1 small-sized summer squash, make 1/4-inch slices
- 1 tsp. of lemon zest
- 1/2 small-sized eggplant, make 1/4-inch slices
- 2 minced cloves garlic
- 1 cup of shiitake mushrooms, sliced and stemmed
- 2 tbsps. of olive oil extra-virgin
- 1 small-sized zucchini, make 1/4-inch slices
- 1/2 tsp. of dried oregano

Directions:

- Cut eggplant slices into wedges and place in a large mixing bowl, followed by adding zucchini, summer squash, mushrooms, olive oil, tomatoes, garlic & oregano into one large-size mixing bowl.
- Assemble all vegetables in a nonstick pan & simmer them for 10-15 minutes before stirring frequently during another 5 minute cook time to achieve soft vegetables with lightly golden edges.
- Grate lemon zest on vegetables before plating for serving.

Nutrition Info (per serving)

105 calories, 9g carbohydrates, 2.4g proteins, 7.1g fat, sodium 15mg

4.23 Chicken with Veggies

Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 16 oz. of chicken breast, skinless and boneless, sliced
- ½ cup of chopped tomatoes
- 1 tsp. of chopped fresh ginger
- 1 sliced onion
- 2 tbsps. of olive oil
- 1 cup of sliced bell pepper
- ½ tsp. of Italian seasoning

Directions:

- Heat the olive oil in a skillet.
- Combine chicken with Italian spices & ginger; cook for 10 minutes total.
- Mix the remaining ingredients thoroughly.
- Cook the meal over medium flame for approximately 15 minutes to ensure an even finish.
- Serve and enjoy.

Nutrition Info (per serving)

216 calories, 6g carbohydrates, 25g proteins, 10.2g fat, sodium 61mg

4.24 Vegetarian Borscht

Prep Time: 15 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 2 peeled and coarsely grated each small beets and carrots
- ¼ medium shredded head cabbage
- 1 chopped onion
- ¾ cup of dry yellow lentils
- 2 tbsps. of vegetable oil, or as needed
- 3 medium sweet potatoes, peeled & diced
- 2 tbsps. of sour cream, or more to taste
- 3 tbsps. of vinegar
- 2 tbsps. of chopped fresh dill
- 2 tbsps. of tomato paste

Directions:

- Under low flame in a medium-sized frying pan, combine beets & vinegar. Simmer while occasionally stirring to reach tender vegetables after approximately 15 minutes of simmering.
- While beets simmer, heat oil in a large frying pan over low flame. Stir in onion for 2 minutes; continue incorporating carrots until they become tender - approximately 10 minutes total time before taking them out of the equation.
- Heat water to a simmer in a large saucepan before combining cabbage & lentils; cook for approximately 10 minutes prior to adding potatoes; then combine beets & onion-carrot combination along with black pepper for seasoning; finally, stir in tomato paste before continuing the simmer for an additional 10 minutes or so, or until all veggies have become soft enough

for eating. Finally, garnish your dish with a dollop of sour cream & fresh dill for serving!

Nutrition Info (per serving)

264 calories, 43.8g carbohydrates, 10.3g proteins, 6.1g fat, sodium 135mg

4.25 Beef Stuffed Eggplants



Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 1 pound of boneless beef sirloin steak, trimmed of visible fat & cut into 1/4-inch strips
- 2 cups of sliced green and red bell peppers
- 1 1/2 tsps. of chopped garlic

- 2 halved lengthwise eggplants
- 1 tsp. of black pepper
- 1/4 cup of water
- 2 cups of sliced mushrooms
- Chopped fresh parsley
- Pinch of paprika

Directions:

- Preheat the oven at 450°F and use nonstick cooking spray to grease a baking dish.
- Place eggplant halves face-up in a large baking dish. Use a fork to poke the sides approximately eight times. Cover with foil and bake for 10 minutes.
- Now add the beef after covering a large nonstick skillet with cooking spray and placing over a medium flame, stirring regularly with garlic & black pepper for approximately 2 minutes.
- Now add bell peppers and cook for approximately 5 minutes; now add mushrooms and cook another 5 minutes. After covering and mixing in water, remove the skillet from the flame.
- Once the eggplant has been removed from the oven and allowed to cool for five minutes, remove it and set it aside. Using a fork, mash only the cooked eggplant centers without touching their outer shells.
- Top each side with one-quarter of the beef mixture and one-fourth of mashed eggplant; cover loosely with foil for baking for five minutes before taking it out of the oven and garnishing as desired with paprika and parsley for visual impact.

Nutrition Info (per serving)

195 calories, 16g carbohydrates, 25g proteins, 5g fat, sodium 282mg

4.26 Chicken and Mushrooms in a Balsamic Sauce

Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 800g of chicken breasts
- 1 finely sliced large onion
- 1 green pepper, sliced into fine wedges
- 2 tsps. of finely chopped garlic
- 1 tbsp. of olive oil
- 2 tbsps. of dark balsamic vinegar
- 1 cup of button mushrooms
- Freshly ground pepper to taste

Directions:

- Preheat the oven at 400°F.
- Heat the oil in a medium-sized pot until hot.
- Cook the chicken until both sides of its flesh become white--this should take approximately five minutes.
- Transfer the cooked fried chicken onto paper towels for proper draining and cooling.
- Combine pepper and onion slices in a bowl.

- Once your garlic and mushrooms have been added, pour in balsamic vinegar.
- Add flavor with freshly ground pepper for optimal taste.
- Allow an hour in the fridge for the ingredients to marinate.
- BAKE for approximately 20 minutes until chicken is fully cooked and vegetables are tender.
- Serve and enjoy.

Nutrition Info (per serving)

288 calories, 5g carbohydrates, 43g proteins, 8.5g fat, sodium 69mg

4.27 Salmon, Carrot, And Zucchini Patties



Prep Time: 10 mins

Total Time: 25 mins

Servings: 4 to 5

Ingredients:

- 16 oz. of canned flaked pink salmon drained and flaked
- 3/4 cup of whole-wheat breadcrumbs
- 2 whole eggs beaten
- 1 grated zucchini medium
- 1 carrot grated
- 1/2 cup of fresh chives chopped
- 2 tbsps. of olive oil
- 1/4 cup of almond flour
- 2 tbsps. of cilantro chopped
- 1/2 cup of fresh chives chopped
- A pinch of pepper, to taste

Directions:

- Combine salmon, eggs, zucchini, breadcrumbs carrots cilantro almond flour chives in a large mixing bowl with pepper to your liking and mix thoroughly before finishing with another sprinkle of pepper for good measure.
- Warm 2 tablespoons of olive oil in a nonstick pan and form patties out of 1/2 cup of the mixture before placing them into it. Repeat this procedure with the remaining mixture.
- Cook for 15 to 18 minutes until patties have turned evenly browned in color and flip halfway through the cooking process.

Nutrition Info (per serving)

192 calories, 8g carbohydrates, 14g proteins, 10g fat, sodium 80.1mg

4.28 Vegetarian Sloppy Joes

Prep Time: 10 mins

Total Time: 50 mins

Servings: 2

Ingredients:

- ½ cup of coconut milk
- 1 tbsp. of sesame oil
- 1 diced white onion
- 2 tbsps. of tomato paste
- 1 tsp. of chili pepper
- ½ cup of green lentils
- 1 tsp. of liquid honey
- ½ tsp. of smoked paprika
- 2 cups of water

Directions:

- Pour sesame oil into a saucepan.
- Cook white onion, chili peppers & smoked paprika for four minutes.
- Green lentils, liquid honey, tomato paste & water will then be combined.
- Stir in the coconut milk until everything has been thoroughly combined.
- Prepare the Sloppy Joes on a medium flame for approximately 40 minutes with the lid closed

- Remove food from the flame & set it aside to rest for 10 minutes before serving.

Nutrition Info (per serving)

616 calories, 43g carbohydrates, 15.2g proteins, 21.8g fat, sodium 38mg

4.29 Chicken Chickpea Curry

Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 1-pound of chicken breast, skinless and boneless, chopped
- 1 tsp. of ground nutmeg
- 1 cup of cooked chickpeas
- 1 tsp. of ground black pepper
- 1 tbsp. of margarine
- 1 tsp. of dried oregano
- ½ cup of water

Directions:

- Melt margarine in a saucepan before stirring in chicken breast pieces, oregano, black pepper & nutmeg.
- Cook the chicken for 10 minutes before starting to watch for any change in its appearance.
- Stir well and add water and chickpeas.
- Close the lid & continue cooking your food for 15 more minutes.

Nutrition Info (per serving)

342 calories, 28g carbohydrates, 34g proteins, 9g fat, sodium 105mg

4.30 Salmon With Fennel Salad



Prep Time: 5 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 2/3 cup of 2% reduced-fat Greek yogurt
- 4 skinless center-cut salmon fillets
- 2 tsps. of finely chopped fresh flat-leaf parsley
- 4 cups of thinly sliced fennel (from 2 [15-oz.] heads of fennel)
- 1 clove of garlic grated
- 2 tbsps. of olive oil extra-virgin
- 1 tsp. of finely chopped fresh thyme

- 2 tbsps. of chopped fresh dill
- 2 tbsps. of orange juice fresh (1 orange)
- 1 tsp. of fresh lemon juice

Directions:

- Combine the thyme and parsley in a small mixing dish and lightly dust over your salmon after spraying with oil.
- Heat 2 tablespoons of olive oil in a nonstick skillet and add salmon fillets, allowing 10-12 minutes of cooking time.
- As the salmon cooks, combine fennel, garlic, orange juice, dill leaves, lemon juice and yogurt in a medium-sized mixing bowl for the Fennel Salad. Finally serve your fillets alongside this side dish of delicious Fennel salad!

Nutrition Info (per serving)

464 calories, 9g carbohydrates, 38g proteins, 30g fat, sodium 178mg

Chapter 5: DASH Diet Dinner Recipes

The DASH diet constitutes one of the most significant eating regimens to follow to decrease blood pressure, & these recipes also fall within our guidelines for heart-healthy nutrition, which will help you achieve your objectives. Recipes like our chickpea pasta with kale & mushrooms are delicious, quick, and nutritious options for dinner.

5.1 Chickpea Pasta With Kale & Mushrooms

Prep Time: 35 mins

Total Time: 35 mins

Servings: 4

Ingredients

- ¼ cup of olive oil, extra-virgin
- 8 oz. penne or chickpea rotini
- Parmesan cheese
- 2 sliced cloves garlic, large
- 8 cups of kale, chopped
- Pinch of red pepper, crushed
- 8 oz. quartered cremini mushrooms
- ½ tsp. of salt
- ½ tsp. of dried thyme

Directions

- As directed on the box, cook the pasta. After draining, save one cup of cooking water.

- Meanwhile, heat the oil in a big skillet over a moderate flame. Add the diced red pepper & garlic; simmer for about a minute while stirring occasionally, until aromatic. Add the mushrooms, kale, salt, and thyme. Cook, stirring regularly, for approximately five minutes or until the veggies are tender.
- Add the pasta and just enough saved water to coat; simmer, stirring, for a further minute or so, until well mixed and heated. If preferred, serve with Parmesan on top.

Nutrition Info (per serving)

340 calories, 38g carbohydrates, 17g protein, 18g fat, sodium 366mg

5.2 Chili-Lime Salmon with Peppers & Potatoes

Prep Time: 30 mins

Total Time: 30 mins

Servings: 4

Ingredients

- 2 tbsps. of olive oil
- 1 lb. Yukon Gold potatoes, diced into 3/4-inches
- ¾ tsp. of salt, divided
- 2 tsps. of chili powder
- ¼ tsp. of ground pepper
- 1 tsp. of ground cumin
- 1 lime, quartered & zested
- ½ tsp. of garlic powder

- 1 ¼ lbs. salmon fillet, center-cut, skinned, if required, & diced into four portions
- 2 bell peppers, medium & sliced

Directions

- Set oven to 425° Fahrenheit. Spray cooking oil on a big baking sheet with a rim.
- In a wide bowl, combine potatoes with 1 tbsp. oil, a quarter of a tsp of pepper and salt. After transferring, roast for fifteen minutes in the preheated pan.
- In the meantime, add half a tsp of salt, chili powder, garlic powder, cumin, and lime zest. Add 1 tbsp. oil and 1/2 tbsp. of the spice combination to a medium-sized bowl with bell peppers, and then stir to coat. Combine the rest of the spice mix with the salmon.
- Take the pan out of the oven after fifteen minutes. Mix in the peppers after adding them. For five minutes, roast. Remove the pan from the oven, add part of the veggies, and add the salmon. Roast the salmon for six to eight minutes or until it's cooked. Slices of lime are optional.

Nutrition Info (per serving)

405 calories, 26g carbohydrates, 35g protein, 17g fat, sodium 517mg

5.3 Cauliflower Rice & Pork Paprikash

Prep Time: 35 mins

Total Time: 35 mins

Servings: 4

Ingredients

- 6 cups of cauliflower, chopped

- 1 (1 lb.) pork tenderloin, natural
- 2 tbsps. of olive oil
- 1 onion, medium and diced into thin wedges
- $\frac{1}{8}$ tsp. of salt + $\frac{1}{4}$ tsp, divided
- 1 $\frac{1}{2}$ tbsps. of paprika + more for garnish
- 1 can of diced tomatoes (no-salt-added) with garlic, oregano, & basil, undrained
- $\frac{1}{2}$ tsp. of ground pepper
- 1 cup of chicken broth, reduced-sodium
- $\frac{1}{3}$ cup of sour cream, light
- $\frac{1}{4}$ cup of banana peppers, bottled mild, diced
- 8 tsps. of light sour cream
- 2 tbsps. of flour, all-purpose

Directions

- Reduce or scrape off fat from the meat. Make bite-sized cuts of the meat and put them aside.
- Cauliflower should be put in a blender or food processor. Once the cauliflower is equally cut into rice-size bits, cover the container and process in numerous on and off pulses.
- In a huge nonstick skillet set over a moderate flame, heat 1 tbsp. of the oil. Stir in 1/8 tbsp. salt & the cauliflower. Stirring periodically, cook for eight to ten minutes until golden brown specks emerge.
- Heat the last tbsp. of oil in a pan over moderate flame. Add the onion and meat; simmer for approximately three minutes, tossing periodically or until the meat begins to brown. Add 1/4 tsp salt, 1.5 tsp of ground pepper, & paprika. One more minute of cooking and stirring is required.
- Add the banana peppers, broth, & tomatoes. Turn down the flame to medium-low after bringing it to a boil. Cook for 5 minutes with a cover. Heat up to a medium-high setting. Cook for four to six minutes, stirring regularly, till it's just slightly thickened. In a separate bowl, combine flour & 1/3 cup sour cream; incorporate into the meat mix. Till bubbling and thickened, cook & stir.
- Serve the meat combination with cauliflower rice. Add a dash of paprika and 2 tsp sour cream to the top if preferred.

Nutrition Info (per serving)

319 calories, 24g carbohydrates, 31g protein, 12g fat, sodium 593mg

5.4 Bean & Beef Sloppy Joes

Prep Time: 25 mins

Total Time: 25 mins

Servings: 4

Ingredients

- 12 oz. ground beef, 90%lean
- 1 tbsp. of olive oil, extra-virgin
- 1 cup of black beans, no-salt-added & rinsed
- 2 tsps. of Mexico chile powder
- 1 cup of onion, chopped
- ½ tsp. of garlic powder
- 1 pinch of cayenne pepper
- ½ tsp. of onion powder
- 1 cup of tomato sauce, no-salt-added
- 1 tbsp. of Worcestershire sauce, reduced-sodium
- 3 tsps. of ketchup
- 2 tsps. of spicy brown mustard
- 4 hamburger buns (whole-wheat), toasted and split
- 1 tsp. of light brown sugar

Directions

- In a (nonstick) skillet, heat the oil over a moderate flame. Stir in beef and heat, splitting it up with a spatula, for three to four minutes, until it begins to brown but not fully cooked. Transfer it to a medium-sized bowl with a slotted spoon, reserving the pan drippings.
- Onion and beans should be added to the pan. Cook for roughly five minutes, tossing often. Add the cayenne, chile powder, onion powder, &

garlic powder; continue to stir until the mixture is aromatic, approximately 30 seconds. Add Worcestershire, ketchup, mustard, brown sugar, & tomato sauce. Bring the beef back to the pan. Bring to a boil and cook, often rotating, for approximately five minutes per side till the beef is prepared & the sauce has a bit of thickness. Serve it on buns.

Nutrition Info (per serving)

411 calories, 44g carbohydrates, 26g protein, 15g fat, sodium 536mg

5.5 Scallops With Charred Lemon & White Bean Ragu

Prep Time: 30 mins

Total Time: 30 mins

Servings: 4

Ingredients

- 1 lb. white chard or mature spinach, thinly sliced & trimmed
- 3 tsps. of olive oil
- 2 tbsps. of fresh parsley, chopped
- 2 minced cloves garlic
- ½ tsp. of ground pepper
- 1 tbsp. of capers, chopped and rinsed
- 1 (15 oz.) can of cannellini beans, no-salt-added, rinsed and drained
- ⅓ cup of white wine, dry
- 1 cup of chicken broth, low-sodium
- 1 tbsp. of butter
- 1 halved lemon
- 1 lb. dry sea scallops, muscle removed from the hard side

Directions

- In an ample skillet over a moderate flame, heat 2 tsp of oil. Greens should be added and cooked for four minutes while frequently stirring. Add the garlic, 1/4 tsp pepper, & capers and stir frequently for approximately thirty seconds or until the mixture is aromatic. Simmer after adding the beans, wine and broth. Cover the pan and cook for five minutes at a low simmer

after reducing the heat. Once the heat is off, whisk in the butter. To remain warm, cover.

- In the meantime, season the scallops with the last 1/4 tsp of pepper. Heat the last tsp of oil over a moderate flame in an ample nonstick skillet. Add the scallops & cook for approximately four minutes until they're browned on each side. Place on a fresh dish. Cut side down, and stir in lemon halves. Cook for two minutes or until charred. Slice into wedges. Top the bean ragu, scallops with parsley, and lemon wedges.

Nutrition Info (per serving)

255 calories, 21g carbohydrates, 21g protein, 8g fat, sodium 590mg

5.6 Black Bean Salad

Prep Time: 35 mins

Total Time: 35 mins

Servings: 4

Ingredients

- 1 ripe avocado, medium-size, chopped and pitted
- ½ cup of red onion, thinly sliced
- ¼ cup of lime juice
- ¼ cup of cilantro leaves
- 2 tbsps. of olive oil, extra-virgin
- ½ tsp. of salt
- 1 minced clove of garlic
- 2 medium-sized kernels removed, ears of corn, or 2 cups corn (frozen), patted dry & thawed

- 8 cups of salad greens, mixed
- 1 (15 oz.) can of rinsed black beans
- 1 pint of diced grape tomatoes

Directions

- In a medium-sized bowl, add the onion and then the cold water. Place aside. Combine the cilantro, avocado, lime juice, garlic, salt, and oil in a small food processor. Process till creamy & smooth, periodically scraping the sides as necessary.
- Corn, salad greens, beans, and tomatoes should all be combined in a bowl before serving. Add the avocado dressing & the drained onions to the bowl. Coat by tossing.

Nutrition Info (per serving)

322 calories, 41g carbohydrates, 11g protein, 16g fat, sodium 407mg

5.7 Baked Halibut With Quinoa & Brussels Sprouts

Prep Time: 12 mins

Total Time: 35 mins

Servings: 4

Ingredients

- 1 fennel bulb, diced into strips and trimmed
- 1 lb. Brussels sprouts, sliced and trimmed
- 1 tbsp. + 1 tsp. of olive oil
- ½ tsp. of ground pepper
- 2 tbsps. of fennel fronds or Italian parsley, chopped
- ½ tsp. of salt, divided

- 4 minced cloves of garlic
- 1 (1 lb.) halibut fillet, diced into four portions
- 3 tbsps. of lemon juice
- 2 cups of quinoa, cooked
- 2 tbsps. of melted, unsalted butter
- ¼ cup of pitted Kalamata olives, chopped
- ¼ cup of sun-dried tomatoes, chopped

Directions

- Oven rack placement and temperature adjustment to 400° Fahrenheit.
- In an ample bowl, combine the fennel, pepper, brussels sprouts, 1/4 tsp salt, and 1 tbsp. of oil; swirl to coat. Spread out in an even layer on a baking sheet with a rim. Bake for twenty to twenty-five minutes, stirring periodically, until tender.
- Halibut should now be placed on another wide baking sheet, along with 1/2 of the garlic & the last 1/4 tsp of pepper and salt. In a small dish, mix the melted butter & lemon juice. Over the fish, brush or pour half of the mix. Bake for twelve to fifteen minutes or until the salmon is opaque & flakes readily with a fork.
- The extra one tsp oil, quinoa, tomatoes, parsley, and olives should all be combined in a medium-sized bowl.
- To the butter-lemon mix, add the rest of the garlic. After pouring the mix over the veggies, bake for an additional minute. Spoon the quinoa mixture with the vegetables and halibut.

Nutrition Info (per serving)

406 calories, 36g carbohydrates, 30g protein, 17g fat, sodium 560mg

5.8 Pistachio-Topped Chicken With Barley Salad

Prep Time: 35 mins

Total Time: 35 mins

Servings: 4

Ingredients

- 2 cups of water + 1 tbsp.
- Canola oil or olive oil cooking spray
- 1 cup of quick barley
- ½ cup of panko breadcrumbs, whole-wheat
- 1 cup of shelled pistachios, salted and divided
- 1 tsp. of orange zest
- 1 egg white, large
- ½ tsp. of garlic powder
- 2 (8 oz.) skinless, boneless chicken breasts, diced in half crosswise and trimmed
- 2 tbsps. of olive oil, extra-virgin
- ½ tsp. of salt, divided
- 1 cup of halved cherry tomatoes
- 1 cup of fresh parsley, chopped
- 1 tbsp. of white wine vinegar

Directions

- Set oven to 450° Fahrenheit. Put a wire rack on a baking sheet coated with foil after coating it with cooking spray.

- Bring barley & 2 cups of water to a boil in a compact saucepan. Lower the heat, and let it simmer till tender, between ten to twelve minutes. Place aside.
- In the meantime, crush orange zest, breadcrumbs, garlic powder, & 3/4 cup pistachios in a blender or food processor till the pistachios are finely minced. Place on a small plate. In another small bowl, whisk the egg white with the remainder 1 tbsp. water.
- Between two pieces of plastic wrap, place the chicken. To get a consistent half-inch thickness, press with the smooth edge of a heavy saucepan or meat mallet. Add 1/4 tsp of salt to the chicken, then brush with the egg mix & dip in the pistachio mix, pressing to adhere. Position on the ready rack. Drizzle cooking spray on the chicken's sides.
- Bake the chicken for approximately fifteen minutes per side or until a thermometer that can be read instantly placed in the thickest section reads 165° F.
- Heat the oil in a big skillet over a moderate flame. Add vinegar and tomato to the mix. Cook for about a minute till the tomatoes begin to crumble. Turn off the burner.
- If required, drain the barley and add it to the tomatoes, remaining one-fourth of the pistachios, parsley, & 1/4 tsp salt. Serve.

Nutrition Info (per serving)

565 calories, 47g carbohydrates, 36g protein, 27g fat, sodium 514mg

5.9 Delicious Thin Crust Flat Bread

Prep time: 2 hours & 20 mins

Total Time: 2 hours & 20 mins

Servings: 4

Ingredients

- 2 cups of all-purpose flour
- 1 1/2 tsps. of salt
- Half burrata mozzarella ball; sprinkled over the bread
- 1 tbsp. of fresh tarragon, chopped
- 1 clove of garlic; chopped
- 1 tbsp. of olive oil
- 1/4 tsp. of sea salt
- Half tomato; sliced
- 3/4 cup of lukewarm water
- 1 tsp. of instant yeast
- 1/4 yellow beet; sliced
- Half Meyer lemon; sliced
- 1 radish; sliced
- 1/4 potato; sliced

Directions

- Add the water and yeast to a bowl, and whisk to mix the yeast. Insert the salt and flour into the bowl and combine until the shaggy dough has formed.

- Turn the dough on a clean working surface with some flour in the bowl. Knead for about 5 minutes until the flour is mixed and the dough is soft and elastic. It should make the dough feel sticky and tacky. If it's like bubble gum stuck in your hands, add one tablespoon of flour until it is smooth.
- If you have time, you should allow the dough to rise until you use it or it doubles in quantity. You may use the dough after rising, or it can be refrigerated for up to 3 days.
- Cover the dough with a clean towel or an upside-down mixing bowl as you ready the toppings.
- Preheat the oven to 370 F.
- Roll the flatbread out. Brush all around, even on the corners, with the olive oil. Rub all over the dough the ground garlic, letting pieces randomly break off.
- Sprinkle with a little salt.
- Add the toppings, entirely coating the dough. Then blob the cheese. Sprinkle salt when you're done. Put in the oven and roast for 20 to 25 minutes or until the pizza edges are brown and the vegetables remain crisp. It can be topped with tarragon. Serve!

Nutrition Info (per size)

274 calories; protein 12g; carbohydrates 33g; fat 10g; sodium 670mg.

5.10 Thai Chicken Pasta Skillet

Prep Time: 15 minutes

Total Time: 30 minutes

Servings: 6

Ingredients

- 2 tsps. of canola oil
- 6 ounces of uncooked whole-wheat spaghetti
- 1 package of fresh sugar snap peas (10 ounces) diagonally trimmed and cut into thin strips
- 2 cups of shredded cooked chicken
- 2 cups of julienned carrots (8 ounces)
- 1 cup of Thai peanut sauce
- Chopped fresh cilantro, optional
- 1 medium cucumber, seeded and sliced diagonally, halved lengthwise

Directions

- Drain pasta after cooking according to package guidelines.
- Meanwhile, heat the oil in a large pan over medium-high heat. Stir in the carrots and snap peas for 6-8 minutes or until crisp-tender. Heat the peanut sauce, chicken, and spaghetti, stirring to mix.
- Place on a serving platter. Add cucumber and cilantro, if preferred.

Tip:

- Although fruits are often linked with the antioxidant vitamin C, sugar snap peas are also a good source.

Nutrition Facts (per serving)

403 calories; protein 25g; carbohydrates 43g; fat 15g; sodium 432mg.

5.11 Barbecued Basil Turkey Burgers

Prep Time: 10 minutes

Total Time: 30 minutes

Servings: 4

Ingredients

- 3 tbsps. of mesquite barbecue sauce, smoke-flavored
- 1/4 cup of chopped fresh basil
- 2 tbsps. of oat bran or quick-cooking oats
- 1/4 tsp. of garlic salt
- 1 minced garlic clove
- 1/8 tsp. of pepper
- 4 multigrain or whole-wheat hamburger buns, split
- 1-pound of lean ground turkey
- Optional toppings: fresh basil leaves, red onion slices, sliced provolone cheese, sliced tomato, and additional barbecue sauce

Directions

- Combine basil, garlic, oats, barbecue sauce, garlic salt, and pepper in a large mixing basin. Add the turkey and stir briefly but thoroughly. Form four half-inch thick 'patties.'
- Grill burgers over moderate flame until a thermometer shows 165° or for five to seven minutes on each side on a lightly oiled grill rack. Grill buns cut side down for 30-60 seconds or till toasted over medium heat. Serve burgers on buns with your favorite toppings.

Nutrition Facts (per serving)

315 calories; protein 27g; carbohydrates 29g; fat 11g; sodium 482mg.

5.12 Delicious Seafood Soup

Prep Time: 15 mins

Total Time: 1 hrs 5 mins

Servings: 4

Ingredients

- ½ lb. prawns
- ¾ lb. cod
- 1 quartered onion
- 1 chopped stalk of celery
- 1 chopped carrot
- water to cover
- black pepper and salt as per taste
- 6 tbsps. of olive oil, extra-virgin
- 1 chopped red chile pepper

- ½ small, sliced onion
- 1 minced clove garlic
- 1 bunch of chopped parsley, fresh
- ½ lb. chopped tomatoes
- ½ cup of dry white wine
- ½ lb. mussels, debearded and cleaned
- ½ lb. clams in the shell
- 1 halved clove garlic
- 4 slices of bread

Directions

- Cod should be chopped, saving any crumbs. Prawns should be peeled and deveined, saving the shells & scrap.
- Scraps of prawns and cod, quartered onions, celery, carrots, pepper, and salt should be added to a big pot with water. Boil, then lower the heat & simmer for fifteen to twenty minutes or until the fish stock is aromatic.
- Reserve & strain the fish stock.
- Simmer and mix red chile pepper, diced onion, minced garlic, & heated olive oil in a skillet over a moderate flame; till softened, between five and ten minutes.
- Cook for five minutes after adding the wine. Tomatoes are added; boil. Combine prawns, cod, mussels, clams, & 1 cup of fish stock. Boil for fifteen to twenty minutes or until the mussels and clams open and the fish is well cooked.
- In a toaster oven, prepare bread. The bread should have one side sprinkled with garlic halves.

- Each serving dish should include a slice of bread. Pour the soup over the toast and garnish with parsley.

Nutrition Info (per serving)

531 calories, 30g carbohydrates, 41g protein, 25g fat, sodium 569mg

5.13 Pesto Sauce And Grilled Fish Fillet

Prep Time: 10 mins

Total Time: 18 mins

Servings: 2

Ingredients

- Salt and black pepper as per taste
- 1 tbsp. olive oil
- 2 fish fillets, white (200 grams each)

Pesto sauce:

- 2 garlic cloves
- 1 bunch of fresh basil
- 1 tbsp. of pine nuts
- 1 cup of olive oil, extra-virgin
- 1 tbsp. of Parmesan cheese, grated

Directions

- The Philips Airfryer is heated to 180°C.
- Season the fish with pepper and salt after brushing them with oil. Put the fryer basket into the Airfryer and add the ingredients. For eight minutes, activate the timer.
- Please pick up the basil leaves & add them to a mortar and pestle or a food processor along with the pine nuts, garlic, olive oil, and Parmesan cheese. The ingredients should be crushed or ground up into a sauce. Mix in salt to your liking.
- Put the fish fillets on a platter, and then top them with a pesto sauce drip.

Nutrition Info (per serving)

1302 calories, 3g carbohydrates, 43g protein, 124g fat, sodium 1773mg

5.14 Nicoise Salad

Prep Time: 10 mins

Total Time: 30 mins

Servings: 4

Ingredients

- 1 (12 oz.) package of whole green beans, frozen
- 3 tbsps. of white balsamic vinegar
- 1 (20 oz.) package of red potatoes, roasted and frozen
- $\frac{3}{4}$ cup of tomatoes, sun-dried, halved
- 4 eggs, large
- $\frac{1}{2}$ cup of kalamata olives, pitted
- $\frac{1}{4}$ tsp. of salt
- 1 tbsp. of Dijon mustard
- $\frac{1}{4}$ tsp. of thyme, dried
- $\frac{1}{4}$ tsp. of black pepper
- 2 (5 oz.) cans of tuna in oil, solid-packed and drained
- $\frac{1}{3}$ cup of olive oil

Directions

- Beans & potatoes should be prepared as directed on the packaging.
- Eggs should be placed in a pan with cold water, covered, and brought to a boil. After twelve minutes, remove the cover and turn off the flames. Rinse, and peel eggs after soaking them in cool water. Each in half lengthwise.

- To soften, simmer tomatoes for thirty seconds in a saucepan of boiling water. Drain.
- Combine the mustard, vinegar, salt, thyme, and pepper in a bowl. Add the oil gradually while whisking to mix thoroughly.
- Spread dressing over a tray with beans, potatoes, tomatoes, tuna, olives, and eggs.

Nutrition Info (per serving)

599 calories, 45g carbohydrates, 32g protein, 33g fat, sodium 1040mg

5.15 Delicious Flounder

Prep Time: 15 mins

Total Time: 45 mins

Servings: 4

Ingredients

- 2 tbsps. of olive oil, extra virgin
- 5 plum tomatoes
- ½ onion, Spanish and chopped
- 1 pinch of Italian seasoning
- 2 chopped garlic cloves
- ¼ cup of white wine
- 24 kalamata olives, chopped and pitted
- 1 tsp. of lemon juice, fresh
- ¼ cup of capers
- 3 tbsps. of Parmesan cheese, freshly grated
- 6 leaves of basil, fresh and chopped

- 6 leaves basil, fresh and torn
- 1 lb. flounder fillets

Directions

- The oven should be heated to 425°F.
- Boil water in a pot. Tomatoes should be drained after being placed into a medium dish of cold water after being placed into the boiling water. Get rid of the tomato skins. Slice tomatoes, then put them aside.
- To cook the onion until soft, heat the olive oil over a moderate flame for approximately five minutes. Cook for five to seven minutes, stirring often, until tomatoes are fork-tender. Wine, olives, capers, half the basil, and lemon juice should be combined. Lower heat, include Parmesan cheese, & continue cooking for approximately fifteen minutes. Till the mixture has thickened to a sauce.
- In a small baking dish, put the flounder. The remainder of the basil leaves should be placed on top of the sauce-coated fillets.
- Bake the fish in the oven for twelve minutes, till it flakes readily using a fork.

Nutrition Info (per serving)

282 calories, 8g carbohydrates, 24g protein, 15g fat, sodium 778mg

5.16 Calamari Marinara

Prep Time: 15 mins

Total Time: 1 hrs 11 mins

Servings: 4

Ingredients

- 1 thinly sliced yellow onion
- 2 tbsps. of olive oil

- 1 thinly sliced serrano chile pepper
- 1 anchovy fillet
- 3 minced garlic cloves
- 1 (16 oz.) package of dry pasta
- ½ tsp. of kosher salt
- ½ tsp. of red pepper flakes
- ½ cup of dry white wine
- 6 cups of pureed or crushed tomatoes, Italian plum
- 1 cup of clam juice
- 2 lbs. of calamari, frozen (tentacles & tubes), diced into half-inches, and thawed
- ½ tsp oregano, dried
- 1 tbsp. of Parmigiano-Reggiano cheese, Freshly grated
- ¼ cup of Italian parsley, freshly chopped

Directions

- In a pot, pour some olive oil. Over moderate-high flame, add the anchovy fillet, onions, garlic, chile pepper, salt, and red pepper flakes. For three to four minutes, mix and sauté the garlic and onions till they begin to turn brown.
- Add wine & boil for three to five minutes, till the wine has been reduced by roughly half. Add tomatoes, oregano, & clam juice. Simmer for a few minutes, then turn down the flame to low & let it simmer for approximately fifteen minutes.
- Calamari is gently stirred and simmered for thirty-five to forty-five minutes or until soft. Get rid of the flame. Add parsley and mix.

- Boil salted water in a saucepan boil. Cook the spaghetti for twelve minutes in water, stirring regularly, until soft but firm to the biting. Drain.
- The heated, drained pasta should be tossed with sauce. Serve hot in bowls with shredded cheese and additional marinara sauce on top.

Nutrition Info (per serving)

806 calories, 118g carbohydrates, 53g protein, 12g fat, sodium 921mg

5.17 Chicken and Veggie Wraps



Prep Time: 10 mins

Total Time: 20 mins

Servings: 3

Ingredients:

- 3 tsps. of low-fat yogurt
- 1 tsp. of rotisserie chicken seasonings

- 9 oz. of chicken fillet
- 3 celery stalks
- 1 carrot, cut into sticks
- 3 lettuce leaves
- 1 tbsp. of olive oil

Directions:

- Once cut into slices, place the chicken in your skillet.
- Add olive oil, then cook your chicken slices until each side turns light brown - around four minutes on each side for optimal results.
- Before placing the chicken on lettuce leaves for presentation, allow it to cool slightly first.
- Add carrots & celery stalks. Combine all of the ingredients with yogurt before wrapping & serving.

Nutrition Info (per serving)

217 calories, 3g carbohydrates, 25.2g proteins, 11.1g fat, sodium 122mg

5.18 Vegetarian Chili

Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 1 cup of cooked red kidney beans
- ½ cup of chopped celery stalk
- 2 cups low-sodium chicken broth
- ½ cup bulgur

- 1 chopped chili pepper, chopped
- 1 cup of chopped tomatoes
- 1 tsp. of tomato paste

Directions:

- Combine all of the ingredients and thoroughly mix in a large-sized saucepan.
- Close the lid & simmer your chili on medium-low flame for 25-30 minutes.
- Serve and enjoy.

Nutritional Fact: Calories 234; Fat 1g; Carbohydrates 44g; Protein 14.1g; Cholesterol 0mg; Sodium 57mg; Potassium 852mg

5.19 Shrimp Puttanesca

Prep Time: 5 mins

Total Time: 25 mins

Servings: 3

Ingredients:

- 5 oz. of peeled shrimps
- ¼ cup of sliced olives
- 1 cup of chopped tomatoes
- ½ diced onion
- 1 tsp. of chili flakes
- ¼ cup of water
- 1 tbsp. of coconut oil
- 1 tsp. of garlic, diced

Directions:

- Melt coconut oil in a saucepan.
- Add shrimps & chili flakes. Cook for around four minutes.
- Add chopped onion, garlic cloves, olives, tomatoes and water. Mix carefully.
- Cook the dish for approximately 15 minutes with its lid closed, stirring every few minutes.

Nutrition Info (per serving)

128 calories, 6g carbohydrates, 11.7g proteins, 6.7g fat, sodium 217mg

5.20 Spicy Steak with Veggies



Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 4 sirloin beef steak
- 1/2 tsp. of ground cumin
- 4 tbsps. of olive oil, divided
- 1 medium red bell pepper strips
- 1/2 tsp. of paprika
- 1 bunch of trimmed asparagus
- 1 medium sliced red onion
- 1/4 tsp. of freshly ground black pepper

Directions:

- Preheat the oven at 400°F.
- Mix ground cumin, 2 tbsps. of olive oil, paprika and black pepper in a small pan. Coat both sides of your meat in it then set everything aside for now.
- Add onion, bell peppers and asparagus to a large mixing bowl; drizzle the remaining olive oil over them and season with black pepper. Carefully toss everything together.
- Arrange the vegetables and steaks in layers on a baking sheet; bake each side for approximately 10-15 minutes until done.

Nutrition Info (per serving)

285 calories, 8g carbohydrates, 32.4g proteins, 13.6g fat, sodium 159mg

5.21 Bake-Foil Packed Salmon And Asparagus

Prep Time: 5 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 4 fillets of salmon
- 1 pound of asparagus, trim the spears ends
- 2 tsps. of fresh basil
- 1/2 cup of unsalted butter, melted
- 1 tsp. of paprika
- 1 tsp. of garlic powder
- 1 tsp. of black pepper
- 1 tbsp. of garlic minced
- 1 lemon juiced + 1 lemon sliced
- Fresh basil and lemon wedges for garnishing

Directions:

- Cut four 12x18-inch heavy-duty foil sheets in half and place two lemon slices on each sheet, along with garlic powder, paprika, and pepper, to coat your fish fillets before positioning each fillet between lemon segments on its respective sheet. Split the asparagus stalks into 4 equal sections before placing them alongside each salmon fillet on each foil sheet.
- Add fresh lemon juice, melted butter, garlic & fresh basil into a small cup. Spread this combination over salmon & asparagus evenly.
- Wrap the salmon & asparagus inside foil packaging and seal its edges to form a package.

- Place foil packages onto a baking sheet. Preheat the oven to 400°F and bake the salmon for 12-15 minutes. Garnish with basil and lemon juice before serving.

Nutrition Info (per serving)

491 calories, 11g carbohydrates, 37g proteins, 34g fat, sodium 109mg

5.22 Chickpea Curry



Prep Time: 10 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 1 ½ cups of boiled chickpeas

- 1 tsp. of curry powder
- ¼ cup of soy milk
- 1 cup of chopped spinach
- 1 tsp. of coconut oil
- ½ tsp. of garam masala
- 1 tbsp. of tomato paste
- ½ cup of water

Directions:

- Melt coconut oil in a saucepan.
- Add curry powder, tomato paste, garam masala & soy and mix until everything has combined evenly.
- Bring the mixture to a boil after whisking it until smooth.
- Stir the water, spinach and chickpeas until well mixed.
- After stirring the food, cover with the lid.
- Cook for five to ten minutes on medium flame.

Nutrition Info (per serving)

298 calories, 48g carbohydrates, 15g proteins, 6.1g fat, sodium 37mg

5.23 Sesame-Crusted Tuna Steaks



Prep Time: 5 mins

Total Time: 20 mins

Servings: 2

Ingredients:

- 2 Ahi tuna steaks
- 1 tbsp. of sesame oil
- 2 tsps. of white sesame seeds
- 1/2 tsp. of garlic powder
- 2 tsps. of black sesame seeds
- A pinch of pepper to taste

Directions:

- Coat each tuna steak with a thin layer of oil & add a sprinkle of garlic powder for extra flavor.
- Combine pepper and sesame seeds in a large-size mixing bowl before pressing each tuna steak as thoroughly as possible into this mixture. Place these steaks on a hot, nonstick pan.
- Cook on a medium flame for 8 to 10 minutes and flip them midway.
- Serve and enjoy.

Nutrition Info (per serving)

280 calories, 2g carbohydrates, 42.7g proteins, 10g fat, sodium 145mg

5.24 Parchment Wrapped Orange-Flavored Tilapia

Prep Time: 10 mins

Total Time: 25 mins

Servings: 4

Ingredients:

- 4 tilapia fillets (6 ounces each)
- 1/4 cup of orange juice
- 1/2 cup of carrot julienned
- 4 tsp. of grated orange zest
- 1/4 tsp. of cayenne pepper
- 1/2 cup of zucchini julienned
- 1/4 tsp. of pepper

Directions:

- Combine orange juice, zest, cayenne pepper & pepper in a medium-sized dish before setting them aside.

- Place one fish fillet onto each of the four 18x12-inch parchment or heavy-duty foil.
- Fold the parchment paper over and tuck it under the fish, folding up 3/4 inch from the bottom inside corner to form a half-moon-shaped packet by folding and crimping all layers together. Repeat these steps with all packages and place them on a baking pan.
- Preheat the oven at 400°F and bake for approximately 12 minutes, adjusting oven rack height as necessary.

Nutrition Info (per serving)

158 calories, 4g carbohydrates, 32g proteins, 3g fat, sodium 189mg

5.25 Vegetable Ratatouille



Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 2 yellow peppers medium-sized
- 1 zucchini medium-sized

- 3 tomatoes medium-sized
- 1 eggplant medium-sized
- 1 onion medium-sized
- 2 tbsps. of olive oil extra-virgin
- 1 tbsp. of garlic
- 1 tbsp. of herbs de Provence
- 1 tbsp. of vinegar
- A pinch of black pepper to taste

Directions:

- Cut peppers, tomatoes, onions, zucchini & eggplant into 2-inch chunks using a sharp knife. Mince the garlic.
- Mix the vegetables with garlic and herbs de Provence in a nonstick pan; season to your desired flavor by seasoning with black pepper as desired.
- Drizzle the top with extra-virgin olive oil & balsamic vinegar; mix all of your ingredients.
- On medium-low flame, cook for 15 minutes while stirring once or twice during this process.

Nutrition Info (per serving)

153 calories, 21g carbohydrates, 3.9g proteins, 7.7g fat, sodium 155mg

Chapter 6: DASH Diet Appetizer & Snacks

Do you worry about your cravings and weight gain? There's no need to feel that way with our delicious snacks and appetizer recipes. So enjoy your unexpected cravings with the healthiest snacks.

6.1 Fruit Salad

Prep Time: 35 mins

Total Time: 35 mins

Servings: 10

Ingredients

Fruit Salad

- 1 lb. strawberries, sliced and hulled
- 4 kiwis, ripped, peeled, sliced and halved
- 2 cups of fresh pineapple, diced
- ½ pint halved blackberries

Lime Yogurt Dressing

- 1 cup of plain yogurt, low-fat
- 2 tsps. of lime zest
- 1 tbsp. of granulated sugar
- 2 tsps. of lime juice

Directions

- Mix the sugar, yogurt, lime zest, and lime juice in a bowl when dressing.
- Combine the kiwi, pineapple, blackberries, and strawberries in a big bowl to make the salad. If preferred, combine with a lime yogurt dressing.

Nutrition Info (per serving)

57 calories, 14g carbohydrates, 1g protein, 0g fat, sodium 2mg

6.2 Avocado Toast & White Bean

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1

Ingredients

- ¼ mashed avocado
- 1 pinch of red pepper, crushed
- 1 slice of bread, whole-wheat, toasted
- ½ cup of white beans, canned, drained & rinsed
- Ground pepper as per taste
- Kosher salt as per taste

Directions

- Add white beans & mashed avocado on toast as garnish. Add a sprinkle of pepper, salt, & red pepper as per taste.

Nutrition Info (per serving)

230 calories, 35g carbohydrates, 12g protein, 9g fat, sodium 459mg

6.3 Yogurt & Strawberry Parfait

Prep Time: 15 mins

Total Time: 15 mins

Servings: 1

Ingredients

- 1 tsp. of sugar
- 1 cup of fresh strawberries, sliced
- ¼ cup of granola
- ½ cup of Greek yogurt, nonfat plain

Directions

- In a small dish, combine the sugar and strawberries. Set the bowl aside for approximately five minutes until the strawberries release juice.
- In a two-cup container, stack yogurt, strawberries, & their juice to make a parfait. Add granola on top.

Nutrition Info (per serving)

285 calories, 37g carbohydrates, 17g protein, 8g fat, sodium 50mg

6.4 Crispy Chickpeas

Prep Time: 25 mins

Total Time: 25 mins

Servings: 4

Ingredients

- 1 ½ tbsps. of sesame oil, toasted
- 1 (15 oz.) can of chickpeas, unsalted, drained & rinsed
- ¼ tsp. of smoked paprika
- ⅛ tsp. of salt
- ¼ tsp. of red pepper, crushed
- 2 lime wedges
- Cooking spray

Directions

- On multiple paper towel layers, spread the chickpeas. Slide the chickpeas beneath the towels to dry them on all sides, then add paper towels on top & pat them until completely dry.

- In a bowl, mix the oil and chickpeas. Salt, red pepper, & paprika should be added. Spoon into cooking spray-coated air fryer basket. Cook for twelve to fourteen minutes at 400° F, moving the basket regularly, until browned. Serve the chickpeas with lime wedges on top.

Nutrition Info (per serving)

132 calories, 14g carbohydrates, 5g protein, 6g fat, sodium 86mg

6.5 Rice Cake Snackwich

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1

Ingredients

- Two brown rice cakes
- ½ sliced apple
- 1 tbsp. of almond butter
- A dash of ground cinnamon
- ½ tsp. of flaxseed

Directions

- Cover the rice cake with almond butter. Add cinnamon & flaxseed to the topping. Add the second rice cake on top, then the apple.

Nutrition Info (per serving)

225 calories, 31g carbohydrates, 5g protein, 10g fat, sodium 0mg

6.6 Banana & Peanut Butter With Sprouted-Grain Toast

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1

Ingredients

- 1 banana, medium-sized and sliced

- 1 tbsp. of peanut butter
- 1 slice of bread, sprouted-grain

Directions

- Toast or prepare the bread. Spread peanut butter on it, followed by banana slices topping.

Nutrition Info (per serving)

290 calories, 45g carbohydrates, 9g protein, 9g fat, sodium 129mg

6.7 Chipotle's Guacamole

Prep Time: 20 mins

Total Time: 20 mins

Servings: 8

Ingredients

- 1 jalapeño pepper, medium-sized, finely diced
- 3 ripe avocados, medium
- ¼ cup of white or red onion, finely diced
- 2 tbsps. of lime juice
- ¼ cup of fresh cilantro, chopped
- ½ tsp. of salt
- 1 grated clove garlic

Directions

- In a bowl, mash the avocados using a fork. Add onion, jalapeño, cilantro, lime juice, salt, and garlic. Stir until well mixed.

Nutrition Info (per serving)

125 calories, 8g carbohydrates, 2g protein, 11g fat, sodium 151mg

6.8 Rosemary-Garlic Pecans

Prep Time: 7 mins

Total Time: 1 hr 20 mins

Servings: 12

Ingredients

- 3 tbsps. of finely chopped, dried rosemary
- 1 egg white, large
- 3 cups of pecans
- 2 tsps. of garlic salt

Directions

- Set the oven to 250° Fahrenheit.
- Combine garlic salt, rosemary, & egg white. Pecans should be added and coated. Spread out in a uniform layer on a baking sheet with a rim.
- Bake for approximately forty-five minutes, tossing every fifteen minutes until dry. Allow it to cool fully for around thirty minutes before storing.

Nutrition Info (per serving)

175 calories, 4g carbohydrates, 3g protein, 18g fat, sodium 332mg

6.9 Kale Chips

Prep Time: 30 mins

Total Time: 30 mins

Servings: 4

Ingredients

- ¼ tsp. of salt

- 1 tbsp. of olive oil, extra-virgin
- 1 kale, large bunch, leaves smashed into pieces and hard stems removed

Directions

- Oven racks should be placed in the top third and the center.
- If the kale is moist, thoroughly pat dry using a clean dish towel before transferring it to a big bowl. Salt and oil should be drizzled over the greens. To uniformly distribute the salt & oil on the kale leaves, knead them with your hands. Be careful to evenly distribute the kale leaves on 2 big, rimmed baking pans. Prepare the chips in groups if all of the kale will not fit.
- Bake for eight to twelve minutes, rotating the pans from front to back, top and bottom, while baking until most of the leaves are crunchy. (If using one baking sheet, check after eight minutes to avoid burning.)

Nutrition Info (per serving)

110 calories, 16g carbohydrates, 5g protein, 5g fat, sodium 210mg

6.10 Bagel Gone Bananas

Prep Time: 7 mins

Total Time: 7 mins

Servings: 2

Ingredients

- 1 tsp. of honey
- 1 banana, small and sliced
- 2 tbsps. of natural nut butter, like cashew, peanut, or almond
- 1 bagel, whole-wheat, toasted & split
- A dash of salt

Directions

- Mix in honey, salt, and nut butter in a bowl. Separate the mix between bagel halves, followed by banana slices topping.

Nutrition Info (per serving)

284 calories, 43g carbohydrates, 9g protein, 10g fat, sodium 335mg

6.11 Roasted Chickpeas

Prep Time: 5 mins

Total Time: 35 mins

Servings: 4

Ingredients

- ¼ tsp. of sea salt
- cooking spray
- 1 (15 oz.) can of chickpeas, no-salt-added & rinsed

Directions

- Set oven to 425° Fahrenheit. Place chickpeas on an ample baking sheet with a rim and pat dry using paper towels. Add salt & coat with cooking spray. Bake for thirty to forty-five minutes or until crispy.

Nutrition Info (per serving)

100 calories, 17g carbohydrates, 6g protein, 2g fat, sodium 170mg

6.12 Avocado Hummus

Prep Time: 15 mins

Total Time: 15 mins

Servings: 10

Ingredients

- 1 avocado, ripped, pitted and halved
- ½ tsp. of salt

- 1 (15 oz.) can of chickpeas, no-salt-added
- 1 cup of cilantro leaves, fresh
- ¼ cup of olive oil, extra-virgin
- ¼ cup of tahini
- ¼ cup of lemon juice
- 1 tsp. of ground cumin
- 1 garlic clove

Directions

- Chickpeas should be drained, with 2 tbsp of the liquid saved. Add the chickpeas & the liquid you set aside to a blender or food processor. Cilantro, avocado, tahini, lemon juice, oil, garlic, salt, and cumin should all be added. Make a smooth puree. Serve with crudité, pita chips, or vegetable chips.

Nutrition Info (per serving)

156 calories, 10g carbohydrates, 3g protein, 12g fat, sodium 175mg

6.13 Banana & Walnuts

Prep Time: 7 mins

Total Time: 7 mins

Servings: 1

Ingredients

- 1 banana, medium
- 10 halved walnut

Directions

- Put the walnuts in a little dish, carry-on bag, or other compact container.
Eat as a snack together with the banana.

Nutrition Info (per serving)

236 calories, 30g carbohydrates, 4g protein, 13g fat, sodium 2mg

Chapter 7: Dash Diet Soups and Salads Recipes

Cravings and weight gain don't need to be an uphill struggle! With our selection of healthy soups and salads designed specifically to support the DASH diet journey, satisfying hunger without jeopardizing health doesn't need to be hard or time-consuming! These recipes make delicious, nutritious options that fit right in with the DASH diet journey. Enjoy them any time of the day—they won't let you down!

7.1 Green Beans Soup



Prep Time: 5 mins

Total Time: 45 mins

Servings: 4

Ingredients:

- 2 chopped sweet potatoes
- ½ diced onion, diced
- 3 cups of water
- ½ chopped sweet pepper, chopped
- 1 tbsp. of chopped fresh cilantro
- 1/3 cup of soaked green beans
- 1 tsp. of chili flakes

Directions:

- Add all ingredients, then cover your pot.
- Cook the soup over medium flame for approximately 40 minutes until all ingredients have reached tenderness.
- Serve and enjoy.

Nutrition Info (per serving)

87 calories, 20g carbohydrates, 2g proteins, 1g fat, sodium 13mg

7.2 Corn and Spinach Salad

Prep Time: 5 mins

Total Time: 5 mins

Servings: 3

Ingredients:

- 1 tsp. of low-fat sour cream
- 1 cup of cooked corn kernels
- ½ cup of chopped celery stalk
- 1 cup of chopped and fresh spinach

Directions:

- Combine corn kernels, spinach leaves and celery stalks in a salad dish.
- Mix the cooked salad with some low-fat sour cream.
- Serve and enjoy.

Nutrition Info (per serving)

52 calories, 10g carbohydrates, 2g proteins, 1g fat, sodium 30mg

7.3 Creamy Asparagus Soup



Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 2 tbsps. of low-fat sour cream
- 1 cup of chopped broccoli
- 1 tsp. of dried oregano
- 2 cups of low-sodium chicken stock
- 1 tsp. of olive oil
- 1 cup of chopped asparagus
- 1 diced garlic clove

Directions:

- Add olive oil and heat for one minute in your pot before adding garlic for roasting for 1 minute.
- Add all the ingredients; once everything has been added, close and seal up the cover.
- Cook the soup over low flame for approximately 25 minutes.
- Use an immersion blender to puree the soup until smooth.
- Continue to simmer the soup for another three minutes.

Nutrition Info (per serving)

48 calories, 4g carbohydrates, 2g proteins, 2g fat, sodium 82mg

7.4 Black Bean Soup



Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 2 cups of cooked black beans
- 1 shredded carrot
- 5 cups of low-sodium chicken broth
- ½ cup of chopped fresh cilantro
- 1 diced yellow onion
- ¼ cup of chopped sweet pepper
- 1 tsp. of dried oregano
- 1 tbsp. of avocado oil

- 1 tsp. of chili flakes
- ½ tsp. of ground cumin

Directions:

- Add avocado oil and the carrots/onions/veggies (shredded), and simmer for 4 minutes with all vegetables until all have softened up and become tender.
- Stir now and then.
- After that, add sweet pepper, black beans, oregano & the remaining ingredients.
- Cook the soup over medium flame with its lid closed for around 15 minutes.
- Use an immersion blender to quickly mix the soup for 1 minute until its texture has reached the desired smoothness. Smoothness of prepared soup preparation is of utmost importance!
- Cook for another minute.
- Serve and enjoy.

Nutrition Info (per serving)

251 calories, 20g carbohydrates, 16g proteins, 2g fat, sodium 71mg

7.5 Tabbouleh Salad



Prep Time: 10 mins

Total Time: 25 mins

Servings: 4

Ingredients:

- 7 oz. of diced cucumber
- 3 oz. of chopped scallions
- ½ cup of chopped dill
- ½ tsp. of diced garlic
- 3 diced tomatoes
- ½ tsp. of chili powder
- 1 cup of water

- ¼ cup of bulgur

Directions:

- Cook the bulgur for approximately 15 minutes in water.
- Add cooked bulgur to the mixing bowl.
- Add diced cucumber, tomato, dill sprigs, scallions, garlic & chili for the final touches!
- Gently combine the salad.
- Serve and enjoy.

Nutrition Info (per serving)

78 calories, 17g carbohydrates, 4g proteins, 1g fat, sodium 28mg

7.6 Thai Mixed Veg and Coconut Soup

Prep Time: 5 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 3 cups of stir-fry vegetables
- 1 cup of water
- 1 tbsp. of vegetable oil
- 2 tsps. of vegetarian green Thai paste
- 3 cups of coconut milk low-fat
- 2 minced garlic cloves
- 1 red chili
- 2 tbsps. of finely chopped ginger

- Fresh coriander to garnish

Directions:

- Warm the vegetable oil over medium flame in a wok.
- Stir-fry the vegetables for approximately three minutes in a wok.
- Now, add the garlic, ginger and chili to the mixture, and allow to simmer for one more minute before proceeding to prepare the rest of your ingredients.
- Combine green Thai paste, coconut milk, and water in a mixing dish; pour this liquid onto vegetables in your wok.
- Bring the mixture to a boil in an un-uncovered wok.
- Cook for 2 additional minutes before dividing into four bowls for serving.
- Decorate each bowl with fresh coriander as a garnish.

Nutrition Info (per serving)

215 calories, 13g carbohydrates, 4g proteins, 15g fat, sodium 161mg

7.7 Fattoush Salad



Prep Time: 10 mins

Total Time: 10 mins

Servings: 2

Ingredients:

- 1 cup of chopped cucumbers
- 2 oz. of sliced white onion
- 1 tsp. of olive oil
- 1 garlic clove, minced
- 2 tbsp. of lime juice
- 1 tbsp. of chopped fresh mint
- 1 cup of chopped lettuce leaves
- 1 tbsp. of apple cider vinegar
- 1 cup of chopped tomatoes
- ½ tsp. of sumac

Directions:

- To create the dressing, mix together garlic cloves, lime juice, apple cider vinegar and sumac in a mixing bowl and whisk to incorporate.
- Mix chopped lettuce, cucumbers, tomatoes, fresh mint leaves & white onion into one salad dish.
- Combine all the salad components with dressing and give a quick shake for best results.
- Serve.

Nutrition Info (per serving)

67 calories, 28g carbohydrates, 2g proteins, 3g fat, sodium 41mg

7.8 Zesty Lentil Soup



Prep Time: 5 mins

Total Time: 30 mins

Servings: 2

Ingredients:

- 1 ½ cups of vegetable stock
- 1 roughly chopped onion
- 1 peeled & grated large carrot
- 3 tbsps. of red lentils (or puy)
- 1 lime juice & zest
- 1 tbsp. of olive oil
- 1 x 400g tin of chopped tomatoes
- 1 tsp. of cumin seeds

- A pinch of chili flakes (optional)

Directions:

- Soften onions and carrots together in a saucepan with just enough oil until soft for approximately 4 minutes before adding chili flakes and cumin seeds for additional seasoning.
- Cook for another minute or two after adding tomato, lentils and stock.
- Cook for approximately 10-15 minutes until all lentils have become tender, stirring periodically to maintain an even heat distribution throughout.
- Make use of a stick blender and pulse rapidly in order to create a creamy consistency.
- Just before serving, add lime juice and zest.

Nutrition Info (per serving)

174 calories, 28g carbohydrates, 9g proteins, 2g fat, sodium 254mg

7.9 Wild Rice Soup

Prep Time: 5 mins

Total Time: 30 mins

Servings: 2

Ingredients:

- 3 oz. of sliced sun-dried tomatoes
- ½ cup of couscous
- 2 cups of chopped arugula
- ½ cup of chickpeas
- ¼ cup of chopped red onion
- 3 tbsps. of lemon juice

- 1 tsp. of olive oil
- 1 cup of hot water
- ½ tsp. of ground cumin

Directions:

- Bring chicken broth to a boil in a saucepan.
- Cook the wild rice for approximately 10 minutes after adding.
- Add sweet potato, turmeric, dill & low-fat sour cream after this step.
- Cook the soup for approximately 15 minutes with its lid closed, stirring periodically.
- Make use of a stick blender and pulse rapidly in order to create a creamy consistency.
- Serve and enjoy.

Nutrition Info (per serving)

171 calories, 25g carbohydrates, 7g proteins, 2g fat, sodium 100mg

7.10 Spring Greens Salad

Prep Time: 5 mins

Total Time: 5 mins

Servings: 2

Ingredients:

- 1 cup of chopped fresh spinach
- ½ cup of sliced radish
- 1 cup of chopped arugula
- ½ cup of cooked green peas

- ½ tsp. of dried sage
- 1 tbsp. of avocado oil
- ½ lemon

Directions:

- Combine radish, spinach, arugula, green peas & dried sage leaves into one salad bowl.
- Before serving the salad, sprinkle the lemon juice over its contents.
- Shake the salad well to incorporate avocado oil after adding it.

Nutrition Info (per serving)

54 calories, 9g carbohydrates, 3g proteins, 2g fat, sodium 28mg

7.11 Oatmeal Chicken Soup

Prep Time: 10 mins

Total Time: 25 mins

Servings: 4

Ingredients:

- 10 oz. of chopped chicken fillet
- ½ diced carrot
- 1 oz. of chopped fresh dill
- 1 tsp. of potato starch
- 1 cup of oats
- 1 tsp. of ground black pepper
- 4 cups of water

Directions:

- Combine chopped chicken and water in a saucepan and bring to a boil over a low flame; allow to simmer for approximately ten minutes.
- Add dill, ground black pepper, oats and chopped carrot.
- Bring the soup to a boil before gradually whisking in potato starch until thickening is noticeable. Continue stirring over low flame until the desired thickness has been achieved - approximately five minutes should do it.

Nutrition Info (per serving)

192 calories, 16g carbohydrates, 19.8g proteins, 5.5g fat, sodium 72mg

7.12 Avocado Salad

Prep Time: 5 mins

Total Time: 5 mins

Servings: 4

Ingredients:

- 4 cups of chopped lettuce
- 1 cup of black olives, pitted & halved
- 1 tbsp. of olive oil
- 1 avocado, peeled, pitted & sliced
- 1 cup of chopped tomatoes
- ½ tsp. of ground black pepper

Directions:

- Combine all the ingredients in a salad bowl and toss gently before serving and eating.

Nutrition Info (per serving)

197 calories, 10g carbohydrates, 2g proteins, 17.1g fat, sodium 301mg

7.13 Mushroom and Kale Soup



Prep Time: 5 mins

Total Time: 30 mins

Servings: 4

Ingredients:

- 2 cups of chopped kale
- 1 chopped yellow onion
- 4 cups of low-sodium chicken broth
- 1 tbsp. of olive oil
- ½ tsp. of white pepper
- 1 cup of cremini mushrooms chopped
- ½ tsp. of chopped cayenne pepper

Directions:

- Heat the olive oil in a saucepan.
- Mix onion, white pepper, cayenne pepper & mushrooms together.
- Cook for approximately five minutes with all the ingredients.
- Add the kale & chicken broth.
- Allow the soup to simmer for approximately 15 minutes.
- Serve and enjoy.

Nutrition Info (per serving)

79 calories, 8.1g carbohydrates, 3.8g proteins, 3.6g fat, sodium 55mg

7.14 Chicken and Spinach Salad

Prep Time: 10 mins

Total Time: 10 mins

Servings: 4

Ingredients:

- 1-pound of chicken breast, cooked, skinless, boneless, and shredded
- 1 tbsp. of lemon juice
- 3 cups of chopped spinach
- 1 sliced red onion
- 1 tbsp. of chopped nuts
- 1 pound of halved cherry tomatoes
- 1 tbsp. of olive oil
- A pinch of black pepper

Directions:

- Add all ingredients and gently combine with a spatula in a salad bowl.

Nutrition Info (per serving)

209 calories, 8.4g carbohydrates, 26.4g proteins, 7.8g fat, sodium 97mg

7.15 Broccoli Shrimp Salad with Mint



Prep Time: 5 mins

Total Time: 20 mins

Servings: 4

Ingredients:

- 2 cups of broccoli florets
- 1 tbsp. of chopped mint
- 4 halved cherry tomatoes
- 1 cup of peeled shrimps
- ½ cup of chopped Kalamata olives
- 2 tbsps. of olive oil
- 1 cup of water

Directions:

- Bring a pot of water to boil, add broccoli florets and simmer for 10 minutes.
- Add shrimps and then cook for another five minutes.
- Drain and place broccoli & shrimp in a salad dish and add all the ingredients.
- Shake the salad well to incorporate all of its additional ingredients.

Nutrition Info (per serving)

118 calories, 9g carbohydrates, 2.6g proteins, 9.2g fat, sodium 170mg

Chapter 8: DASH Diet Dessert & Beverages Recipes

Grabbing your favorite dessert or beverage is always refreshing. This chapter includes some of the best nutritious dessert recipes for your sweet tooth.

8.1 Apples With Dip

Prep Time: 10 mins

Total Time: 10 mins

Servings: 8

Ingredients

- 2 tbsps. of brown sugar
- half a cup of orange juice
- 8 oz. of cream cheese, fat-free
- 1 1/2 tsps. of vanilla
- 8 small or 4 medium apples, sliced and cored
- 2 tbsps. of unsalted peanuts, chopped

Directions

- Take the cream cheese out of the fridge and let it soften for five minutes.
- Combine cream cheese, vanilla, & brown sugar in a bowl. Blend until uniform. Add chopped peanuts and stir.
- Add apple slices to another bowl. Apples should be covered with orange juice to avoid browning. Sliced apples should be drained before serving with dip.

Nutrition Info (per serving)

118 calories, 19g carbohydrates, 6g protein, 2g fat, sodium 202mg



8.2 Apricot And Almond Biscotti

Prep Time: 10 mins

Total Time: 10 mins

Serving: 24

Ingredients

- 3/4 cup of (plain) flour, all-purpose
- 1/4 cup of almonds, coarsely chopped
- 3/4 cup of flour, whole-wheat
- 1/4 cup of brown sugar, firmly packed
- 2 eggs
- 1 tsp. of baking powder
- 2 tbsps. of 1% low-fat milk
- 2 tbsps. of dark honey

- 2 tbsps. of canola oil
- 2/3 cup of apricots, chopped dried
- 1/2 tsp. of almond extract

Directions

- The oven should be heated to 350 degrees F.
- The brown sugar, flour, & baking powder should all be combined in a bowl. Stir to combine. Add the milk, eggs, honey, almond extract, and canola oil. Use a spoon to mix the dough until it barely starts to come together. Include the sliced almonds & apricots. Knead the dough until it is well combined using floured hands.
- On a long piece of plastic wrap, put the dough and roll it out by hand into a log that is twelve inches long, three inches wide, and approximately an inch high. To flip the dough onto a greased baking sheet, lift the sheet of plastic wrap. Bake for twenty to thirty minutes or until gently browned. For a ten-minute cooling period, move to another baking sheet. Keep the oven set to 350 degrees F.
- After cooling, place the log on a board. 24 half-inch broad slices should be sliced horizontally and diagonally using a serrated knife. Place the slices on the sheet with the cut side up. Transfer to the oven & bake for another fifteen to twenty minutes or until crisp. Place on a wire rack & let it cool. Use an airtight container for storage.

Nutrition Info (per serving)

75 calories, 12g carbohydrates, 2g protein, 2g fat, sodium 17mg

8.3 Ambrosia With Toasted Almonds And Coconut

Prep Time: 10 mins

Total Time: 10 mins

Serving: 8

Ingredients

- 1/2 cup of shredded coconut, unsweetened
- 1/2 cup of almonds, slivered
- 1 pineapple, small & cubed
- 2 red apples, diced and cored
- 5 segmented oranges
- 1 banana, diced crosswise, peeled, & halved lengthwise
- Mint leaves
- 2 tbsps. of cream sherry

Directions

- Oven temperature set at 325 F. Almonds should be spread out on a sheet of parchment paper and baked for about ten minutes, stirring once or twice, until fragrant and brown. Quickly transfer to a dish to cool. Put the coconut on the baking sheet, and then bake for ten minutes while stirring often. Quickly transfer to a dish to cool.
- The oranges, pineapple, bananas, sherry, and apples should all be combined in a bowl. Gently stir by tossing. Distribute the fruit mixture equally in each bowl. Distribute the coconut and roasted almonds evenly, then add the mint as a finishing touch. Serve right away.

Nutrition Info (per serving)

177 calories, 30g carbohydrates, 3g protein, 2g fat, sodium 2mg

8.4 Berry-Apple Cobbler

Prep Time: 10 mins

Total Time: 10 mins

Serving: 6

Ingredients

For the topping:

- 1/4 cup of soy milk
- 3/4 cup of pastry flour, whole-wheat
- Egg white
- 1/4 tsp. of salt
- 1 1/2 tbsps. of brown sugar or turbinado
- 1/2 tsp. of vanilla

For the filling:

- 1 cup of blueberries, fresh
- 1 1/2 tbsps. of cornstarch
- 1 cup of raspberries, fresh
- 2 tbsps. of brown sugar or turbinado
- 2 cups of apples, chopped
- 1/2 tsp. of ground cinnamon
- 2 tsps. of lemon juice
- 1 tsp. of lemon zest

Directions

- The oven should be heated to 350 degrees F. Cooking spray should be lightly applied to six separate ovenproof ramekins.

- Add the apples, raspberries, cinnamon, sugar, blueberries, lemon juice, & zest to a medium bowl. To combine evenly, stir. Corn flour should be added and stirred until it dissolves. Place aside.
- The egg white should be added and delicately beaten in another bowl. Add sugar, soymilk, vanilla, pastry flour, and salt. Stir well to combine.
- The prepared plates should receive an equal amount of the fruit combination. Sprinkle each with the topping. Place the ramekins on a sheet and bake.
- Bake for approximately thirty minutes or until the crust is golden brown & the filling is soft. Serve hot.

Nutrition Info (per serving)

119 calories, 24g carbohydrates, 3.5g protein, 0g fat, sodium 114mg

8.5 Almond And Apricot Crisp

Prep Time: 15 mins

Total Time: 15 mins

Serving: 6

Ingredients

- 1 lb. apricots, diced with pits removed
- 1 tsp. of olive oil
- 2 tbsps. of honey
- 1/2 cup of chopped almonds
- 1 tsp. of anise seeds
- 1 tsp. of oats (gluten-free)

Directions

- The oven temperature is set at 350 degrees Fahrenheit.
- On a nine-inch glass pie plate, pour some olive oil. Place chopped apricots on a pie plate. Add a garnish of oats, anise seeds, and almonds. Add honey.
- Bake for twenty-five minutes until the apricots are bubbling & almonds are golden brown. Serve hot.

Nutrition Info (per serving)

134 calories, 17g carbohydrates, 3g protein, 4g fat, sodium 1mg

8.6 Blackberry Iced Tea With Ginger And Cinnamon

Prep Time: 7 mins

Total Time: 7 mins

Serving: 6

Ingredients

- 12 herbal tea bags of blackberry
- Six cups of water
- 8 three-inches cinnamon sticks
- 1 cup of cranberry juice, unsweetened
- 1 tbsp. of fresh ginger, minced
- Crushed ice cubes
- Sugar substitute as per taste

Directions

- Water should be heated in a big pot until it just begins to boil. Ginger, two cinnamon sticks, & tea bags are added. Take the pot off the heat, cover it, and steep it for approximately fifteen minutes.

- Over a pitcher, pour the mix through a sieve (fine-mesh). As per taste, include the sweetener and juice. Keep in the fridge until extremely cold.
- For serving, put crushed ice in six tall glasses. Add cinnamon sticks as a garnish after pouring the tea over the ice. Serve right away.

Nutrition Info (per serving)

25 calories, 6g carbohydrates, 2g protein, 0g fat, sodium 3mg

8.7 Blueberry-Lavender Lemonade

Prep Time: 10 mins

Total Time: 10 mins

Serving: 16

Ingredients

- 1 package blueberries
- 2 cups of water
- 1/4 cup of granulated sugar
- 1 cup of lemon juice
- 1 tbsp. of lavender flowers, dried
- Cold water
- 2 tbsps. of Splenda sweetener

Directions

- Add four cups of ice to a gallon pitcher and reserve. Bring two cups of water to a rolling boil in a saucepan. To the pan, add the lavender, sugar, & blueberries. Let them boil for approximately five minutes till the sugar is dissipated & the blueberries are popped.
- Discard the leftover blueberry mixture after straining it over the ice-filled pitcher. Splenda & lemon juice should be added to the pitcher. Add cold water until the container is full. Mix thoroughly.

Nutrition Info (per serving)

33 calories, 8g carbohydrates, 0g protein, 0g fat, sodium 7mg

8.8 Champagne Fooler

Prep Time: 10 mins

Total Time: 10 mins

Serving: 4

Ingredients

- 2 cups of sparkling water, lemon-flavored
- 1.5 tsps. of lemon juice, fresh
- 2 cups of apple cider or apple juice, unsweetened

Directions

- Wine or champagne glasses should be chilled. In a glass, combine lemon juice, apple juice, & sparkling water. Enjoy.

Nutrition Info (per serving)

55 calories, 14g carbohydrates, 2g protein, 0g fat, sodium 4mg



8.9 Cranberry Spritzer

Prep Time: 10 mins

Total Time: 10 mins

Serving: 10

Ingredients

- 1/2 cup of lemon juice, fresh
- 10 lime or lemon wedges
- 1-quart cranberry juice, reduced-calorie
- 1 quart water, seltzer
- One cup of raspberry sherbet
- 1/4 cup of sugar

Directions

- Lemon juice, cranberry juice, & carbonated water should all be chilled in the refrigerator.
- Combine the sherbet, lemon juice, cranberry juice, sugar, and carbonated water in a pitcher. Pour the mixture into tall, cooled glasses and add lime or lemon wedges as a garnish. Serve right away.

Nutrition Info (per serving)

100 calories, 24g carbohydrates, 1g protein, 1g fat, sodium 9mg



8.10 Iced Latte

Prep Time: 10 mins

Total Time: 10 mins

Serving: 8

Ingredients

- 2 tbsps. of golden brown sugar
- 2 cups of brewed espresso coffee, decaffeinated and cooled
- 1.5 cups of milk, fat-free
- Ice cubes
- 2 tbsps. of almond syrup, sugar-free
- 1 tsp. of ground espresso beans
- 1 cup of whipped topping, fat-free

Directions

- Combine the brown sugar, espresso, syrup, and milk in a pitcher. To blend uniformly, stir. Cool in the refrigerator.
- Ice cubes should be placed in 4 glasses. Over ice, pour coffee. Each beverage should include 1/4 cup of espresso beans and whipped topping.

Nutrition Info (per serving)

84 calories, 18g carbohydrates, 3g protein, 1g fat, sodium 82mg

Chapter 9: DASH Diet 7 day Meal Plan

We think there isn't a single, universal strategy for leading a healthy lifestyle. Customized eating programs that consider the whole person is necessary for success. Consult a healthcare professional or a trained dietitian before beginning a new diet program, particularly if you have a pre-existing medical condition.

Regardless of your dietary goal, meal planning may help you stay on target. Planning and preparation don't have to take much time or be difficult. Meal planning may be a useful tool to help you stay energetic, fulfill your nutritional objectives, avoid food waste, & save money. These easy procedures include creating a shopping list, buying wisely, and preparing meals in advance.

This meal plan was created for a person with no food restrictions who requires roughly 1,800 calories daily. Remember that your caloric intake target may change. Yet you may adjust the DASH diet's calorie intake to suit your requirements.

While you evaluate the menu, consider that you're welcome to substitute identical menu items to suit your requirements and preferences, but remember to consider the cooking techniques. For instance, grilled fish may be used in replacement of deep-fried fish and not grilled fish. Choose your preferred fruits, vegetables, and grains to substitute as necessary. You can also substitute and choose from any of the recipes given in the chapters above in the book.

9.1 Meal Prep 1

Breakfast (Green Yogurt With Almonds & Blueberries)

- Two tbsps. of unsalted almonds
- One cup of blueberries
- One cup of Greek yogurt, nonfat plain

Macronutrients: 27g protein, 295 calories, 9g fat, 32g carbohydrates,

Lunch (Turkey Sandwich With Banana And Carrots)

- Three oz. of roast turkey breast, low-sodium
- Two slices of whole-wheat bread
- 1 banana
- One medium tomato
- One cup of carrot sticks
- One tsp. of mayonnaise

Micronutrients: 25 g protein, 479 calories, 9g fat, 84g carbohydrates

Snack (Oatmeal With Dark Chocolate & Strawberries)

- One cup of strawberries
- One packet of plain oatmeal (made with water)
- One tbsp. of dark chocolate chips

Micronutrients: 232 calories, 40 g carbohydrates, 7 g fat, 6g protein

Dinner (Salmon With Kale Salad & Quinoa)

- Two cups of kale salad with two tsp of olive oil & one tsp of balsamic vinegar
- 1 1/2 cups of cooked quinoa
- Three oz. of broiled salmon

Micronutrients: 605 calories, 73 g carbohydrates, 18 g fat, 38 g proteins

Snack (Milk, Hummus, & Red Pepper Sticks)

- One cup of milk
- Two tbsps. of hummus

- One cup of red pepper sticks

Micronutrients: 26 g carbohydrates, 213 calories, 6 g fat, 13 g protein

Daily Totals: 109 g protein, 1,827 calories, 49 g fat, 255 g carbohydrates

Note: Except for milk, which is a crucial component of the DASH diet because of its high quantities of magnesium, protein, and calcium, drinks are not part of this diet plan. Individual fluid requirements vary according to sex, age, degree of exercise, and medical records. The average recommendation from experts is for men and women to consume thirteen cups of water daily for good hydration. Think about the calories in the drinks you intend to include in your meals. You should aim to avoid sugar-sweetened drinks and choose drinking freshwater when feasible.

9.2 Meal Prep 2

Breakfast (Greek Yogurt With Granola & Strawberries)

- 1/4 cup of low-sugar granola
- One cup of strawberries
- One cup of Greek yogurt, plain nonfat

Micronutrients: 33 g carbohydrates, 332 calories, 27 g protein, 9 g fat

Lunch (Banana & Tuna-Spinach Salad)

- Three oz. of tuna (canned) in water
- Two cups of spinach salad & one cup of green beans (sliced) with one tbsp. of olive oil & 1 1/2 tsps. of balsamic vinegar
- 1 banana
- One whole grain roll, small

Micronutrients: 31 g protein, 460 calories, 16 g fat, 54 g carbohydrates

Snack (Cheddar Cheese & Apple)

- One oz. of cheddar cheese, reduced-fat
- One medium apple

Micronutrients: 9 grams protein, 183 calories, 7 grams fat, 26 grams carbohydrates

Dinner (Chicken With Brown Rice & Veggies)

- One cup of broccoli & one cup of cauliflower with one tbsp. of salad dressing (olive oil-based)
- 1 1/2 cups of brown rice combined with 2 tbsps. of unsalted nuts (cashews, almonds, pecans.)
- Three oz. grilled chicken

Micronutrients: 40 g protein, 607 calories, 32 g fat, 65 g carbohydrates

Snacks (Chai, Popcorn, & Chocolate Chips)

- 1 cup of milk-based café latte or chai tea
- 1 tbsp. of dark chocolate chips
- Two cups of popcorn (air-popped)

Micronutrients: 11 g protein, 231 calories, 6.5 g fat, 33 g carbohydrates

Daily Totals: 118 g protein, 1,803 calories, 70.5 g fat, 211 g carbohydrates

9.3 Meal Prep 3

Breakfast (Tomato, Eggs, & Toast)

- 1 tomato, medium-sized, sliced
- One slice of wheat bread
- 2 eggs, with 1 tsp. of butter

Micronutrients: 18 g protein, 296 calories, 16 g fat, 24 g carbohydrates,

Lunch (Rice & Bean With Guacamole)

- One cup of brown rice
- One cup of black beans
- One cup of red pepper, diced
- Two tbsps. of guacamole
- One diced tomato

Micronutrients: 22 g protein, 528 calories, 7 g fat, 100 g carbohydrates

Snack (Cheddar Cheese & Apple)

- One oz. cheddar cheese, reduced-fat
- One apple, medium

Micronutrients: 9 g protein, 183 calories, 7 g fat, 26 g carbohydrates

Dinner (Veggie Pasta & Chicken With Strawberries)

- One cup of pasta
- One cup of strawberries
- Three oz. chicken, one cup of broccoli, & one cup of kale (fried in one tbsp. of olive oil)
- 1 tbsp. of parmesan cheese, grated
- 1/4 cup of tomato sauce

Micronutrients: 42 g protein, 612 calories, 21 g fat, 71 g carbohydrates

Snack (Banana-Strawberry Smoothie)

- One cup of milk, skim/nonfat
- 1 banana, frozen
- Ice
- Half a cup of strawberries frozen

Micronutrients: 10 g protein, 216 calories, 1 g fat, 45 g carbohydrates

Daily Totals: 101 g protein, 1835 calories, 52 g fat, 237 g carbohydrates

9.4 Meal Prep 4

Breakfast (Yogurt With Blueberries & Almonds)

- 2 tbsps. of toasted almonds, unsalted
- One cup of blueberries
- 1 cup of Greek yogurt, nonfat plain

Macronutrients: 27 g protein, 295 calories, 9 g fat, 32 g carbohydrates

Lunch (Tuna Sandwich With Orange & Pepper Sticks)

- Three oz. tuna (canned)in water
- 1 orange
- 2 slices of wheat bread
- 2 tsps. of mayonnaise
- 1 cup of red pepper sticks
- 1 cup of spinach

Micronutrients: 34 g protein, 468 calories, 11 g fat, 65 g carbohydrates

Snack (Raisins & Mixed Nuts)

- 2 tbsps. of raisins
- 3 tbsps. of mixed nuts, unsalted

Micronutrients: 8 g protein, 187 calories, 21 g fat, 27 g carbohydrates

Dinner (Brown Rice & Tofu)

- One cup of broccoli & one cup of cauliflower with one tbsp. of olive oil & 1/2 tps. of balsamic vinegar
- One cup of brown rice, cooked
- Six oz. fried tofu in 2 tps. of olive oil

Micronutrients: 26 g protein, 550 calories, 25 g fat, 62 g carbohydrates

Snack (Latte, Apple, & Popcorn)

- 1 cup of milk-based latte or tea, nonfat
- 2 cups of popcorn, air-popped
- 1 apple

Micronutrients: 11 g protein, 243 calories, 2 g fat, 49 g carbohydrates

Daily Totals: 106 g protein, 1,743 calories, 68 g fat, 235 g carbohydrates

9.5 Meal Prep 5

Breakfast (Toast With Guacamole, Cheese, & Strawberries)

- One oz. cheese, low-fat
- One slice of wheat toast
- One cup of strawberries
- Two tbsps. of guacamole

Micronutrients: 14 g protein, 277 calories, 11 g fat, 33 g carbohydrates

Lunch (Chicken, Spinach, Quinoa Salad)

- One cup of quinoa, cooked
- Three oz. grilled chicken
- Two cups of spinach & 1 cup of carrots (diced) with 1 tbsp. of olive oil vinaigrette

Micronutrients: 36 g protein, 532 calories, 20 g fat, 53 g carbohydrates

Snack (Greek Yogurt With Granola & Strawberries)

- 2 tbsps. of granola, low-sugar
- One cup of strawberries
- 1/2 Greek yogurt, plain nonfat

Micronutrients: 15 g protein, 191 calories, 5 g fat, 22 g carbohydrates

Dinner (Sweet Potato, Shrimp, Banana, & Broccoli)

- One cup of sweet potato (cooked and cubes) drizzled with two tbsps. of toasted walnuts
- Three oz. grilled shrimp (marinated in one tsp. of lemon olive oil)
- 1 banana
- One cup of broccoli fried in two tsps. of olive oil

Micronutrients: 30 g protein, 555 calories, 29 g fat, 68 g carbohydrates

Snacks (Popcorns, Apple & Tea)

- One cup of milk-based Chai, not-fat
- Two cups of popcorn, air-popped
- 1 apple

Micronutrients: 11 g protein, 243 calories, 2 g fat, 49 g carbohydrates

Daily Totals: 106 g protein, 1798 calories, 67 g fat, 225 g carbohydrates

9.6 Meal Prep 6

Breakfast (Smoothie)

- 1/2 cup of milk, nonfat
- One banana
- 1 tbsp. of peanut butter
- 1/2 cup of Greek yogurt, plain nonfat

Micronutrients: 20 g protein, 310 calories, 9 g fat, 40 g carbohydrates

Lunch (Chickpea Salad & Toast)

- One small tomato, diced
- Two cups of lettuce
- One cup of chickpeas
- 1 slice of whole wheat (toast with one tbsp. of butter)
- Two tsps. of salad dressing

Micronutrients: 18 g protein, 536 calories, 17 g fat, 85 g carbohydrates

Snacks (Crackers, Hummus, Broccoli)

- Two tbsps. of hummus
- 6 crackers, whole grain
- One cup of broccoli florets

Micronutrients: 8 g protein, 201 calories, 8 g fat, 29 g carbohydrates

Dinner (Brown Rice, Veggies & Salmon)

- One cup of broccoli & one cup of cauliflower (made in 1 tsp. of olive oil)
- One cup of brown rice, cooked

- Five oz. salmon

Micronutrients: 47 g protein, 596 calories, 20 g fat, 58 g carbohydrates

Snack (Popcorn, Cheddar Cheese & Apple)

- One oz. cheddar, low-fat
- One cup of popcorn, air-popped
- 1 apple

Micronutrients: 10 g protein, 214 calories, 8 g fat, 32 g carbohydrates

Daily Totals: 103 g protein, 1,857 calories, 62 g fat, 244 g carbohydrates

9.7 Meal Prep 7

Breakfast (Toast, Tomato & Eggs)

- One tomato, medium
- 1 slice of wheat bread
- 2 eggs, made in 1 tsp. of butter

Micronutrients: 18 g protein, 296 calories, 16 g fat, 24 g carbohydrates

Lunch (Penne With Kale Salad & Grilled Chicken)

- One cup of whole wheat penne (cooked) or macaroni
- Three oz. grilled chicken
- Two cups of chopped kale & one tbsp. of olive oil, balsamic vinaigrette

Micronutrients: 37 g protein, 488 calories, 18 g fat, 51 g carbohydrates

Snack (Smoothie)

- One cup of nonfat milk
- 1/2 cup of strawberries
- 1 banana

Micronutrients: 10 g protein, 216 calories, 1 g fat, 45 g carbohydrates

Dinner (Trout With Salad, Green Beans & Brown Rice)

- One cup of green beans
- Four oz. grilled trout Sprinkled with two tbsps. of guacamole
- 1 green salad (mixed) with 1 tbsp. of olive oil & 1 1/2 tsps. of balsamic vinegar
- 1 cup of brown rice, cooked

Macronutrients: 39 g protein, 649 calories, 29 g fat, 60 g carbohydrates

Snack (Mixed Nuts & Orange)

- 2 tbsps. of unsalted nuts mixed
- 1 orange

Macronutrients: 7 g protein, 171 calories, 14 g fat, 29 g carbohydrates

Daily Totals: 111 g protein, 1764 calories, 78 g fat, 209 g carbohydrates

Conclusion

A crucial eating plan that is easy to alter for a lifetime of healthy eating is the Dash Diet. It was designed with everyone in mind. This eating plan tries to encourage lifestyle changes that support good eating routines. You may choose between two programs based on your requirements. The first version allows 2300 mg of salt per day. The second specifies a daily salt intake of 1500 mg. Elders over the age of 51 and those with diabetes, hypertension, or chronic renal illness are encouraged to follow the diet.

The DASH diets promote healthy lifestyles, including good nutrition and physical fitness. Discuss your dietary habits and lifestyle with your doctor or a nutritionist if you have hypertension.

When making nutritional adjustments, always begin with one behavior you wish to improve. Change must come gradually if behavioral transformation is to take place. You might have considered switching from white to whole-grain bread, for example. Choose a start and end date to assess your ability to modify this. Think about the challenges that kept you from accomplishing your goal or expectation. Most importantly, practice forgiving yourself whenever you have failures; instead of focusing on them, determine why they occurred and then move on.

Your Special Bonus



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