

The Complete DASH Diet Cookbook for Seniors:

**Simple & Delicious Recipes to Support Heart Health,
Lower Blood Pressure, Maintain a Healthy Weight, Stay
Active and Promote Longevity +
a 30-Day Meal Plan**

Copyright © 2025 by Vivian Chasey

All rights reserved.

No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

ISBN: 9798268644968

Disclaimer

This book is intended for informational and educational purposes only. The recipes, meal plans, and nutritional guidance provided herein are based on general principles of the DASH diet and are not intended as a substitute for professional medical advice, diagnosis, or treatment.

Always consult with your physician, registered dietitian, or other qualified health care provider before making any changes to your diet, exercise routine, or health regimen—especially if you have a medical condition, take prescription medications, or are following a doctor’s specific dietary recommendations.

The author and publisher disclaim any liability, loss, or risk incurred directly or indirectly from the use of the information contained in this book. Individual results may vary.

TABLE OF CONTENTS

INTRODUCTION.....	9
Welcome to Your New Health Journey.....	9
CHAPTER 1: DASH DIET BASICS FOR SENIORS.....	10
What Is the DASH Diet?.....	10
Senior Health and the DASH Advantage.....	11
A Simple Start to DASH.....	12
CHAPTER 2: DELICIOUS DASH RECIPES.....	15
BREAKFASTS & SMOOTHIES.....	15
GREEK YOGURT & BERRY PARFAIT.....	15
CHIA SEED PUDDING WITH MANGO.....	15
BLUEBERRY ALMOND OVERNIGHT OATS.....	16
BANANA WALNUT OATMEAL.....	16
APPLE CINNAMON QUINOA BREAKFAST BOWL.....	17
PEANUT BUTTER & BANANA TOAST.....	17
WHOLE WHEAT AVOCADO TOAST.....	18
COTTAGE CHEESE & PINEAPPLE BOWL.....	18
SPINACH & FETA EGG SCRAMBLE.....	19
TOMATO & BASIL OMELET.....	19
SWEET POTATO HASH WITH POACHED EGG.....	20
SMOKED SALMON & AVOCADO ENGLISH MUFFIN.....	20
SCRAMBLED TOFU WITH MUSHROOMS.....	21
WHOLE-GRAIN PANCAKES WITH BERRIES.....	21
FLAXSEED & ALMOND BUTTER WAFFLES.....	22
CINNAMON-SPICED BREAKFAST COUSCOUS.....	22
HIGH-FIBER BRAN MUFFINS.....	23
WHOLE-WHEAT ZUCCHINI BREAD.....	23
RASPBERRY CHIA JAM ON WHOLE-GRAIN TOAST.....	24
QUINOA & APPLE BREAKFAST BAKE.....	24
MATCHA GREEN TEA SMOOTHIE.....	25
PEANUT BUTTER & CHOCOLATE PROTEIN SMOOTHIE.....	25
STRAWBERRY BANANA OAT SMOOTHIE.....	26
MANGO & SPINACH GREEN SMOOTHIE.....	26
PINEAPPLE & COCONUT SMOOTHIE.....	27
BERRY BLAST SMOOTHIE WITH CHIA SEEDS.....	27
CREAMY ALMOND BUTTER & CACAO SMOOTHIE.....	28
ANTI-INFLAMMATORY TURMERIC SMOOTHIE.....	28
VANILLA DATE SMOOTHIE.....	29

PUMPKIN SPICE PROTEIN SHAKE.....	29
ICED MATCHA LATTE WITH OAT MILK.....	30
DETOX BEET & GINGER SMOOTHIE.....	30
MOCHA BANANA SMOOTHIE.....	31
WATERMELON & MINT COOLER.....	31
CUCUMBER & LIME HYDRATION SMOOTHIE.....	32
GOLDEN GLOW CARROT & ORANGE SMOOTHIE.....	32
DAIRY-FREE COCONUT CHIA SMOOTHIE.....	33
HIGH-FIBER APPLE & KALE SMOOTHIE.....	33
KIWI & AVOCADO SMOOTHIE.....	34
DRAGON FRUIT & POMEGRANATE SMOOTHIE.....	34
VEGETARIAN & VEGAN MAINS.....	35
QUINOA-STUFFED BELL PEPPERS.....	35
SPAGHETTI SQUASH WITH AVOCADO PESTO.....	35
CHICKPEA & SPINACH CURRY.....	36
LENTIL & SWEET POTATO STEW.....	36
MUSHROOM & LENTIL BOLOGNESE.....	37
EGGPLANT & CHICKPEA TAGINE.....	37
BUTTERNUT SQUASH & KALE RISOTTO.....	38
CAULIFLOWER & PEA STIR-FRY.....	38
MOROCCAN-SPICED COUSCOUS BOWL.....	39
VEGAN TOFU SCRAMBLE BURRITOS.....	39
ROASTED VEGETABLE & HUMMUS WRAP.....	40
SPICY BLACK BEAN TACOS.....	40
THAI PEANUT NOODLES WITH TOFU.....	41
STUFFED ACORN SQUASH WITH WILD RICE.....	41
VEGAN SHEPHERD’S PIE.....	42
MISO-GLAZED EGGPLANT.....	42
MEDITERRANEAN CHICKPEA SALAD.....	43
ROASTED SWEET POTATO & QUINOA BOWL.....	43
TERIYAKI TEMPEH STIR-FRY.....	44
ZUCCHINI & CORN FRITTERS.....	44
HEARTY THREE-BEAN CHILI.....	45
GRILLED PORTOBELLO MUSHROOM STEAKS.....	45
BAKED FALAFEL WITH TAHINI DRESSING.....	46
VEGAN THAI GREEN CURRY.....	46
MEXICAN STREET CORN & BLACK BEAN BOWL.....	47
SPICY CAULIFLOWER BUFFALO WINGS.....	47

CABBAGE & CARROT STIR-FRY.....	48
LEMON GARLIC ROASTED BRUSSELS SPROUTS.....	48
SPINACH & RICOTTA STUFFED SHELLS.....	49
SESAME GINGER SOBA NOODLE SALAD.....	49
VEGAN MUSHROOM STROGANOFF.....	50
JACKFRUIT BBQ SANDWICHES.....	50
ROASTED RED PEPPER & HUMMUS PIZZA.....	51
VEGAN JAMBALAYA WITH BROWN RICE.....	51
TURMERIC & COCONUT CHICKPEA SOUP.....	52
CREAMY CASHEW ALFREDO PASTA.....	52
PESTO ZOODLE (ZUCCHINI NOODLES) BOWL.....	53
GRILLED EGGPLANT & TOMATO STACKS.....	53
ASIAN PEANUT-LIME TEMPEH SALAD.....	54
WARM LENTIL & ROASTED BEET SALAD.....	54
POULTRY & SEAFOOD MAINS.....	55
LEMON HERB GRILLED CHICKEN BREAST.....	55
BALSAMIC GLAZED CHICKEN THIGHS.....	55
GARLIC & HERB ROASTED TURKEY TENDERLOIN.....	56
CHICKEN STIR-FRY.....	56
SPICED YOGURT-MARINATED CHICKEN.....	57
GRILLED CHICKEN & QUINOA SALAD.....	57
CHICKEN & CHICKPEA TAGINE.....	58
HONEY MUSTARD CHICKEN SKEWERS.....	58
GREEK-STYLE BAKED CHICKEN.....	59
CHICKEN & SPINACH STUFFED PEPPERS.....	59
ZESTY LIME & CILANTRO CHICKEN.....	60
SPICY BLACKENED TILAPIA.....	60
GRILLED SALMON WITH MANGO SALSA.....	61
BAKED LEMON & DILL COD.....	61
SHRIMP & QUINOA PAELLA.....	62
GARLIC BUTTER SHRIMP WITH ZOODLES.....	62
ASIAN GINGER SOY GLAZED SALMON.....	63
OVEN-ROASTED HERB TILAPIA.....	63
SPICY CAJUN SHRIMP SKEWERS.....	64
MISO-GLAZED SEABASS.....	64
FISH TACOS WITH SLAW.....	65
SEARED TUNA WITH AVOCADO SALSA.....	65
LEMON BUTTER SCALLOPS.....	66

GRILLED MAHI-MAHI WITH PINEAPPLE SALSA.....	66
TERIYAKI GLAZED SALMON.....	67
THAI COCONUT SHRIMP CURRY.....	67
SPICY GARLIC SHRIMP STIR-FRY.....	68
MEDITERRANEAN BAKED HALIBUT.....	68
JERK-SPICED GRILLED CHICKEN.....	69
BAKED TROUT WITH GARLIC & THYME.....	69
LOW-SODIUM CHICKEN MARSALA.....	70
CHICKEN PICCATA.....	70
COCONUT LIME POACHED FISH.....	71
MEDITERRANEAN TUNA SALAD.....	71
GREEK LEMON CHICKEN SOUP.....	72
BALSAMIC GARLIC GRILLED SHRIMP.....	72
HERB-CRUSTED BAKED SALMON.....	73
CHICKEN & WILD RICE CASSEROLE.....	73
SEARED SCALLOPS WITH LEMON BUTTER.....	74
DASH-APPROVED CHICKEN FAJITAS.....	74
SNACKS, SIDES & DESSERTS.....	75
SPICED ROASTED CHICKPEAS.....	75
HUMMUS WITH VEGGIES.....	75
AVOCADO DEVEILED EGGS.....	76
BAKED SWEET POTATO FRIES.....	76
DASH-APPROVED TRAIL MIX.....	77
CUCUMBER & GREEK YOGURT DIP.....	77
KALE CHIPS WITH LEMON ZEST.....	78
ROASTED BRUSSELS SPROUTS WITH BALSAMIC GLAZE.....	78
GARLIC PARMESAN ROASTED CAULIFLOWER.....	79
DASH-STYLE CAPRESE SALAD.....	79
DASH-APPROVED QUINOA & BLACK BEAN SALAD.....	80
ROASTED BEET & WALNUT SALAD.....	80
GUACAMOLE WITH WHOLE-GRAIN CRACKERS.....	81
GRILLED ASPARAGUS WITH LEMON.....	81
MASHED CAULIFLOWER.....	82
RAINBOW BELL PEPPER STIR-FRY.....	82
DASH-APPROVED MEDITERRANEAN ORZO SALAD.....	83
SPAGHETTI SQUASH WITH GARLIC & OLIVE OIL.....	83
LENTIL & SPINACH SALAD.....	84
GREEK CUCUMBER SALAD.....	84

DARK CHOCOLATE & ALMOND ENERGY BITES.....	85
BANANA OAT MUFFINS.....	85
CINNAMON BAKED APPLES WITH WALNUTS.....	86
GREEK YOGURT & BERRY PARFAIT.....	86
DASH-APPROVED CHIA PUDDING WITH MANGO.....	87
STRAWBERRY SHORTCAKE.....	87
DAIRY-FREE CHOCOLATE AVOCADO MOUSSE.....	88
DASH-APPROVED APPLE & PEANUT BUTTER NACHOS.....	88
FROZEN BANANA BITES.....	89
RASPBERRY COCONUT BLISS BALLS.....	89
NO-BAKE OATMEAL COOKIES.....	90
LOW-SODIUM PEACH CRISP.....	90
PUMPKIN PROTEIN BARS.....	91
BAKED PEARS WITH HONEY & ALMONDS.....	91
WATERMELON & MINT SORBET.....	92
DARK CHOCOLATE-DIPPED STRAWBERRIES.....	92
DATE & NUT BARS.....	93
LOW-SUGAR BLUEBERRY COBBLER.....	93
LEMON CHIA SEED PUDDING.....	94
PINEAPPLE COCONUT POPSICLES.....	94
BROTHS, CONDIMENTS & SAUCES.....	95
MISO BROTH.....	95
HOMEMADE BEEF STOCK.....	95
VEGETABLE BROTH.....	96
LOW-SODIUM CHICKEN BONE BROTH.....	96
MUSHROOM BROTH.....	97
ROASTED GARLIC & HERB BROTH.....	97
SEAFOOD BROTH.....	98
SLOW COOKER LOW-SODIUM BROTH.....	98
THAI COCONUT BROTH.....	99
SPICED LENTIL BROTH.....	99
GREEK YOGURT RANCH DRESSING.....	100
LOW-SODIUM LEMON HERB VINAIGRETTE.....	100
AVOCADO LIME DRESSING.....	101
LOW-SODIUM HONEY MUSTARD DRESSING.....	101
SPICY MANGO SALSA.....	102
POMEGRANATE GLAZE.....	102
BASIL PESTO.....	103

LOW-SODIUM TAHINI DRESSING.....	103
ROASTED RED PEPPER SPREAD.....	104
CILANTRO LIME DRESSING.....	104
CHAPTER 3: THE 30-DAY DASH MEAL PLAN.....	105
How to Use the Meal Plan.....	105
Your 30-Day DASH Meal Plan Step by Step.....	105
CHAPTER 4: LIVING THE DASH LIFESTYLE.....	109
CHAPTER 5: TIPS FOR LONG-TERM SUCCESS.....	111
CONCLUSION: Your Journey to Health and Vitality.....	112
Appendix A: Conversion Charts.....	113
Appendix B: Weekly Shopping List Templates.....	114

INTRODUCTION

Welcome to Your New Health Journey

Every positive change begins with a small step — and by opening this book, you’ve already taken the first step toward better health. That simple choice can open the door to more energy, greater confidence, and a longer, fuller life. Remember: it’s never too late to start fresh, and every action you take today can bring lasting rewards tomorrow.

For many people over 60, challenges such as **high blood pressure, extra weight, fatigue, or limited mobility** can feel like unavoidable parts of aging. But the truth is far more hopeful: with the right approach to food and lifestyle, you can regain energy, protect your heart, and enjoy the freedom of living fully.

The DASH Diet—short for *Dietary Approaches to Stop Hypertension*—is more than a diet. It is a scientifically proven, doctor-recommended way of eating designed to **lower blood pressure, support heart health, and promote long-term vitality**. For seniors, it offers even more: it helps maintain a healthy weight, strengthens bones and muscles, and supports active, independent living.

This cookbook was created to guide you through that journey. Inside, you’ll find:

- **Clear DASH foundations**—what foods belong on your plate, what to limit, and the best cooking methods for heart health.
- **Simple, step-by-step low sodium recipes with full nutritional information**, so you know exactly what’s on your plate.
- **A complete 30-day meal plan** to take the guesswork out of eating well.
- **Lifestyle tips** to help you stay active, maintain strength, and keep your motivation high.
- **Bonus Practical Appendices** – Handy conversion charts and customizable shopping list templates.

Think of this book not just as a collection of recipes, but as your **personal roadmap to healthy living and longevity**. Each meal, each tip, and each small step will bring you closer to feeling stronger, more energized, and more in control of your health.

Your new health journey starts here—simple, sustainable, and filled with delicious possibilities.

CHAPTER 1: DASH DIET BASICS FOR SENIORS

What Is the DASH Diet?

When people first hear the word “diet,” they often think of strict rules, boring food, or short-term sacrifices. But the **DASH diet** is different. It isn’t about cutting out entire food groups or following a rigid plan—it’s about balance, variety, and long-term health.

The Origins of DASH

DASH stands for **Dietary Approaches to Stop Hypertension**. It was created in the 1990s by a team of medical researchers who wanted to find a safe, natural way to lower high blood pressure without relying only on medication. Their studies showed that by focusing on fresh fruits, vegetables, whole grains, lean proteins, and low-fat dairy—while reducing salt and unhealthy fats—blood pressure levels dropped significantly. Since then, DASH has been ranked year after year as one of the **best overall diets** by health experts worldwide. Doctors and nutritionists continue to recommend it because it’s backed by strong scientific evidence and can easily be adapted to individual lifestyles.

The Core Principles

The DASH diet is built on a few simple but powerful principles:

- **Eat more nutrient-rich foods:** Fill your plate with fruits, vegetables, whole grains, legumes, nuts, and seeds.
- **Choose lean proteins:** Options like fish, skinless poultry, beans, and lentils provide energy and muscle support without excess saturated fat.
- **Enjoy low-fat or fat-free dairy:** Yogurt and milk help provide calcium, vitamin D, and protein for strong bones.
- **Cut back on sodium:** By limiting added salt and processed foods, DASH helps reduce blood pressure and protects heart health.
- **Focus on balance:** Meals combine carbohydrates, proteins, and healthy fats in the right proportions to keep energy steady and the body nourished.

Why DASH Works

Unlike restrictive diets, DASH doesn’t tell you to give up your favorite foods completely. Instead, it encourages moderation and smarter choices. You can still enjoy the flavors you love—just prepared in healthier ways. For example:

- Seasoning with herbs, spices, garlic, and lemon instead of relying on salt.
- Choosing whole-grain bread over white bread.
- Replacing fried foods with roasted, baked, or grilled options.

These small shifts add up to big results, especially when practiced consistently.

Beyond Blood Pressure

While DASH was originally designed to lower hypertension, its benefits go far beyond that. Research shows it also:

- Reduces the risk of heart disease and stroke.
- Helps maintain a healthy weight.

- Improves cholesterol levels.
- Supports bone health and may lower the risk of osteoporosis.
- Provides steady energy for an active lifestyle.

The Big Picture

At its core, DASH is not just a way of eating—it’s a lifestyle. It’s about choosing foods that fuel your body, protect your health, and allow you to enjoy meals without guilt. It’s simple, flexible, and sustainable, making it an ideal choice for seniors who want to live not only longer but better.

Senior Health and the DASH Advantage

Getting older is a gift, but it also brings unique challenges for the body. Our metabolism slows, our muscles and bones may weaken, and conditions such as high blood pressure, heart disease, or diabetes can become more common. The good news is that nutrition can play a powerful role in managing these changes—and even reversing some of their impact. That’s where the **DASH diet** becomes a real ally for seniors.

Changing Nutritional Needs with Age

In our younger years, we could often eat what we wanted and bounce back quickly. But as we age, our bodies process food differently. We may need:

- **Fewer calories** but **more nutrients** to support energy and health.
- Greater intake of **calcium, magnesium, and vitamin D** to protect bones.
- **Fiber-rich foods** to keep digestion smooth and lower cholesterol.
- Less sodium and unhealthy fats to protect the heart and blood vessels.

DASH meets these needs beautifully by focusing on natural, nutrient-dense foods and encouraging moderation instead of strict restrictions.

Heart Health Comes First

High blood pressure—often called the “silent killer”—is one of the most common health concerns among seniors. Left unchecked, it can lead to stroke, heart attack, or kidney disease. The DASH diet was originally designed to fight this very issue. By emphasizing fresh produce, whole grains, and lean proteins while cutting down on sodium, DASH helps lower blood pressure naturally, making it a cornerstone of heart-smart living.

Strong Bones and Joints

With age, the risk of osteoporosis and joint pain increases. Foods rich in calcium and magnesium, such as leafy greens, yogurt, and nuts, are staples in the DASH plan. Combined with lean proteins that help maintain muscle, DASH supports mobility and independence well into later years.

Managing Weight and Metabolism

Many seniors notice that weight is harder to manage with age. Metabolism slows, and carrying extra pounds can put more strain on the heart, joints, and blood sugar levels. The DASH diet offers a balanced way to control weight by encouraging filling, fiber-rich foods that prevent overeating, while still allowing room for enjoyment and variety.

Energy and Mental Clarity

Nutrition doesn't just fuel the body—it also powers the brain. DASH meals, which combine slow-digesting carbohydrates, high-quality protein, and healthy fats, provide steady energy throughout the day. This helps reduce fatigue, support focus, and may even lower the risk of age-related cognitive decline.

Why DASH Works So Well for Seniors

- It's **flexible**: You don't have to give up your favorite dishes—just prepare them in healthier ways.
- It's **affordable**: DASH relies on everyday foods available at any grocery store.
- It's **sustainable**: No complicated rules, no exotic supplements—just real food and simple habits.

A Lifestyle for Longevity

Ultimately, the DASH diet is not just about preventing illness—it's about creating a foundation for a longer, more active, and more fulfilling life. For seniors, it offers the perfect balance of nourishment, practicality, and enjoyment. With DASH, eating well becomes less of a challenge and more of a pleasure—a daily choice that supports your health, independence, and vitality.

A Simple Start to DASH

Making a change in the way you eat can sometimes feel overwhelming—but it doesn't have to be. The beauty of the DASH diet is its simplicity. You don't need expensive ingredients, complicated recipes, or hours in the kitchen. With just a few small steps, you can begin building healthier habits that will last a lifetime.

Must-Have Pantry Items

The first step to success with the DASH lifestyle is setting up your kitchen in a way that supports healthy choices. When the right foods are close at hand, it's easier to stay on track and enjoy meals that are both nourishing and satisfying. Instead of thinking only about what to buy, it helps to remember a simple principle: **eat more of the good, and less of the not-so-good.**

Eat More Of These

- **Fruits and Vegetables**: Aim to fill at least half of your plate with colorful produce. Choose fresh or frozen options like berries, apples, oranges, spinach, carrots, peppers, and broccoli. These foods are rich in vitamins, minerals, and fiber, while being naturally low in calories and sodium.
- **Whole Grains**: Swap refined products for whole versions. Oats, brown rice, barley, quinoa, and whole-grain breads or pasta provide lasting energy and help maintain healthy digestion.
- **Lean Proteins**: Focus on skinless chicken, turkey, fish, beans, lentils, and tofu. These supply the body with protein for muscle strength without too much saturated fat.
- **Low-Fat Dairy or Alternatives**: Skim milk, yogurt, kefir, or fortified plant-based milks give you calcium and vitamin D for bone support.
- **Healthy Fats**: Small portions of nuts, seeds, avocado, and olive oil help protect the heart and add satisfying flavor.

Eat Less Of These

- **Salty and Processed Foods:** Packaged snacks, canned soups with added sodium, cured meats, and salty condiments like soy sauce or ketchup can quickly raise blood pressure. Limit these as much as possible.
- **Herbs, Spices, and Citrus:** Fresh garlic, basil, parsley, rosemary, lemon, and lime can brighten up meals without the need for added salt.
- **Refined Grains:** White bread, white rice, and sugary breakfast cereals may taste familiar but lack fiber and essential nutrients. Enjoy them only occasionally, if at all.
- **Fatty Meats and Full-Fat Dairy:** Bacon, sausage, cream, and high-fat cheese are high in saturated fats, which can strain the heart and raise cholesterol levels. Keep these to a minimum.
- **Sugary Drinks and Desserts:** Sodas, sweet teas, pastries, and candy offer calories without nutrition. Save them for rare treats rather than daily choices.

When planning your daily menu, try to follow the principles of the **food pyramid** :

- **Base of the pyramid (the “most often” group):** fruits, vegetables, and whole grains. These should form the largest part of your meals and fill about half your plate.
- **Middle layer (moderation):** lean proteins like fish, skinless poultry, legumes, nuts, seeds, and low-fat dairy products.
- **Top layer (only occasionally):** salty snacks, sweets, red meats, and foods high in saturated fats.

Simple Swaps for a DASH Kitchen

- Replace salt with herbs, spices, garlic, onion, or lemon juice.
- Choose whole-grain bread, rice, and pasta instead of refined versions.
- Keep a bowl of fresh fruit visible to encourage healthy snacking.

The idea isn't total restriction, but balance—more of the foods that build strength and energy, and fewer of the ones that work against your health.

By shaping your kitchen this way, every meal becomes an opportunity to move closer to better heart health, steady energy, and lasting vitality.

Tip: Try to reduce the amount of highly processed, salty foods you keep at home. If it isn't in your cupboard, it won't tempt you!

Smart Grocery Shopping

Navigating the supermarket becomes easier once you know what to look for:

- Shop mostly around the **outer aisles**, where fresh produce, dairy, and lean proteins are found.
- Check **nutrition labels** carefully: aim for products with less sodium, added sugar, and saturated fat.
- Choose **low-sodium or “no salt added”** canned goods and broths.
- Buy in bulk when possible—whole grains and beans are affordable, healthy staples.

Simple Cooking Methods

The way food is prepared makes a big difference. DASH encourages cooking techniques that bring out flavor while protecting nutrients:

- **Bake, roast, grill, or steam** instead of frying.
- Use **olive oil** in small amounts instead of butter.
- Add flavor with fresh herbs, spices, citrus, or vinegar rather than extra salt.

These methods make meals both healthier and tastier.

Portion Sizes and Easy Meal Prep for Seniors

Seniors often need fewer calories, but the body still craves the right nutrients. The DASH diet provides balance by focusing on reasonable portions. Here are simple visual cues to help:

- A **palm-sized portion** of lean protein (like chicken or fish).
- A **fist-sized serving** of whole grains or starchy vegetables.
- **Half your plate** is filled with colorful fruits and vegetables.
- A **small handful** of nuts or seeds for healthy fats.

This way of eating ensures you feel satisfied without overeating.

Use these guidelines as flexible guidelines to help you determine your portion sizes.

- **Grains:** 6–8 servings daily (1 slice of bread, ½ cup cooked rice or pasta = 1 serving)
- **Vegetables:** 4–5 servings daily (1 cup raw or ½ cup cooked = 1 serving)
- **Fruits:** 4–5 servings daily (1 medium fruit or ½ cup fresh fruit = 1 serving)
- **Dairy (low-fat/fat-free):** 2–3 servings daily (1 cup milk or yogurt = 1 serving)
- **Lean proteins:** 2 or fewer servings daily (3 ounces cooked meat or fish = 1 serving)
- **Nuts, seeds, legumes:** 4–5 servings per week (⅓ cup nuts, 2 tbsp seeds, ½ cup beans = 1 serving)
- **Fats and oils:** 2–3 servings daily (1 tsp oil = 1 serving)
- **Sweets:** 5 or fewer servings per week (1 tbsp sugar, small piece of candy = 1 serving)

Preparing for Success

Meal prep doesn't have to be complicated. Try these tips:

- Wash and chop vegetables in advance so they're ready for quick meals.
- Cook larger batches of whole grains or soups to enjoy throughout the week.
- Keep healthy snacks—like fruit, yogurt, or unsalted nuts—within easy reach.

With a little planning, it becomes just as easy to grab something healthy as it is to reach for a less nutritious choice.

Taking the First Steps

Remember, you don't have to change everything overnight. Even small adjustments—like swapping white bread for whole-grain, or seasoning with herbs instead of salt—can make a meaningful difference. Every positive step counts.

The key is consistency. By making gradual changes, you'll find that the DASH way of eating doesn't feel like a diet at all—it feels like living better, with food that keeps you energized and satisfied.

CHAPTER 2: DELICIOUS DASH RECIPES

BREAKFASTS & SMOOTHIES

GREEK YOGURT & BERRY PARFAIT



2 SERVINGS



10 MINUTES



0 MINUTES

This Greek Yogurt & Berry Parfait is a refreshing start to your day, loaded with antioxidant-rich berries and protein-packed yogurt, perfect for the DASH diet.

Equipment: Mixing bowl, Spoon, Serving glasses
or bowls

Ingredients:

- 1 cup Greek yogurt (low-fat)
- 1/2 cup mixed berries (such as strawberries, blueberries, raspberries)
- 1/4 cup granola (low-sugar)
- 1 tablespoon honey (optional)
- 1 tablespoon chia seeds

Nutritional Information: Calories: 210, Protein: 12g, Carbohydrates: 30g, Fat: 5g, Fiber: 6g, Cholesterol: 5mg, Sodium: 50mg, Potassium: 300mg

Directions:

1. In a mixing bowl, combine Greek yogurt and honey until smooth.
2. Layer half of the yogurt mixture into the bottom of serving glasses.
3. Add a layer of mixed berries on top of the yogurt.
4. Sprinkle half of the granola over the berries.
5. Repeat layers with remaining yogurt, berries, and granola.
6. Top with chia seeds for added texture and nutrients. Serve immediately.

CHIA SEED PUDDING WITH MANGO



2 SERVINGS



10 MINUTES



0 MINUTES

This refreshing chia seed pudding, paired with juicy mango, embodies a delightful blend of creaminess and tropical sweetness. Perfect for a quick breakfast or a healthy snack, it offers a flavorful start to your day with a boost of nutrients.

Equipment: Bowl, Whisk, Refrigerator-safe container

Ingredients:

- 1/4 cup chia seeds
- 1 cup almond milk (or milk of your choice)
- 1 tablespoon maple syrup (or sweetener of your choice)
- 1/2 teaspoon vanilla extract
- 1 ripe mango, diced
- Optional: Fresh mint leaves for garnish

Nutritional Information: Calories: 220, Protein: 5g, Carbohydrates: 36g, Fat: 6g, Fiber: 8g, Cholesterol: 0mg, Sodium: 60mg, Potassium: 320mg

Directions:

1. In a bowl, whisk together chia seeds, almond milk, maple syrup, and vanilla extract until combined.
2. Let the mixture sit for about 5 minutes, then whisk again to break up any clumps.
3. Cover and refrigerate for at least 2 hours, or overnight for best results, until it thickens to a pudding-like consistency.
4. Before serving, stir the pudding and divide it into bowls.
5. Top with diced mango and garnish with fresh mint leaves if desired.

BLUEBERRY ALMOND OVERNIGHT OATS



2 SERVINGS



10 MINUTES



0 MINUTES

A deliciously wholesome breakfast that effortlessly combines oats, almonds, and juicy blueberries for a heart-healthy start to your day.

Equipment: Mason Jars, Measuring Cups, Stirring Spoon

Ingredients:

- 1 cup Old-Fashioned Oats
- 1 cup Unsweetened Almond Milk
- 1/2 cup Fresh Blueberries
- 2 tbsp Sliced Almonds
- 1 tbsp Chia Seeds
- 1 tbsp Honey (optional)
- 1/2 tsp Vanilla Extract
- 1/4 tsp Cinnamon

Directions:

1. In a mason jar, combine the oats, almond milk, chia seeds, vanilla extract, and cinnamon.
2. Stir well to combine all ingredients thoroughly.
3. Layer the fresh blueberries on top, followed by the sliced almonds.
4. Drizzle with honey, if desired, for added sweetness.
5. Seal the jar with a lid and refrigerate overnight.
6. In the morning, stir the mixture and enjoy it cold or slightly warmed.

Nutritional Information: Calories: 250, Protein: 7g, Carbohydrates: 40g, Fat: 8g, Fiber: 9g, Cholesterol: 0mg, Sodium: 60mg, Potassium: 260mg

BANANA WALNUT OATMEAL



2 SERVINGS



5 MINUTES



10 MINUTES

This warm and hearty Banana Walnut Oatmeal combines creamy oats with the natural sweetness of ripe bananas and the satisfying crunch of walnuts, making it a perfect heart-healthy start to your day.

Equipment: Medium Saucepan, Wooden Spoon, Measuring Cups

Ingredients:

- 1 cup Old-Fashioned Oats
- 2 cups Water or Low-Fat Milk
- 1 Banana, sliced
- 1/4 cup Chopped Walnuts
- 1/2 teaspoon Ground Cinnamon
- 1 teaspoon Honey or Maple Syrup (optional)

Directions:

1. Combine oats and water (or milk) in a medium saucepan over medium heat. Bring to a gentle simmer.
2. Stir in sliced banana and ground cinnamon, and continue to cook for 5-7 minutes until oatmeal thickens.
3. Remove from heat and let it sit for a minute to cool slightly.
4. Stir in chopped walnuts, mixing well to distribute evenly.
5. Serve warm, drizzling with honey or maple syrup if desired for extra sweetness.

Nutritional Information: Calories: 310, Protein: 8g, Carbohydrates: 50g, Fat: 9g, Fiber: 6g, Cholesterol: 0mg, Sodium: 10mg, Potassium: 420mg

APPLE CINNAMON QUINOA BREAKFAST BOWL



2 SERVINGS



5 MINUTES



15 MINUTES

Start your day with a warm and healthy bowl of Apple Cinnamon Quinoa Breakfast Bowl — a nourishing twist on traditional oatmeal that's packed with protein and delightful autumn flavors.

Equipment: Medium Saucepan, Wooden Spoon, Measuring Cups

Ingredients:

- 1 cup Quinoa, rinsed
- 1 ¾ cups Water
- 1 medium Apple, diced
- 1 tsp Ground Cinnamon
- 2 tbsp Maple Syrup
- ¼ cup Chopped Walnuts
- ¼ cup Almond Milk (optional)
- A pinch of Salt

Nutritional Information: Calories: 290, Protein: 7g, Carbohydrates: 48g, Fat: 10g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 50 mg, Potassium: 350 mg

Directions:

1. In a medium saucepan, combine the quinoa, water, salt, and diced apple.
2. Bring the mixture to a boil, then reduce the heat to low and cover. Simmer for 12-15 minutes, until the quinoa is tender and the liquid is absorbed.
3. Remove from heat and stir in the ground cinnamon and maple syrup.
4. Divide the quinoa mixture into bowls. Top with chopped walnuts and a splash of almond milk, if desired.
5. Serve warm and enjoy your nutritious breakfast.

PEANUT BUTTER & BANANA TOAST



2 SERVINGS



5 MINUTES



0 MINUTES

A delightful and nutritious start to your day, this Peanut Butter & Banana Toast combines creamy peanut butter with sweet banana slices, offering a quick and filling breakfast option that's rich in flavor and energy-boosting nutrients.

Equipment: Toaster, Knife, Cutting board

Ingredients:

- 2 slices whole-grain bread
- 2 tablespoons natural peanut butter
- 1 medium banana
- 1 teaspoon honey (optional)
- A sprinkle of cinnamon (optional)

Nutritional Information: Calories: 250, Protein: 8g, Carbohydrates: 35g, Fat: 11g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 180 mg, Potassium: 358 mg

Directions:

1. Toast the slices of whole-grain bread until golden and crisp.
2. Spread 1 tablespoon of natural peanut butter on each slice of toasted bread.
3. Slice the banana into thin rounds using a knife and cutting board.
4. Arrange the banana slices evenly over the peanut butter on each toast.
5. Drizzle with honey and sprinkle a touch of cinnamon, if desired, for added sweetness and spice.

WHOLE WHEAT AVOCADO TOAST



2 SERVINGS



10 MINUTES



5 MINUTES

For a simple yet nutritious start to your day, this Whole Wheat Avocado Toast combines heart-healthy fats and whole grains. Perfectly creamy avocado spread on crunchy toast offers a satisfying and quick breakfast option.

Equipment: Toaster, Knife, Fork

Ingredients:

- 2 slices whole wheat bread
- 1 ripe avocado
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Optional: Pinch of red pepper flakes

Directions:

1. Toast the whole wheat bread slices to desired crispiness.
2. While toasting, halve the avocado and remove the pit. Scoop out the flesh into a bowl.
3. Add lemon juice, salt, and black pepper to the avocado, then mash with a fork until smooth.
4. Spread the avocado mixture evenly over the toasted bread slices.
5. Sprinkle with red pepper flakes if desired, and serve immediately.

Nutritional Information: Calories: 250, Protein: 6g, Carbohydrates: 33g, Fat: 13g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 450 mg

COTTAGE CHEESE & PINEAPPLE BOWL



2 SERVINGS



10 MINUTES



0 MINUTES

This refreshing cottage cheese and pineapple bowl is a perfect blend of creamy, tangy, and sweet flavors that will kickstart your day with energy and nutrients. A DASH diet-friendly delight!

Equipment: Mixing Bowl, Spoon, Serving Bowls

Directions:

Ingredients:

- 1 cup Low-fat Cottage Cheese
- 1 cup Pineapple Chunks (fresh or canned, in juice)
- 2 tablespoons Chopped Almonds
- 1 tablespoon Chia Seeds
- 1 teaspoon Honey (optional)
- Fresh Mint Leaves for garnish (optional)

1. In a mixing bowl, combine the low-fat cottage cheese and pineapple chunks.
2. Gently fold in the chopped almonds and chia seeds, mixing until evenly incorporated.
3. Drizzle honey over the mixture if you prefer extra sweetness.
4. Divide the mixture evenly into two serving bowls.
5. Garnish each bowl with fresh mint leaves for a burst of color and freshness.
6. Serve immediately and enjoy your nutrient-rich breakfast.

Nutritional Information: Calories: 220, Protein: 15g, Carbohydrates: 28g, Fat: 8g, Fiber: 4g, Cholesterol: 10 mg, Sodium: 440 mg, Potassium: 320 mg

SPINACH & FETA EGG SCRAMBLE



2 SERVINGS



5 MINUTES



10 MINUTES

A delightful and savory egg scramble that combines nutrient-rich spinach with creamy feta cheese, creating a satisfying and heart-healthy breakfast experience.

Equipment: Skillet, Whisk, Spatula

Ingredients:

- 4 large eggs
- 1 cup fresh spinach, chopped
- 1/4 cup feta cheese, crumbled
- 1 tablespoon olive oil
- Salt and pepper to taste

Nutritional Information: Calories: 235, Protein: 16g, Carbohydrates: 3g, Fat: 18g, Fiber: 1g, Cholesterol: 375mg, Sodium: 430mg, Potassium: 250mg

Directions:

1. In a bowl, whisk the eggs with a pinch of salt and pepper until well combined.
2. Heat olive oil in a skillet over medium heat.
3. Add the spinach to the skillet and sauté until wilted, about 2 minutes.
4. Pour the eggs into the skillet, stirring gently with a spatula.
5. Cook until eggs are almost set, about 3 minutes.
6. Sprinkle feta cheese over the eggs and cook for an additional minute until the cheese is slightly melted.
7. Serve immediately, garnished with extra spinach if desired.

TOMATO & BASIL OMELET



2 SERVINGS



5 MINUTES



10 MINUTES

This fresh and aromatic omelet combines the sweet and tangy taste of tomatoes with the fragrant hint of basil, perfect for a heart-healthy start to your day.

Equipment: Non-stick skillet, Mixing bowl, Spatula **Directions:**

Ingredients:

- 4 large eggs
- 1/4 cup low-fat milk
- 1/2 cup cherry tomatoes, halved
- 1/4 cup fresh basil leaves, torn
- Pinch of salt and pepper
- 1 teaspoon olive oil

Nutritional Information: Calories: 180, Protein: 12g, Carbohydrates: 7g, Fat: 12g, Fiber: 1g, Cholesterol: 220 mg, Sodium: 150 mg, Potassium: 360 mg

1. In a mixing bowl, whisk together eggs, milk, salt, and pepper until well combined.
2. Heat olive oil in a non-stick skillet over medium heat.
3. Pour the egg mixture into the skillet and cook for 2-3 minutes.
4. Scatter the tomatoes and basil over half of the omelet.
5. Once the edges are set, use a spatula to fold the omelet in half.
6. Cook for an additional 2-3 minutes until cooked through.
7. Slide onto a plate and serve immediately.

SWEET POTATO HASH WITH POACHED EGG



2 SERVINGS



10 MINUTES



20 MINUTES

This wholesome breakfast combines the natural sweetness of sweet potato with perfectly poached eggs for a nourishing start to your day.

Equipment: Skillet, Saucepan, Slotted spoon

Ingredients:

- 1 large sweet potato, peeled and diced
- 1 tablespoon olive oil
- 1 small red onion, diced
- 1 bell pepper, diced
- 2 cloves garlic, minced
- 2 large eggs
- Salt and pepper to taste
- Fresh parsley, chopped, for garnish

Nutritional Information: Calories: 250, Protein: 9g, Carbohydrates: 35g, Fat: 9g, Fiber: 5g, Cholesterol: 186mg, Sodium: 60mg, Potassium: 550mg

Directions:

1. Heat the olive oil in a skillet over medium heat. Add the sweet potato, red onion, and bell pepper, and sauté for 10-12 minutes until the sweet potato is tender and onions are translucent.
2. Add minced garlic to the skillet and sauté for an additional 1 minute. Season with salt and pepper.
3. In a saucepan, bring water to a gentle simmer. Crack an egg into a small bowl, then gently slide it into the simmering water. Repeat with the second egg. Cook the eggs for 3-4 minutes or until whites are set.
4. Use a slotted spoon to carefully remove the poached eggs from the water, draining excess water.
5. Serve the sweet potato hash on plates and top each with a poached egg. Garnish with fresh parsley and enjoy your wholesome breakfast!

SMOKED SALMON & AVOCADO ENGLISH MUFFIN



2 SERVINGS



10 MINUTES



5 MINUTES

A heart-healthy combination of creamy avocado and rich smoked salmon, served on whole grain English muffins, this breakfast delights with its creamy texture and savory flavors.

Equipment: Toaster, Knife, Fork

Ingredients:

- 2 Whole Grain English Muffins
- 1 Avocado
- 100g Smoked Salmon
- 1 tsp Lemon Juice
- Salt and Pepper to taste
- Optional: 1 tbsp Capers
- Optional: Fresh Dill for garnish

Nutritional Information: Calories: 320, Protein: 18g, Carbohydrates: 30g, Fat: 17g, Fiber: 7g, Cholesterol: 25mg, Sodium: 680mg, Potassium: 570mg

Directions:

1. Toast the English muffins until golden brown.
2. Halve the avocado, remove the seed, and scoop the flesh into a bowl.
3. Mash the avocado and stir in the lemon juice, salt, and pepper.
4. Spread the mashed avocado evenly over the toasted muffin halves.
5. Top each muffin with slices of smoked salmon.
6. Garnish with capers and fresh dill if using.

SCRAMBLED TOFU WITH MUSHROOMS



2 SERVINGS



10 MINUTES



10 MINUTES

Embrace a savory plant-based breakfast with this delightful scrambled tofu that combines the earthiness of mushrooms with a medley of vibrant vegetables.

Equipment: Non-stick skillet, Spatula, Mixing bowl **Directions:**

Ingredients:

- 200g Firm tofu, crumbled
- 150g Mushrooms, sliced
- 1 tablespoon Olive oil
- 1 Small onion, finely chopped
- 1 Bell pepper, diced
- 1 teaspoon Turmeric
- Salt and pepper to taste
- 2 tablespoons Fresh parsley, chopped

1. Heat olive oil in a non-stick skillet over medium heat.
2. Add onion and bell pepper to the skillet; sauté for 3-4 minutes until softened.
3. Stir in mushrooms, cooking for an additional 2-3 minutes until they release their moisture.
4. Add crumbled tofu to the skillet, along with turmeric, salt, and pepper; cook for 3-4 minutes until heated through and yellow in color.
5. Sprinkle parsley on top before serving.

Nutritional Information: Calories: 210, Protein: 16g, Carbohydrates: 12g, Fat: 12g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 80 mg, Potassium: 510 mg

WHOLE-GRAIN PANCAKES WITH BERRIES



4 SERVINGS



10 MINUTES



15 MINUTES

These whole-grain pancakes are a delightful and heart-healthy way to start your day, packed with fiber and topped with fresh berries for a burst of flavor.

Equipment: Mixing Bowl, Whisk, Non-stick Skillet **Directions:**

Ingredients:

- 1 cup whole wheat flour
- 1 tablespoon baking powder
- 1 tablespoon honey
- 1 cup low-fat milk
- 1 large egg
- 2 tablespoons olive oil
- 1 cup mixed fresh berries (such as strawberries, blueberries, and raspberries)

1. In a mixing bowl, combine whole wheat flour and baking powder.
2. In a separate bowl, whisk together honey, milk, egg, and olive oil until smooth.
3. Pour the wet ingredients into the dry ingredients and stir until just combined; do not overmix.
4. Heat a non-stick skillet over medium heat and lightly coat with cooking spray or a small amount of olive oil.
5. Pour 1/4 cup of the batter onto the skillet for each pancake. Cook until bubbles form on the surface, then flip and cook until golden brown.
6. Top pancakes with fresh mixed berries before serving.

Nutritional Information: Calories: 210, Protein: 7g, Carbohydrates: 32g, Fat: 7g, Fiber: 5g, Cholesterol: 35 mg, Sodium: 190 mg, Potassium: 150 mg

FLAXSEED & ALMOND BUTTER WAFFLES



4 SERVINGS



10 MINUTES



15 MINUTES

Start your morning with these wholesome and nutty waffles, enriched with flaxseed and almond butter for a nourishing and heart-healthy breakfast.

Equipment: Waffle Maker, Mixing Bowl, Whisk

Directions:

Ingredients:

- 1 cup whole wheat flour
- 2 tbsp ground flaxseed
- 1 tsp baking powder
- 1/4 tsp salt
- 1 cup unsweetened almond milk
- 2 tbsp almond butter
- 2 tbsp maple syrup
- 1 tsp vanilla extract

Nutritional Information: Calories: 210, Protein: 6g, Carbohydrates: 28g, Fat: 9g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 130 mg, Potassium: 250 mg

1. Preheat your waffle maker and lightly grease it, if necessary.
2. In a mixing bowl, whisk together the whole wheat flour, ground flaxseed, baking powder, and salt.
3. In another bowl, combine the almond milk, almond butter, maple syrup, and vanilla extract, mixing until smooth.
4. Pour the wet ingredients into the dry ingredients and stir until just combined (do not overmix).
5. Pour a portion of the batter onto the preheated waffle maker, close the lid, and cook according to the manufacturer's instructions or until golden brown.
6. Repeat with the remaining batter and serve warm with your favorite toppings.

CINNAMON-SPICED BREAKFAST COUSCOUS



4 SERVINGS



5 MINUTES



10 MINUTES

Start your morning with a bowl of warm, cinnamon-infused couscous, a perfect blend of whole grains and sweetness, designed to energize your day.

Equipment: Medium Saucepan, Mixing Spoon

Directions:

Ingredients:

- 1 cup Whole Wheat Couscous
- 1 1/4 cups Water
- 1/4 cup Unsweetened Almond Milk
- 1/2 tsp Ground Cinnamon
- 1 tbsp Honey or Maple Syrup
- 1/4 cup Raisins
- 1/4 cup Chopped Almonds
- 1/2 cup Fresh Berries (such as blueberries or raspberries)

Nutritional Information: Calories: 210, Protein: 6g, Carbohydrates: 38g, Fat: 5g, Fiber: 6g, Cholesterol: 0mg, Sodium: 15mg, Potassium: 180mg

1. Bring water to a boil in a medium saucepan over medium heat.
2. Stir in the couscous and cinnamon, then remove from heat and cover, letting it sit for 5 minutes.
3. Fluff the couscous with a fork, then stir in almond milk, honey, raisins, and almonds.
4. Divide the couscous into bowls and top with fresh berries.
5. Serve warm and enjoy!

HIGH-FIBER BRAN MUFFINS



12 SERVINGS



15 MINUTES



20 MINUTES

Start your day with these hearty and healthy bran muffins, packed with fiber and a touch of sweetness, perfect for a delicious and nourishing breakfast.

Equipment: Mixing Bowl, Muffin Tin, Whisk

Ingredients:

- 1 cup Wheat Bran
- 1 cup Buttermilk
- 1/2 cup Whole Wheat Flour
- 1/4 cup All-Purpose Flour
- 1/4 cup Brown Sugar
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Salt
- 1/4 cup Unsweetened Applesauce
- 1 Large Egg
- 1/2 tsp Vanilla Extract
- 1/4 cup Raisins (optional)

Nutritional Information: Calories: 120, Protein: 3g, Carbohydrates: 24g, Fat: 1.5g, Fiber: 4g, Cholesterol: 15mg, Sodium: 150mg, Potassium: 200mg

Directions:

1. Preheat the oven to 400°F (200°C). Grease a muffin tin or line with paper liners.
2. In a mixing bowl, combine wheat bran and buttermilk. Let it sit for 5 minutes to absorb.
3. In another bowl, whisk together whole wheat flour, all-purpose flour, brown sugar, baking powder, baking soda, and salt.
4. Add applesauce, egg, and vanilla extract to the bran mixture. Stir until well combined.
5. Gradually fold dry ingredients into the wet mixture. Stir in raisins, if using.
6. Divide the batter evenly among the muffin tin cups.
7. Bake for 18-20 minutes or until a toothpick inserted into the center comes out clean. Cool before serving.

WHOLE-WHEAT ZUCCHINI BREAD



8 SERVINGS



15 MINUTES



50 MINUTES

This moist and delicious Whole-Wheat Zucchini Bread is a perfect start to your day, offering a healthy dose of whole grains and fresh zucchini. It's lightly sweetened and spiced to perfection, capturing the essence of home-baked comfort.

Equipment: Loaf Pan, Mixing Bowls, Grater

Ingredients:

- 1 ½ cups whole-wheat flour
- 1 cup grated zucchini
- ½ cup unsweetened applesauce
- ¼ cup honey
- 2 large eggs
- 1 tsp vanilla extract
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp salt
- ¼ cup chopped walnuts (optional)

Nutritional Information: Calories: 180, Protein: 5g, Carbohydrates: 30g, Fat: 5g, Fiber: 4g, Cholesterol: 35mg, Sodium: 240mg, Potassium: 160mg

Directions:

1. Preheat the oven to 350°F (175°C) and grease a loaf pan.
2. In a large mixing bowl, combine whole-wheat flour, baking soda, cinnamon, and salt.
3. In another bowl, whisk together eggs, applesauce, honey, and vanilla extract. Stir in the grated zucchini until well combined.
4. Gradually add the wet mixture into the dry ingredients, mixing just until combined. Fold in walnuts if using.
5. Pour the batter into the prepared loaf pan and smooth the top.
6. Bake for 50 minutes or until a toothpick inserted in the center comes out clean.
7. Allow the bread to cool in the pan for 10 minutes before transferring to a wire rack to cool completely.

RASPBERRY CHIA JAM ON WHOLE-GRAIN TOAST



4 SERVINGS



10 MINUTES



5 MINUTES

This delightful breakfast combines tangy raspberry chia jam with wholesome whole-grain toast, offering a perfect balance of flavor and nutrients to start your day.

Equipment: Small saucepan, toaster, mixing spoon **Directions:**

Ingredients:

- 1 cup fresh raspberries
- 2 tablespoons chia seeds
- 1 tablespoon honey or maple syrup
- 2 tablespoons water
- 4 slices of whole-grain bread

Nutritional Information: Calories: 180, Protein: 5g, Carbohydrates: 34g, Fat: 3g, Fiber: 9g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 150 mg

1. In a small saucepan, combine raspberries, chia seeds, honey, and water. Cook over medium heat for about 5 minutes, stirring frequently until the mixture begins to thicken.
2. Remove from heat and let it cool, allowing the chia seeds to further expand and thicken the jam.
3. Meanwhile, toast the whole-grain bread slices to desired crispness.
4. Spread the raspberry chia jam evenly on each slice of toasted bread.
5. Serve immediately and enjoy your nutritious breakfast.

QUINOA & APPLE BREAKFAST BAKE



6 SERVINGS



15 MINUTES



45 MINUTES

A warm and hearty breakfast bake that combines fluffy quinoa with sweet apples, making it a perfect start to your day.

Equipment: Oven, Mixing Bowl, Baking Dish

Directions:

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups almond milk
- 2 large apples, peeled and chopped
- 1/4 cup maple syrup
- 1 teaspoon cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 cup chopped walnuts
- 1/4 cup raisins

Nutritional Information: Calories: 230, Protein: 6g, Carbohydrates: 38g, Fat: 6g, Fiber: 4g, Cholesterol: 0mg, Sodium: 45mg, Potassium: 285mg

1. Preheat the oven to 350°F (175°C).
2. In a mixing bowl, combine rinsed quinoa and almond milk, then stir in chopped apples.
3. Add maple syrup, cinnamon, vanilla extract, and mix until well combined.
4. Pour the mixture into a lightly greased baking dish.
5. Bake in the preheated oven for 40-45 minutes, until the quinoa has absorbed the liquid and the top is golden brown.
6. Remove from the oven, sprinkle with walnuts and raisins before serving.

MATCHA GREEN TEA SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

Kickstart your day with this vibrant and refreshing Matcha Green Tea Smoothie, packed with antioxidants and a boost of natural energy. Perfect for a quick and nutritious breakfast within the DASH diet guidelines.

Equipment: Blender, Measuring Spoons, Measuring Cup

Ingredients:

- 1 cup unsweetened almond milk
- 1 teaspoon matcha green tea powder
- 1 frozen banana
- 1/2 cup fresh spinach
- 1 tablespoon chia seeds
- 1/2 cup ice cubes
- 1 teaspoon honey (optional)

- Directions:**
1. Add the unsweetened almond milk and matcha green tea powder to the blender.
 2. Add the frozen banana, fresh spinach, and chia seeds.
 3. Top with ice cubes, and honey if desired.
 4. Blend on high until smooth and creamy.
 5. Pour into glasses and serve immediately.

Nutritional Information: Calories: 130, Protein: 3g, Carbohydrates: 27g, Fat: 3g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 90 mg, Potassium: 450 mg

PEANUT BUTTER & CHOCOLATE PROTEIN SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

Indulge in this creamy and satisfying protein-rich smoothie. Its decadent peanut butter and chocolate blend makes it an ideal start to your day or a delicious post-workout treat.

Equipment: Blender, Measuring Cups, Measuring Spoons

Ingredients:

- 1 cup almond milk (unsweetened)
- 2 tablespoons peanut butter (natural, no added sugar)
- 1 tablespoon unsweetened cocoa powder
- 1 banana (frozen for a creamier texture)
- 1 scoop chocolate protein powder
- 1 teaspoon honey (optional, to taste)
- 1/2 teaspoon vanilla extract
- A handful of ice cubes

- Directions:**
1. Add the almond milk, peanut butter, and cocoa powder to the blender.
 2. Break the banana into chunks and add to the blender along with the protein powder.
 3. Add honey (if using), vanilla extract, and ice cubes.
 4. Blend on high speed until smooth and creamy, about 1-2 minutes.
 5. Taste and adjust sweetness if necessary. Pour into glasses and serve immediately.

Nutritional Information: Calories: 285, Protein: 15g, Carbohydrates: 30g, Fat: 12g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 270 mg, Potassium: 550 mg

STRAWBERRY BANANA OAT SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

This refreshing and creamy Strawberry Banana Oat Smoothie is a perfect way to kick-start your morning. Ideal for those following the DASH diet, it's packed with fiber and potassium.

Equipment: Blender, Measuring Cups, Knife

Ingredients:

- 1 cup fresh strawberries, hulled
- 1 banana, peeled and sliced
- 1/2 cup rolled oats
- 1 cup low-fat milk (or almond milk)
- 1/2 cup low-fat yogurt
- 1 tablespoon honey (optional)
- 1/2 teaspoon vanilla extract
- Ice cubes (optional)

Directions:

1. Place the strawberries, banana, oats, milk, yogurt, honey, and vanilla extract into the blender.
2. Blend on high speed until smooth and creamy.
3. If you prefer a colder or thicker smoothie, add ice cubes and blend again until desired consistency is reached.
4. Taste and adjust sweetness by adding more honey, if needed.
5. Pour into glasses and serve immediately.

Nutritional Information: Calories: 220, Protein: 8g, Carbohydrates: 42g, Fat: 3g, Fiber: 5g, Cholesterol: 8mg, Sodium: 50mg, Potassium: 620mg

MANGO & SPINACH GREEN SMOOTHIE



2 SERVINGS



10 MINUTES



0 MINUTES

This vibrant Mango & Spinach Green Smoothie offers a refreshing blend of tropical mango and nutrient-rich spinach, perfect for a quick breakfast that energizes and revitalizes your day.

Equipment: Blender, Measuring cups, Glasses

Ingredients:

- 1 cup fresh spinach leaves, washed
- 1 cup frozen mango chunks
- 1 banana, peeled
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 teaspoon honey (optional)
- 3-4 ice cubes

Directions:

1. Place the spinach and almond milk in the blender and blend until smooth.
2. Add the frozen mango chunks, banana, chia seeds, honey, and ice cubes.
3. Blend all the ingredients on high until the mixture becomes creamy and smooth.
4. Taste and adjust sweetness if necessary by adding a little more honey.
5. Pour the smoothie into glasses and serve immediately.

Nutritional Information: Calories: 160, Protein: 4g, Carbohydrates: 36g, Fat: 3g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 550 mg

PINEAPPLE & COCONUT SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

This refreshing Pineapple & Coconut Smoothie combines the tropical flavors of pineapple and creamy coconut, perfect for a flavorful and nutritious start to your day on the DASH diet.

Equipment: Blender, Measuring Cups, Glasses

Directions:

Ingredients:

- 1 cup fresh pineapple chunks
- 1/2 cup light coconut milk
- 1/2 cup plain Greek yogurt
- 1 tablespoon honey
- 1/2 cup ice cubes
- 1 tablespoon chia seeds (optional)

1. Add the pineapple chunks, coconut milk, and Greek yogurt to the blender.
2. Drizzle in the honey for sweetness.
3. Add the ice cubes and blend until smooth.
4. Pour into glasses and sprinkle chia seeds on top for added nutrition, if desired.
5. Serve immediately and enjoy!

Nutritional Information: Calories: 160, Protein: 4g, Carbohydrates: 28g, Fat: 4g, Fiber: 4g, Cholesterol: 5mg, Sodium: 30mg, Potassium: 300mg

BERRY BLAST SMOOTHIE WITH CHIA SEEDS



2 SERVINGS



5 MINUTES



0 MINUTES

This vibrant and refreshing smoothie packs a nutritious punch with a blend of berries and chia seeds. It's perfect for fueling your morning with a burst of antioxidants and fiber.

Equipment: Blender, Measuring Cups

Directions:

Ingredients:

- 1 cup of mixed berries (fresh or frozen)
- 1 cup of unsweetened almond milk
- 1 medium banana
- 1 tablespoon of chia seeds
- 1 tablespoon of honey (optional)
- 1/2 cup of ice (optional)

1. Combine the mixed berries, almond milk, and banana in the blender.
2. Add chia seeds and honey for sweetness if desired.
3. Blend on high until smooth and creamy, adjusting the consistency with ice if needed.
4. Pour into two glasses and let it sit for a minute to thicken slightly, allowing the chia seeds to expand.
5. Serve immediately and enjoy a nutritious start to your day.

Nutritional Information: Calories: 160, Protein: 3g, Carbohydrates: 32g, Fat: 4g, Fiber: 8g, Cholesterol: 0mg, Sodium: 70mg, Potassium: 390mg

CREAMY ALMOND BUTTER & CACAO SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

This smoothie is a luscious blend of almond butter and cacao, offering a rich and creamy experience that fuels your morning with a nutritious punch.

Equipment: Blender, Measuring Cups, Measuring Spoons

Ingredients:

- 1 cup unsweetened almond milk
- 2 tablespoons almond butter
- 1 tablespoon unsweetened cacao powder
- 1 medium banana, frozen
- 1 tablespoon chia seeds
- 1 teaspoon honey (optional)
- 1/2 teaspoon vanilla extract
- Ice cubes (optional, for a thicker consistency)

Directions:

1. Combine almond milk, almond butter, and banana in the blender.
2. Add cacao powder, chia seeds, honey, and vanilla extract.
3. Blend on high speed until smooth and creamy.
4. Add ice cubes and blend again if a thicker consistency is desired.
5. Pour into two glasses and serve immediately.

Nutritional Information: Calories: 225, Protein: 6g, Carbohydrates: 23g, Fat: 14g, Fiber: 7g, Cholesterol: 0 mg, Sodium: 93 mg, Potassium: 467 mg

ANTI-INFLAMMATORY TURMERIC SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

This refreshing turmeric smoothie is packed with anti-inflammatory properties and is perfect for starting your day with a nutritious boost. The blend of mango and banana complements the earthy turmeric, making it both delicious and healthful.

Equipment: Blender, Measuring Cups, Measuring Spoons

Ingredients:

- 1 cup frozen mango chunks
- 1 banana
- 1 cup unsweetened almond milk
- 1 teaspoon turmeric powder
- 1/2 teaspoon ground ginger
- 1 tablespoon chia seeds
- 1 teaspoon honey (optional)
- A pinch of black pepper

Directions:

1. Add the frozen mango, banana, and almond milk to the blender.
2. Sprinkle in the turmeric powder, ground ginger, chia seeds, and black pepper.
3. Blend on high speed until the ingredients are fully combined and smooth.
4. Taste and add honey if desired for sweetness, blending again for a few seconds.
5. Pour into serving glasses and enjoy immediately.

Nutritional Information: Calories: 180, Protein: 3g, Carbohydrates: 37g, Fat: 4g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 70 mg, Potassium: 500 mg

VANILLA DATE SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

This Vanilla Date Smoothie is a creamy blend of natural sweetness and rich flavors, perfect for a quick and nutritious start to your day.

Equipment: Blender, Measuring Cups, Glasses

Ingredients:

- 1 cup Unsweetened Almond Milk
- 1/2 cup Greek Yogurt
- 4 Medjool Dates, pitted
- 1 teaspoon Vanilla Extract
- 1/2 teaspoon Ground Cinnamon
- 1 small Banana, frozen
- 1 tablespoon Chia Seeds

Directions:

1. Combine the almond milk, Greek yogurt, and pitted dates in the blender.
2. Add the vanilla extract, ground cinnamon, frozen banana, and chia seeds to the mix.
3. Blend on high speed until the mixture is smooth and creamy.
4. Taste and adjust sweetness if necessary by adding an additional date.
5. Pour into glasses and serve immediately.

Nutritional Information: Calories: 180, Protein: 7g, Carbohydrates: 32g, Fat: 4g, Fiber: 6g, Cholesterol: 3mg, Sodium: 90mg, Potassium: 480mg

PUMPKIN SPICE PROTEIN SHAKE



2 SERVINGS



5 MINUTES



0 MINUTES

Enjoy a smooth and delicious blend of fall flavors with this Pumpkin Spice Protein Shake, ideal for getting your day off to a healthy start.

Equipment: Blender, Measuring Cups, Measuring Spoons

Ingredients:

- 1 cup unsweetened almond milk
- 1/2 cup pumpkin puree
- 1 scoop vanilla protein powder
- 1/2 teaspoon pumpkin pie spice
- 1 tablespoon chia seeds
- 1/2 frozen banana
- Ice cubes (optional)

Directions:

1. Combine the almond milk, pumpkin puree, vanilla protein powder, and pumpkin pie spice in a blender.
2. Add chia seeds and frozen bananas to the mixture.
3. Blend on high until the mixture is smooth and creamy.
4. Add ice cubes if you desire a thicker shake, and blend again.
5. Pour into two glasses and serve immediately.

Nutritional Information: Calories: 150, Protein: 12g, Carbohydrates: 22g, Fat: 4g, Fiber: 6g, Cholesterol: 0mg, Sodium: 130mg, Potassium: 450mg

ICED MATCHA LATTE WITH OAT MILK



1 SERVING



5 MINUTES



0 MINUTES

A refreshing, creamy iced latte featuring vibrant matcha paired with the smoothness of oat milk—perfect for a morning energy boost or an afternoon pick-me-up.

Equipment: Measuring Spoons, Whisk, Tall Glass **Directions:**

Ingredients:

- 1 teaspoon Matcha Powder
- 2 tablespoons Hot Water
- 1 cup Unsweetened Oat Milk
- 1 teaspoon Maple Syrup (optional)
- Ice Cubes

1. In a small bowl, whisk the matcha powder with hot water until smooth and frothy.
2. Fill a tall glass with ice cubes.
3. Pour the oat milk over the ice.
4. Gently stir in the matcha mixture.
5. Sweeten with maple syrup if desired. Stir well and enjoy immediately.

Nutritional Information: Calories: 120, Protein: 2g, Carbohydrates: 22g, Fat: 3g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 50 mg, Potassium: 350 mg

DETOX BEET & GINGER SMOOTHIE



2 SERVINGS



10 MINUTES



0 MINUTES

This vibrant smoothie combines the earthy sweetness of beets with the zing of ginger, offering a refreshing and detoxifying start to your day.

Equipment: Blender, Knife, Peeler

Ingredients:

- 1 medium raw beet, peeled and diced
- 1-inch piece of fresh ginger, peeled and grated
- 1 cup spinach leaves
- 1 medium apple, cored and chopped
- 1 tablespoon fresh lemon juice
- 1 cup water or unsweetened almond milk
- Ice cubes (optional, for a colder smoothie)

Directions:

1. Place the diced beet and grated ginger in the blender.
2. Add the spinach, chopped apple, and lemon juice.
3. Pour in the water or almond milk, adding ice cubes if you prefer a chilled drink.
4. Blend on high speed until smooth and well combined.
5. Pour into glasses and serve immediately.

Nutritional Information: Calories: 115, Protein: 2g, Carbohydrates: 29g, Fat: 0.5g, Fiber: 5g, Cholesterol: 0mg, Sodium: 70mg, Potassium: 450mg

MOCHA BANANA SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

This creamy Mocha Banana Smoothie is a delicious way to start your morning with an energy boost. It combines the richness of coffee with the natural sweetness of bananas, perfect for those following the DASH diet.

Equipment: Blender, Measuring Cups, Measuring Spoons

Ingredients:

- 1 cup cold brewed coffee
- 1 medium banana, sliced
- 1 cup low-fat milk or almond milk
- 1 tablespoon unsweetened cocoa powder
- 1 tablespoon honey or maple syrup (optional)
- 1/2 teaspoon vanilla extract
- 1 cup ice cubes

Directions:

1. Combine cold brewed coffee, sliced banana, and milk in a blender.
2. Add cocoa powder, honey (or maple syrup), and vanilla extract.
3. Toss in the ice cubes.
4. Blend on high until smooth and creamy.
5. Pour into glasses and serve immediately.

Nutritional Information: Calories: 130, Protein: 4g, Carbohydrates: 28g, Fat: 1.5g, Fiber: 3g, Cholesterol: 5mg, Sodium: 55mg, Potassium: 490mg

WATERMELON & MINT COOLER



2 SERVINGS



10 MINUTES



0 MINUTES

This refreshing Watermelon & Mint Cooler is a perfect start to your day, blending the hydrating sweetness of watermelon with the invigorating taste of fresh mint. Simple yet rejuvenating, this cooler is a quick way to boost your morning routine.

Equipment: Blender, Measuring Cups, Knife

Ingredients:

- 2 cups Watermelon, cubed
- 1/4 cup Fresh Mint Leaves
- 1 tablespoon Fresh Lime Juice
- 1 teaspoon Honey (optional)
- 1 cup Ice Cubes

Directions:

1. Add watermelon cubes and fresh mint leaves to the blender.
2. Pour in fresh lime juice and add honey for a touch of sweetness, if desired.
3. Add ice cubes to the blender.
4. Blend until smooth, ensuring all ingredients are well incorporated.
5. Pour the mixture into glasses and serve immediately for best flavor.

Nutritional Information: Calories: 56, Protein: 1g, Carbohydrates: 14g, Fat: 0g, Fiber: 1g, Cholesterol: 0mg, Sodium: 2mg, Potassium: 172mg

CUCUMBER & LIME HYDRATION SMOOTHIE



2 SERVINGS



10 MINUTES



0 MINUTES

This refreshing and hydrating smoothie combines the crisp flavors of cucumber with the tangy zing of lime. Perfect for a revitalizing start to your day or a refreshing mid-afternoon boost.

Equipment: Blender, Measuring Cups, Knife

Ingredients:

- 1 1/2 cups cucumber, peeled and chopped
- 1/2 cup plain Greek yogurt
- 1 lime, juiced
- 1 tablespoon honey
- 1/2 cup water or coconut water
- Ice cubes (about 1 cup)

Directions:

1. Combine cucumber, Greek yogurt, lime juice, honey, and water in the blender.
2. Blend the mixture on high until smooth and creamy.
3. Add ice cubes to the blender and blend again until the ice is fully crushed.
4. Adjust sweetness with additional honey if desired.
5. Pour into glasses and serve immediately.

Nutritional Information: Calories: 110, Protein: 6g, Carbohydrates: 20g, Fat: 1g, Fiber: 2g, Cholesterol: 5mg, Sodium: 45mg, Potassium: 350mg

GOLDEN GLOW CARROT & ORANGE SMOOTHIE



2 SERVINGS



10 MINUTES



0 MINUTES

This vibrant smoothie combines the sweetness of oranges with the earthiness of carrots, delivering a refreshing burst of nutrients to start your day with a healthy glow.

Equipment: Blender, Measuring Cups, Knife

Ingredients:

- 1 medium carrot, peeled and chopped
- 1 cup freshly squeezed orange juice
- 1/2 cup Greek yogurt
- 1 tablespoon honey
- 1/2 teaspoon grated ginger
- 1/4 cup ice cubes

Directions:

1. Combine the chopped carrot and orange juice in the blender.
2. Add Greek yogurt, honey, and grated ginger to the blender.
3. Include ice cubes and blend on high speed until smooth and creamy.
4. Taste and adjust sweetness with additional honey if needed.
5. Pour into glasses and serve immediately for best flavor.

Nutritional Information: Calories: 160, Protein: 5g, Carbohydrates: 34g, Fat: 1g, Fiber: 5g, Cholesterol: 2mg, Sodium: 40mg, Potassium: 550mg

DAIRY-FREE COCONUT CHIA SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

This creamy and refreshing coconut chia smoothie is a nutrient-packed drink perfect for a healthy start to the day. Loaded with fiber and antioxidants, it keeps you full and energized throughout the morning.

Equipment: Blender, Measuring Cups, Measuring Spoons

Ingredients:

- 2 cups coconut milk (unsweetened)
- 2 tablespoons chia seeds
- 1 banana, frozen
- 1 cup spinach leaves
- 1 tablespoon almond butter
- 1 teaspoon vanilla extract
- 1 tablespoon honey or maple syrup (optional)

Directions:

1. Combine coconut milk and chia seeds in a blender. Let it sit for a few minutes to allow the seeds to begin gelling.
2. Add the banana, spinach leaves, almond butter, and vanilla extract to the blender.
3. Blend on high until the mixture is smooth and creamy.
4. Taste and add honey or maple syrup, if desired, for sweetness.
5. Pour into glasses and serve immediately, or refrigerate for up to 24 hours.

Nutritional Information: Calories: 210, Protein: 4g, Carbohydrates: 26g, Fat: 11g, Fiber: 7g, Cholesterol: 0mg, Sodium: 45mg, Potassium: 450mg

HIGH-FIBER APPLE & KALE SMOOTHIE



2 SERVINGS



10 MINUTES



0 MINUTES

This nutritious and refreshing smoothie combines the earthy flavor of kale with the sweetness of apple and banana, packed with fiber to keep you feeling full and energized throughout the morning.

Equipment: Blender, Knife, Measuring Cups

Ingredients:

- 1 cup fresh kale leaves, stems removed
- 1 medium apple, cored and chopped
- 1 ripe banana, sliced
- 1 cup unsweetened almond milk
- 1 tablespoon chia seeds
- 1 tablespoon ground flaxseed
- 1/2 cup ice cubes

Directions:

1. Add the kale leaves to the blender first to ensure they are well-blended.
2. Add the chopped apple, banana slices, and almond milk.
3. Sprinkle in the chia seeds and ground flaxseed.
4. Top with ice cubes and blend on high speed until smooth and creamy.
5. Pour into glasses and serve immediately.

Nutritional Information: Calories: 180, Protein: 4g, Carbohydrates: 38g, Fat: 4g, Fiber: 10g, Cholesterol: 0mg, Sodium: 85mg, Potassium: 530mg

KIWI & AVOCADO SMOOTHIE



2 SERVINGS



5 MINUTES



0 MINUTES

Packed with vitamins and healthy fats, this Kiwi & Avocado Smoothie is a refreshing way to kickstart your day with a tropical twist that's both creamy and nutritious.

Equipment: Blender, Measuring Cups, Knife

Ingredients:

- 2 ripe kiwis, peeled and sliced
- 1 ripe avocado, peeled and pitted
- 1 cup spinach leaves
- 1 cup unsweetened almond milk
- 1 tablespoon honey (optional)
- 1 tablespoon chia seeds
- 1/2 cup ice cubes

Directions:

1. Combine kiwis, avocado, and spinach in the blender.
2. Add almond milk, honey (if using), and chia seeds.
3. Blend on high speed until smooth and creamy.
4. Add ice cubes and blend until ice is fully crushed and integrated.
5. Pour into glasses and enjoy immediately.

Nutritional Information: Calories: 250, Protein: 4g, Carbohydrates: 32g, Fat: 15g, Fiber: 9g, Cholesterol: 0 mg, Sodium: 50 mg, Potassium: 800 mg

DRAGON FRUIT & POMEGRANATE SMOOTHIE



2 SERVINGS



10 MINUTES



0 MINUTES

This refreshing and vibrant smoothie combines the exotic taste of dragon fruit with the tangy sweetness of pomegranate, offering a nutritious and revitalizing start to your day.

Equipment: Blender, Measuring Cups, Knife

Ingredients:

- 1 cup dragon fruit, peeled and diced
- 1/2 cup pomegranate seeds
- 1 banana, frozen and sliced
- 1 cup unsweetened almond milk
- 1 teaspoon chia seeds
- 1/2 cup ice cubes

Directions:

1. Combine dragon fruit, pomegranate seeds, frozen banana, almond milk, and chia seeds in a blender.
2. Add ice cubes to the blender for a thicker consistency.
3. Blend on high speed until smooth and creamy, ensuring all fruit pieces are well incorporated.
4. Pour into glasses and serve immediately for a refreshing burst of energy.

Nutritional Information: Calories: 160, Protein: 3g, Carbohydrates: 38g, Fat: 2.5g, Fiber: 7g, Cholesterol: 0mg, Sodium: 75mg, Potassium: 459mg

VEGETARIAN & VEGAN MAINS

QUINOA-STUFFED BELL PEPPERS



4 SERVINGS



15 MINUTES



30 MINUTES

Quinoa-Stuffed Bell Peppers offer a wholesome and colorful meal, brimming with protein-packed quinoa and an assortment of vegetables. Perfect for a satisfying vegetarian or vegan main course.

Equipment: Medium Saucepan, Baking Dish, Knife **Directions:**

Ingredients:

- 4 large bell peppers, any color
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 cup black beans, cooked and drained
- 1 cup corn kernels, fresh or frozen
- 1 small zucchini, diced
- 1 teaspoon cumin
- 1 teaspoon garlic powder
- Salt and pepper to taste
- Optional: chopped fresh cilantro for garnish

Nutritional Information: Calories: 210, Protein: 8g, Carbohydrates: 38g, Fat: 3g, Fiber: 9g, Cholesterol: 0 mg, Sodium: 260 mg, Potassium: 550 mg

1. Preheat the oven to 375°F (190°C).
2. Slice the tops off the bell peppers and remove seeds and membranes.
3. In a medium saucepan, combine quinoa and vegetable broth. Bring to a boil, then reduce heat, cover, and simmer for 15 minutes until the quinoa is cooked.
4. In a bowl, combine cooked quinoa, black beans, corn, zucchini, cumin, garlic powder, salt, and pepper. Mix well.
5. Stuff each bell pepper with the quinoa mixture and place them upright in a baking dish.
6. Cover with foil and bake for 25-30 minutes, until peppers are tender.
7. Optional: Garnish with fresh cilantro before serving.

SPAGHETTI SQUASH WITH AVOCADO PESTO



4 SERVINGS



15 MINUTES



45 MINUTES

A delightful, creamy, and heart-healthy dish, perfect for indulging in fresh flavors without compromising on dietary goals.

Equipment: Oven, Blender, Baking Sheet

Ingredients:

- 1 medium spaghetti squash
- 2 ripe avocados
- 1/4 cup fresh basil leaves
- 2 cloves garlic
- 2 tablespoons lemon juice
- 3 tablespoons olive oil
- Salt, to taste
- Black pepper, to taste
- 2 tablespoons pine nuts
- 1/4 cup cherry tomatoes, halved

Nutritional Information: Calories: 280, Protein: 4g, Carbohydrates: 26g, Fat: 21g, Fiber: 10g, Cholesterol: 0mg, Sodium: 10mg, Potassium: 940mg

Directions:

1. Preheat the oven to 400°F (200°C). Cut the spaghetti squash in half lengthwise and remove the seeds. Place the halves on a baking sheet, cut side up, and bake for 40-45 minutes or until the flesh is tender.
2. In a blender, combine avocados, basil leaves, garlic, lemon juice, olive oil, salt, and pepper. Blend until smooth to create the pesto sauce.
3. Once the squash is cooked, use a fork to scrape out the strands of spaghetti-like flesh into a large bowl.
4. Add the avocado pesto to the spaghetti squash and mix well until evenly coated.
5. Toast the pine nuts in a small dry pan over medium heat until golden and sprinkle them over the squash mixture, along with the cherry tomatoes.

CHICKPEA & SPINACH CURRY



4 SERVINGS



15 MINUTES



25 MINUTES

This hearty chickpea & spinach curry is an aromatic, protein-rich dish perfect for vegans and vegetarians. It's packed with flavor and nutrients, making it a perfect main course for a cozy dinner.

Equipment: Large Pot, Wooden Spoon, Knife

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, diced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon turmeric powder
- 1/2 teaspoon red chili flakes (optional)
- 1 can (14 oz) diced tomatoes
- 1 can (15 oz) chickpeas, drained and rinsed
- 5 ounces fresh spinach
- Salt and pepper, to taste
- Fresh cilantro, for garnish

Directions:

1. Heat olive oil in a large pot over medium heat. Sauté onions until translucent.
2. Add minced garlic and grated ginger, cooking for another minute until fragrant.
3. Stir in cumin, coriander, turmeric, and optional chili flakes, cooking until spices are toasted.
4. Pour in diced tomatoes with their juices, bring to a simmer, and cook for 5 minutes.
5. Add chickpeas and cook for an additional 10 minutes, allowing flavors to meld.
6. Gently stir in fresh spinach until wilted. Season with salt and pepper to taste.
7. Serve hot, garnished with fresh cilantro.

Nutritional Information: Calories: 210, Protein: 8g, Carbohydrates: 30g, Fat: 7g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 380 mg, Potassium: 620 mg

LENTIL & SWEET POTATO STEW



4 SERVINGS



15 MINUTES



40 MINUTES

A hearty and comforting stew that's perfect for a cozy dinner. Packed with plant-based protein and fiber, this dish embodies the essence of the DASH diet by emphasizing nutrient-rich ingredients.

Equipment: Large Pot, Ladle, Chopping Board

Ingredients:

- 1 cup red lentils, rinsed
- 2 medium sweet potatoes, peeled and diced
- 1 onion, chopped
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 4 cups vegetable broth
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1 tbsp olive oil
- Salt and pepper to taste
- Fresh parsley for garnish

Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic; sauté until onion is translucent.
2. Stir in cumin and smoked paprika; cook for an additional 1 minute to release flavors.
3. Add diced sweet potatoes, rinsed lentils, diced tomatoes, and vegetable broth to the pot.
4. Bring the mixture to a boil, then reduce heat to a simmer. Cover and cook for 30 minutes, or until lentils and sweet potatoes are tender.
5. Season with salt and pepper to taste. Ladle into bowls and garnish with fresh parsley before serving.

Nutritional Information: Calories: 320, Protein: 12g, Carbohydrates: 58g, Fat: 6g, Fiber: 16g, Cholesterol: 0mg, Sodium: 620mg, Potassium: 920mg

MUSHROOM & LENTIL BOLOGNESE



4 SERVINGS



15 MINUTES



35 MINUTES

This Mushroom & Lentil Bolognese is a hearty, savory twist on the classic Italian sauce, packed with plant-based goodness and perfect for a wholesome DASH diet meal.

Equipment: Large Skillet, Medium Saucepan, Wooden Spoon

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 8 oz cremini mushrooms, chopped
- 1 cup cooked lentils
- 1 can (14 oz) crushed tomatoes
- 1 teaspoon dried oregano
- 1/2 teaspoon black pepper
- 1/4 teaspoon salt
- 1/4 cup fresh basil, chopped

Directions:

1. Heat olive oil in a large skillet over medium heat. Add onion and garlic; sauté until softened.
2. Add mushrooms to the skillet; cook until they release their moisture and begin to brown.
3. Stir in cooked lentils, crushed tomatoes, oregano, pepper, and salt; bring to a simmer.
4. Reduce heat to low; let the sauce simmer for 20-25 minutes, stirring occasionally, until thickened.
5. Stir in fresh basil; cook for 2 more minutes. Adjust seasoning as needed.
6. Serve hot over whole-grain pasta or zucchini noodles.

Nutritional Information: Calories: 200, Protein: 10g, Carbohydrates: 30g, Fat: 5g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 350 mg, Potassium: 600 mg

EGGPLANT & CHICKPEA TAGINE



4 SERVINGS



15 MINUTES



40 MINUTES

A warming and aromatic dish, the Eggplant & Chickpea Tagine is a delightful fusion of tender eggplant, hearty chickpeas, and fragrant spices, perfect for a cozy dinner.

Equipment: Large Pot, Wooden Spoon, Chopping Board

Ingredients:

- 1 large eggplant, cubed
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 can (14 oz) diced tomatoes
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp ground cinnamon
- 1 tbs olive oil
- Salt and pepper, to taste
- Fresh cilantro, for garnish

Directions:

1. Heat olive oil in a large pot over medium heat. Add chopped onion and garlic; sauté until soft.
2. Stir in ground cumin, coriander, and cinnamon; cook for 1 minute until fragrant.
3. Add the cubed eggplant and cook for 5-7 minutes until it begins to soften.
4. Stir in chickpeas and diced tomatoes; season with salt and pepper.
5. Cover and simmer for 30 minutes, stirring occasionally, until the eggplant is tender.
6. Garnish with fresh cilantro before serving.

Nutritional Information: Calories: 235, Protein: 8g, Carbohydrates: 36g, Fat: 7g, Fiber: 11g, Cholesterol: 0 mg, Sodium: 380 mg, Potassium: 680 mg

BUTTERNUT SQUASH & KALE RISOTTO



4 SERVINGS



10 MINUTES



30 MINUTES

Delight in a creamy, savory risotto that beautifully combines the earthy flavors of butternut squash and nutrient-rich kale, perfect for a comforting, yet healthy meal.

Equipment: Large saucepan, Wooden spoon, Knife, **Directions:**

Cutting board

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cups butternut squash, peeled and cubed
- 1 cup Arborio rice
- 4 cups low-sodium vegetable broth
- 2 cups kale, chopped
- 1 tablespoon nutritional yeast (optional for flavor)
- Salt and pepper to taste

Nutritional Information: Calories: 260, Protein: 5g, Carbohydrates: 50g, Fat: 5g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 200 mg, Potassium: 550 mg

1. Heat olive oil in a large saucepan over medium heat. Add onion and cook until translucent, about 3 minutes.
2. Stir in the butternut squash and cook for 5 minutes until it starts to soften.
3. Add Arborio rice, stirring for 1-2 minutes to lightly toast the grains.
4. Gradually add the vegetable broth, one cup at a time, stirring frequently. Allow each addition to be absorbed before adding the next, until the rice is creamy and cooked, about 18 minutes.
5. Fold in the chopped kale and nutritional yeast, cooking for an additional 2 minutes until the kale wilts.
6. Season with salt and pepper to taste before serving warm.

CAULIFLOWER & PEA STIR-FRY



4 SERVINGS



10 MINUTES



15 MINUTES

A vibrant and nutritious stir-fry, combining the delicate flavors of cauliflower with sweet peas, making it a perfect DASH diet-friendly main course for any day of the week.

Equipment: Large Skillet, Cutting Board, Knife

Directions:

Ingredients:

- 1 medium head cauliflower, cut into florets
- 1 cup frozen or fresh peas
- 1 tablespoon olive oil
- 1 bell pepper, thinly sliced
- 2 cloves garlic, minced
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon freshly grated ginger
- Salt and pepper to taste
- 2 tablespoons fresh cilantro, chopped (optional)

Nutritional Information: Calories: 120, Protein: 5g, Carbohydrates: 18g, Fat: 4g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 200 mg, Potassium: 450 mg

1. Heat the olive oil in a large skillet over medium heat.
2. Add the garlic and ginger, sautéing for about 1 minute until fragrant.
3. Add the cauliflower florets and bell pepper slices, stir-frying for about 5 minutes until they begin to soften.
4. Add the peas and soy sauce, stirring well to combine, cooking for an additional 5 minutes.
5. Season with salt and pepper to taste.
6. Garnish with fresh cilantro before serving, if desired.

MOROCCAN-SPICED COUSCOUS BOWL



4 SERVINGS



15 MINUTES



10 MINUTES

This vibrant Moroccan-Spiced Couscous Bowl combines an aromatic blend of spices with fresh vegetables, creating a filling and nourishing meal that's perfect for any day of the week.

Equipment: Medium Saucepan, Mixing Bowl, Wooden Spoon

Ingredients:

- 1 cup Whole Wheat Couscous
- 1 1/4 cups Vegetable Broth
- 1 tablespoon Olive Oil
- 1 teaspoon Ground Cumin
- 1 teaspoon Ground Coriander
- 1/2 teaspoon Ground Cinnamon
- 1/4 cup Raisins
- 1 cup Chickpeas, drained and rinsed
- 1 Red Bell Pepper, diced
- 1/4 cup Chopped Fresh Parsley
- Salt and Pepper, to taste
- Juice of 1 Lemon

Directions:

1. Bring the vegetable broth to a boil in a medium saucepan. Remove from heat, stir in the couscous, cover, and let it sit for 5 minutes.
2. Heat olive oil in a pan over medium heat. Add cumin, coriander, and cinnamon, and fry for 1 minute.
3. In a mixing bowl, fluff the couscous with a fork. Stir in the spiced oil, raisins, chickpeas, and bell peppers.
4. Season with salt and pepper, then mix in the chopped parsley and lemon juice.
5. Serve warm or at room temperature, enjoying the rich blend of spices and fresh flavors.

Nutritional Information: Calories: 250, Protein: 8g, Carbohydrates: 45g, Fat: 7g, Fiber: 9g, Cholesterol: 0 mg, Sodium: 380 mg, Potassium: 420 mg

VEGAN TOFU SCRAMBLE BURRITOS



4 SERVINGS



10 MINUTES



15 MINUTES

Delight in this savory Vegan Tofu Scramble Burrito, packed with colorful veggies and spices. It's a perfect quick breakfast or a satisfying lunch option that aligns with the DASH diet.

Equipment: Skillet, Mixing Bowl, Spatula

Ingredients:

- 1 block extra-firm tofu (14 oz), drained and crumbled
- 1 tablespoon olive oil
- 1/2 cup red bell pepper, diced
- 1/2 cup yellow onion, diced
- 1/2 teaspoon turmeric powder
- 1 tablespoon nutritional yeast
- 1 tablespoon soy sauce (low-sodium)
- 4 whole wheat tortillas
- 1/4 cup fresh cilantro, chopped
- Salt and pepper, to taste

Directions:

1. Heat the olive oil in a skillet over medium heat. Add the diced red bell pepper and onion, sautéing until softened, about 3 minutes.
2. Add the crumbled tofu to the skillet, stirring to combine with the vegetables.
3. Sprinkle in the turmeric powder, nutritional yeast, soy sauce, salt, and pepper. Continue cooking for 5 minutes, stirring frequently.
4. Warm the whole wheat tortillas in a separate pan or microwave.
5. Spoon the tofu scramble mixture onto each tortilla, sprinkle with cilantro, and wrap tightly into burritos.

Nutritional Information: Calories: 280, Protein: 14g, Carbohydrates: 28g, Fat: 13g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 400 mg, Potassium: 250 mg

ROASTED VEGETABLE & HUMMUS WRAP



4 SERVINGS



15 MINUTES



25 MINUTES

A vibrant and flavorful wrap filled with roasted vegetables and creamy hummus, perfect for a satisfying vegan meal on the DASH diet.

Equipment: Baking Sheet, Mixing Bowl, Knife

Ingredients:

- 2 cups mixed bell peppers, sliced
- 1 large zucchini, sliced
- 1 tablespoon olive oil
- 1 teaspoon dried oregano
- Salt and pepper, to taste
- 4 whole grain tortillas
- 1 cup hummus
- 1 cup fresh spinach leaves

Nutritional Information: Calories: 310, Protein: 10g, Carbohydrates: 41g, Fat: 14g, Fiber: 9g, Cholesterol: 0mg, Sodium: 450mg, Potassium: 620mg

Directions:

1. Preheat the oven to 400°F (200°C).
2. Toss the bell peppers and zucchini in a mixing bowl with olive oil, oregano, salt, and pepper.
3. Spread the vegetables on a baking sheet and roast for 20-25 minutes, until tender and lightly charred.
4. Spread 1/4 cup of hummus onto each tortilla.
5. Layer roasted vegetables and fresh spinach evenly onto each hummus-covered tortilla.
6. Roll the tortillas tightly into wraps.
7. Slice in half and serve immediately, or wrap them for a perfect on-the-go meal.

SPICY BLACK BEAN TACOS



4 SERVINGS



15 MINUTES



10 MINUTES

Indulge in these Spicy Black Bean Tacos, packed with plant-based protein and vibrant spices, perfect for a quick and nutritious meal.

Equipment: Medium Skillet, Mixing Bowl, Spoon

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 1 can (15 ounces) black beans, drained and rinsed
- 8 small corn tortillas
- 1 avocado, sliced
- 1 cup shredded lettuce
- 1/2 cup salsa

Nutritional Information: Calories: 280, Protein: 8g, Carbohydrates: 40g, Fat: 11g, Fiber: 12g, Cholesterol: 0mg, Sodium: 340mg, Potassium: 680mg

Directions:

1. Heat oil in a medium skillet over medium heat. Add onions and garlic, sauté until onions are translucent.
2. Stir in cumin and chili powder, cooking for an additional minute until aromatic.
3. Add black beans, stirring occasionally until heated through. Season with salt to taste.
4. In a separate pan, warm the tortillas over medium heat, flipping occasionally.
5. Assemble tacos by spreading black bean mixture onto each tortilla, then topping with avocado slices, shredded lettuce, and salsa.

THAI PEANUT NOODLES WITH TOFU



4 SERVINGS



15 MINUTES



20 MINUTES

A delightful fusion of peanut flavors and tender tofu, this dish brings a taste of Thailand to your table while supporting heart health.

Equipment: Large Pot, Non-stick Skillet, Mixing Bowl

Ingredients:

- 8 oz rice noodles
- 1 tablespoon olive oil
- 14 oz firm tofu, cubed
- 1 cup carrot matchsticks
- 1 red bell pepper, sliced
- 1/2 cup snow peas
- 1/4 cup creamy peanut butter
- 3 tablespoons low-sodium soy sauce
- 2 tablespoons lime juice
- 1 tablespoon maple syrup
- 1 teaspoon grated ginger
- 2 garlic cloves, minced
- 1/4 cup chopped peanuts
- 3 tablespoons chopped cilantro

Directions:

1. Cook the rice noodles according to package instructions. Drain and set aside.
2. Heat olive oil in a non-stick skillet over medium heat. Add tofu cubes and sauté until golden brown on each side.
3. In the same skillet, add carrots, bell pepper, and snow peas. Stir-fry for about 5 minutes until the veggies are tender-crisp.
4. In a mixing bowl, whisk together peanut butter, soy sauce, lime juice, maple syrup, ginger, and garlic. Pour over veggies and tofu, tossing well to coat.
5. Add cooked noodles to the skillet, tossing everything to combine and heat through.
6. Serve topped with chopped peanuts and cilantro. Enjoy!

Nutritional Information: Calories: 420, Protein: 17g, Carbohydrates: 47g, Fat: 21g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 450 mg

STUFFED ACORN SQUASH WITH WILD RICE



4 SERVINGS



15 MINUTES



45 MINUTES

A deliciously wholesome and colorful vegetarian main dish that combines the earthiness of wild rice with the sweetness of roasted acorn squash. Perfect for a cozy dinner, this dish is both satisfying and heart-healthy.

Equipment: Baking Sheet, Large Skillet, Mixing Bowl

Ingredients:

- 2 medium acorn squashes, halved and seeds removed
- 1 cup wild rice, rinsed
- 2 cups vegetable broth
- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup mushrooms, chopped
- 1/4 cup dried cranberries
- 1/4 cup chopped walnuts
- Salt and pepper to taste

Directions:

1. Preheat the oven to 400°F (200°C). Place acorn squash halves cut-side down on a baking sheet. Roast for 30-35 minutes, until tender.
2. In a large skillet, heat olive oil over medium heat. Add onion and garlic, sauté until onion is translucent.
3. Stir in mushrooms and cook until softened, then add wild rice and vegetable broth. Bring to a boil, reduce heat, cover, and simmer for 20-25 minutes or until rice is cooked.
4. Remove rice from heat and fold in dried cranberries and walnuts. Season with salt and pepper.
5. Fill each roasted acorn squash half with wild rice mixture. Serve warm.

Nutritional Information: Calories: 380, Protein: 10g, Carbohydrates: 72g, Fat: 10g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 800 mg

VEGAN SHEPHERD'S PIE



6 SERVINGS



20 MINUTES



40 MINUTES

Savor the comforting layers of seasoned lentils and fluffy mashed potatoes in this hearty Vegan Shepherd's Pie, perfect for a nourishing dinner.

Equipment: Baking Dish, Large Saucepan, Skillet **Directions:**

Ingredients:

- 2 cups Lentils, cooked
- 4 cups Russet Potatoes, peeled and diced
- 2 tablespoons Olive Oil
- 1 Onion, chopped
- 2 Carrots, diced
- 2 cloves Garlic, minced
- 1 cup Vegetable Broth
- 1 cup Frozen Peas
- 1 teaspoon Thyme
- Salt and Pepper, to taste

1. Preheat the oven to 400°F (200°C).
2. Boil potatoes in salted water until tender; drain and mash with a tablespoon of olive oil, salt, and pepper.
3. In a skillet, heat remaining olive oil over medium heat. Sauté onion, carrots, and garlic until soft.
4. Add cooked lentils, vegetable broth, peas, thyme, salt, and pepper to the skillet; simmer for 10 minutes.
5. Spread lentil mixture into a baking dish; top evenly with mashed potatoes.
6. Bake for 20 minutes or until the top is golden and crispy.
7. Let cool slightly before serving.

Nutritional Information: Calories: 320, Protein: 12g, Carbohydrates: 56g, Fat: 6g, Fiber: 13g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 840 mg

MISO-GLAZED EGGPLANT



4 SERVINGS



10 MINUTES



20 MINUTES

Miso-glazed eggplant is a savory and umami-rich dish that brings a delightful balance of sweet and salty flavors, perfect for a filling vegetarian or vegan main course.

Equipment: Baking Sheet, Mixing Bowl, Brush **Directions:**

Ingredients:

- 2 medium eggplants, halved lengthwise
- 2 tbsp miso paste
- 2 tbsp mirin
- 1 tbsp soy sauce (low sodium)
- 1 tbsp maple syrup
- 1 tsp sesame oil
- 1 tsp grated ginger
- 1 tbsp sesame seeds, for garnish
- 2 green onions, chopped, for garnish

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. Score the flesh of the eggplant halves in a crosshatch pattern without cutting through the skin.
3. In a mixing bowl, whisk together miso paste, mirin, soy sauce, maple syrup, sesame oil, and grated ginger to form a smooth glaze.
4. Brush the miso glaze generously onto the cut sides of the eggplants.
5. Place the eggplants cut side up on the prepared baking sheet and roast in the oven for 20 minutes until tender and caramelized.
6. Sprinkle roasted eggplants with sesame seeds and chopped green onions before serving.

Nutritional Information: Calories: 140, Protein: 3g, Carbohydrates: 19g, Fat: 6g, Fiber: 5g, Cholesterol: 0mg, Sodium: 320mg, Potassium: 490mg

MEDITERRANEAN CHICKPEA SALAD



4 SERVINGS



15 MINUTES



0 MINUTES

A refreshing and vibrant salad that combines the rich flavors of the Mediterranean with the health benefits of the DASH diet. Perfect as a standalone meal or as a side.

Equipment: Mixing Bowl, Whisk, Measuring Cups **Directions:**

Ingredients:

- 1 can (15 oz) chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, pitted and sliced
- 1/4 cup fresh parsley, chopped
- 1/4 cup crumbled feta cheese (optional)
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic, minced
- Salt and pepper to taste

1. In a large mixing bowl, combine chickpeas, cherry tomatoes, cucumber, red onion, olives, parsley, and feta cheese.
2. In a small bowl, whisk together olive oil, lemon juice, minced garlic, salt, and pepper to make the dressing.
3. Pour the dressing over the chickpea mixture and toss until well-coated.
4. Taste and adjust salt and pepper if needed.
5. Allow the salad to marinate for at least 10 minutes before serving for enhanced flavor.

Nutritional Information: Calories: 290, Protein: 9g, Carbohydrates: 28g, Fat: 15g, Fiber: 9g, Cholesterol: 8 mg, Sodium: 410 mg, Potassium: 400 mg

ROASTED SWEET POTATO & QUINOA BOWL



4 SERVINGS



15 MINUTES



35 MINUTES

This vibrant and nutritious bowl combines the earthy sweetness of roasted sweet potatoes with fluffy quinoa, making it a hearty and fulfilling vegetarian or vegan dish perfect for dinner or lunch.

Equipment: Baking Sheet, Medium Saucepan, Large Mixing Bowl **Directions:**

Ingredients:

- 2 medium sweet potatoes, peeled and cubed
- 1 tablespoon olive oil
- 1 cup quinoa, rinsed
- 2 cups vegetable broth
- 1 cup cherry tomatoes, halved
- 1 avocado, sliced
- 2 cups fresh spinach
- 1 tablespoon lemon juice
- Salt and pepper to taste

1. Preheat the oven to 400°F (200°C). Toss the sweet potatoes with olive oil, salt, and pepper, then spread them on a baking sheet.
2. Roast the sweet potatoes for 25-30 minutes, or until tender and slightly caramelized.
3. Meanwhile, bring the vegetable broth to a boil in a medium saucepan. Add the quinoa, reduce heat to low, cover, and simmer for 15 minutes or until the quinoa is fluffy and the liquid is absorbed.
4. In a large mixing bowl, combine roasted sweet potatoes, cooked quinoa, cherry tomatoes, avocado slices, and fresh spinach.
5. Drizzle with lemon juice, season with salt and pepper, and toss gently to combine. Serve warm or at room temperature.

Nutritional Information: Calories: 350, Protein: 8g, Carbohydrates: 50g, Fat: 15g, Fiber: 9g, Cholesterol: 0 mg, Sodium: 320 mg, Potassium: 950 mg

TERIYAKI TEMPEH STIR-FRY



4 SERVINGS



15 MINUTES



20 MINUTES

A flavorful and nourishing dish, this Teriyaki Tempeh Stir-Fry brings together the savory richness of tempeh with vibrant vegetables in a delightful teriyaki glaze, perfect for a wholesome meal.

Equipment: Wok or large skillet, Cutting board, Knife

Ingredients:

- 8 oz tempeh, sliced into thin strips
- 2 tbsp soy sauce (low sodium)
- 2 tbsp maple syrup
- 1 tbsp rice vinegar
- 1 tsp sesame oil
- 1 tbsp vegetable oil
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 cup snap peas
- 2 cloves garlic, minced
- 1-inch piece ginger, minced
- 2 green onions, sliced
- 1 tbsp sesame seeds (optional)

Directions:

1. In a small bowl, whisk together soy sauce, maple syrup, rice vinegar, and sesame oil to make the teriyaki sauce.
2. Heat the vegetable oil in a wok over medium-high heat. Add the tempeh and cook until golden, about 5 minutes.
3. Add garlic and ginger to the wok, stirring until fragrant for about 1 minute.
4. Toss in the bell pepper, broccoli, and snap peas, stir-fry until veggies are tender-crisp, about 4-5 minutes.
5. Pour the teriyaki sauce over the vegetables and tempeh, stir to coat evenly, and cook for another 2 minutes.
6. Garnish with green onions and sesame seeds before serving.

Nutritional Information: Calories: 230, Protein: 12g, Carbohydrates: 22g, Fat: 11g, Fiber: 5g, Cholesterol: 0mg, Sodium: 360mg, Potassium: 540mg

ZUCCHINI & CORN FRITTERS



4 SERVINGS



15 MINUTES



10 MINUTES

Crispy on the outside and tender on the inside, these Zucchini & Corn Fritters are a delightful way to enjoy fresh vegetables. Perfect for a quick lunch or as a side dish, these fritters are packed with flavor and nutrients.

Equipment: Large Bowl, Grater, Frying Pan

Ingredients:

- 2 medium zucchinis, grated
- 1 cup corn kernels (fresh or frozen)
- 1/2 cup all-purpose flour
- 1/4 cup chopped green onions
- 2 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon olive oil

Directions:

1. Squeeze excess moisture from the grated zucchini using a clean kitchen towel.
2. In a large bowl, mix zucchini, corn, flour, green onions, garlic, salt, and pepper until well combined.
3. Heat olive oil in a frying pan over medium heat.
4. Scoop 2 tablespoons of the mixture per fritter into the pan, flattening gently. Cook for about 3-4 minutes on each side until golden brown.
5. Transfer fritters to a paper towel-lined plate to drain excess oil. Serve immediately.

Nutritional Information: Calories: 150, Protein: 4g, Carbohydrates: 20g, Fat: 6g, Fiber: 3g, Cholesterol: 0mg, Sodium: 200mg, Potassium: 450mg

HEARTY THREE-BEAN CHILI



6 SERVINGS



15 MINUTES



30 MINUTES

This robust and comforting Three-Bean Chili is packed with plant-based protein and rich flavors, perfect for a satisfying vegetarian or vegan main dish.

Equipment: Large pot, Stirring spoon

Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 bell pepper, chopped
- 1 zucchini, diced
- 1 can (15 oz) black beans, drained and rinsed
- 1 can (15 oz) kidney beans, drained and rinsed
- 1 can (15 oz) pinto beans, drained and rinsed
- 1 can (28 oz) crushed tomatoes
- 2 tablespoons chili powder
- 1 teaspoon cumin
- 1 teaspoon smoked paprika
- Salt and pepper to taste

Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, sauté until soft.
2. Stir in bell pepper and zucchini, cooking for 5 more minutes.
3. Add black beans, kidney beans, pinto beans, and crushed tomatoes to the pot. Stir to combine.
4. Season with chili powder, cumin, smoked paprika, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 20 minutes, stirring occasionally.
6. Serve hot, garnishing with fresh herbs if desired.

Nutritional Information: Calories: 275, Protein: 12g, Carbohydrates: 45g, Fat: 5g, Fiber: 14g, Cholesterol: 0 mg, Sodium: 420 mg, Potassium: 950 mg

GRILLED PORTOBELLO MUSHROOM STEAKS



4 SERVINGS



10 MINUTES



15 MINUTES

Juicy, savory, and satisfying, these Grilled Portobello Mushroom Steaks bring out the flavorful essence of the DASH diet—a delightful main that's both vegetarian and vegan friendly.

Equipment: Grill or Grill Pan, Small Mixing Bowl, Silicone Basting Brush

Ingredients:

- 4 large Portobello mushrooms, stems removed
- 3 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon black pepper
- 1/4 teaspoon sea salt

Directions:

1. Preheat the grill or grill pan to medium-high heat.
2. In a small mixing bowl, whisk together olive oil, balsamic vinegar, garlic, thyme, black pepper, and sea salt.
3. Brush both sides of the Portobello mushrooms generously with the marinade using the silicone basting brush.
4. Place mushrooms on the grill, gill side down, and grill for 5-7 minutes.
5. Flip mushrooms and grill for an additional 5-7 minutes until tender.
6. Remove from the grill and let rest for a couple of minutes before serving.

Nutritional Information: Calories: 120, Protein: 3g, Carbohydrates: 6g, Fat: 10g, Fiber: 2g, Cholesterol: 0mg, Sodium: 150mg, Potassium: 450mg

BAKED FALAFEL WITH TAHINI DRESSING



4 SERVINGS



20 MINUTES



25 MINUTES

These baked falafels are crispy on the outside and tender on the inside, paired with a creamy tahini dressing, making a perfect main dish for your DASH diet meal plan.

Equipment: Food processor, Baking sheet, Parchment paper

Ingredients:

- 1 cup dried chickpeas, soaked overnight
- 1/2 cup fresh parsley
- 1/2 cup fresh cilantro
- 1 small onion, chopped
- 3 cloves garlic
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1/2 tsp baking powder
- 3 tbsp olive oil, divided
- Salt and black pepper, to taste
- 1/4 cup tahini
- 2 tbsp lemon juice
- 2 tbsp water

Nutritional Information: Calories: 320, Protein: 12g, Carbohydrates: 37g, Fat: 15g, Fiber: 10g, Cholesterol: 0mg, Sodium: 110mg, Potassium: 400mg

Directions:

1. Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
2. Drain and rinse the soaked chickpeas. In a food processor, combine chickpeas, parsley, cilantro, onion, garlic, cumin, coriander, baking powder, 1 tbsp olive oil, salt, and pepper. Pulse until well combined but still gritty.
3. Shape the mixture into small balls or patties and place on the prepared baking sheet. Brush with 1 tbsp olive oil.
4. Bake falafel in the preheated oven for 25 minutes or until golden brown, flipping halfway through cooking.
5. For the tahini dressing, whisk together tahini, lemon juice, remaining olive oil, water, salt, and pepper in a small bowl until smooth. Adjust consistency with water as needed.
6. Serve the falafel hot, drizzled with tahini dressing.

VEGAN THAI GREEN CURRY



4 SERVINGS



15 MINUTES



25 MINUTES

Savor the aromatic flavors of Thailand with this delightful Vegan Thai Green Curry, packed with vegetables and rich, creamy coconut milk that beautifully captures the essence of Southeast Asian cuisine.

Equipment: Large pot, Wooden spoon, Knife

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons green curry paste
- 1 can (14 oz) coconut milk
- 1 cup vegetable broth
- 1 medium zucchini, sliced
- 1 red bell pepper, sliced
- 1 cup broccoli florets
- 1 cup sugar snap peas
- 1 tablespoon soy sauce
- 1 teaspoon lime juice
- Fresh basil leaves, for garnish

Nutritional Information: Calories: 220, Protein: 5g, Carbohydrates: 18g, Fat: 15g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 480 mg, Potassium: 620 mg

Directions:

1. Heat olive oil in a large pot over medium heat. Add the chopped onion and cook until translucent, about 3 minutes.
2. Stir in the garlic and green curry paste, cooking for another minute until fragrant.
3. Pour in the coconut milk and vegetable broth, stirring to combine. Bring the mixture to a gentle simmer.
4. Add the zucchini, red bell pepper, broccoli, and sugar snap peas. Cook for 10-12 minutes until the vegetables are tender.
5. Stir in the soy sauce and lime juice, adjusting seasoning to taste.
6. Garnish with fresh basil leaves before serving.

MEXICAN STREET CORN & BLACK BEAN BOWL



4 SERVINGS



15 MINUTES



10 MINUTES

This vibrant and flavor-packed Mexican Street Corn & Black Bean Bowl is a delightful fusion of savory, tangy, and sweet flavors, perfect for a satisfying and nutritious meal.

Equipment: *Skillet*, *Mixing Bowl*, *Cutting Board*

Ingredients:

- 2 cups Fresh Corn Kernels (or frozen, thawed)
- 1 tablespoon Olive Oil
- 1 can (15 oz) Black Beans, rinsed and drained
- 1 Red Bell Pepper, diced
- 1 Avocado, diced
- 1/4 cup Red Onion, finely chopped
- 1/4 cup Fresh Cilantro, chopped
- Juice of 1 Lime
- 1 teaspoon Cumin
- Salt and Black Pepper, to taste

Directions:

1. Heat olive oil in a skillet over medium heat; add corn and sauté until lightly charred, about 5 minutes.
2. In a large mixing bowl, combine black beans, diced red bell pepper, avocado, red onion, and cilantro.
3. Add charred corn to the mixture; pour lime juice over the top.
4. Sprinkle with cumin, and season with salt and black pepper; mix until well combined.
5. Serve in bowls, and garnish with additional cilantro if desired.

Nutritional Information: Calories: 240, Protein: 7g, Carbohydrates: 38g, Fat: 9g, Fiber: 12g, Cholesterol: 0 mg, Sodium: 15 mg, Potassium: 715 mg

SPICY CAULIFLOWER BUFFALO WINGS



4 SERVINGS



10 MINUTES



30 MINUTES

These flavorful and fiery cauliflower buffalo wings are a plant-based twist on a popular classic, perfect for snacking or as a main dish.

Equipment: Baking Sheet, Mixing Bowl, Saucepan

Ingredients:

- 1 large head of cauliflower, cut into florets
- 1 cup all-purpose flour
- 1 cup water
- 1 tbsp garlic powder
- 1 tsp smoked paprika
- 1/2 tsp salt
- 1 cup hot sauce
- 2 tbsp unsalted vegan butter
- 1 tbsp lemon juice

Nutritional Information: Calories: 210, Protein: 5g, Carbohydrates: 30g, Fat: 8g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 1120 mg, Potassium: 400 mg

Directions:

1. Preheat the oven to 450°F (232°C) and line a baking sheet with parchment paper.
2. In a mixing bowl, combine flour, water, garlic powder, smoked paprika, and salt to form a batter. Dip cauliflower florets into the batter, ensuring they're fully coated, and place on the baking sheet.
3. Bake for 20 minutes, turning halfway through, until the florets start to brown slightly.
4. While the cauliflower is baking, melt vegan butter in a saucepan over low heat. Stir in hot sauce and lemon juice, mixing until combined.
5. Remove cauliflower from the oven and brush or toss them with the hot sauce mixture. Return to the oven and bake for an additional 10 minutes.
6. Serve immediately with your favorite vegan dipping sauce or as is for a kick of spice.

CABBAGE & CARROT STIR-FRY



4 SERVINGS



10 MINUTES



10 MINUTES

A vibrant and quick-to-make stir-fry featuring cabbage and carrot, perfect for a nutritious and flavorful main course on the DASH diet.

Equipment: Large skillet, Knife, Cutting board

Ingredients:

- 2 cups shredded cabbage
- 1 1/2 cups julienned carrots
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon grated ginger
- 1/4 cup chopped green onions
- 1 tablespoon sesame seeds (optional)

Nutritional Information: Calories: 85, Protein: 2g, Carbohydrates: 10g, Fat: 4g, Fiber: 3g, Cholesterol: 0mg, Sodium: 180mg, Potassium: 320mg

Directions:

1. Heat olive oil in a large skillet over medium heat.
2. Add minced garlic and grated ginger, sauté for 1 minute until fragrant.
3. Stir in the carrots and cook for 2-3 minutes, until they begin to soften.
4. Add the cabbage and soy sauce, stirring well to combine. Cook for another 3-4 minutes until vegetables are tender-crisp.
5. Toss in the chopped green onions and sesame seeds (if using), cook for an additional minute.
6. Remove from heat and serve immediately.

LEMON GARLIC ROASTED BRUSSELS SPROUTS



4 SERVINGS



10 MINUTES



25 MINUTES

These Lemon Garlic Roasted Brussels Sprouts are a zesty and savory side dish that perfectly fits into a DASH diet. The roasting process brings out the natural sweetness of the sprouts, enhanced by the vibrant flavors of lemon and garlic.

Equipment: Baking sheet, Mixing bowl, Measuring spoons

Ingredients:

- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 lemon, zest and juice
- 1/2 tsp salt
- 1/4 tsp black pepper

Nutritional Information: Calories: 120, Protein: 3g, Carbohydrates: 12g, Fat: 7g, Fiber: 4g, Cholesterol: 0mg, Sodium: 300mg, Potassium: 400mg

Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, combine the Brussels sprouts, olive oil, minced garlic, lemon zest, and juice. Season with salt and black pepper.
3. Toss the ingredients together until the Brussels sprouts are evenly coated.
4. Spread the sprouts in a single layer on a baking sheet.
5. Roast in the preheated oven for 20-25 minutes, stirring halfway through, until the sprouts are tender and golden brown.

SPINACH & RICOTTA STUFFED SHELLS



4 SERVINGS



20 MINUTES



30 MINUTES

These stuffed shells are a delightful blend of creamy ricotta and fresh spinach, baked to perfection with a savory tomato sauce. A hearty and satisfying dish for vegetarians and vegans alike, utilizing plant-based ricotta.

Equipment: Baking Dish, Mixing Bowl, Saucepan **Directions:**

Ingredients:

- 16 large pasta shells
- 1 cup ricotta cheese (or vegan ricotta)
- 2 cups fresh spinach, chopped
- 1 1/2 cups marinara sauce
- 1/4 cup nutritional yeast
- 1 tbsp olive oil
- 2 cloves garlic, minced
- 1/2 tsp salt
- 1/4 tsp black pepper

Nutritional Information: Calories: 350, Protein: 15g, Carbohydrates: 50g, Fat: 12g, Fiber: 7g, Cholesterol: 25 mg, Sodium: 650 mg, Potassium: 550 mg

1. Preheat the oven to 375°F (190°C) and cook pasta shells according to package instructions until al dente. Drain and set aside.
2. In a mixing bowl, combine ricotta, spinach, nutritional yeast, olive oil, garlic, salt, and pepper. Mix until well blended.
3. Fill each pasta shell generously with the ricotta-spinach mixture.
4. Spread a thin layer of marinara sauce on the bottom of the baking dish. Arrange stuffed shells in the dish, then cover with remaining marinara sauce.
5. Cover with foil and bake for 25 minutes. Remove foil and bake for an additional 5 minutes to slightly brown the top.
6. Let cool for a few minutes before serving.

SESAME GINGER SOBA NOODLE SALAD



4 SERVINGS



15 MINUTES



5 MINUTES

This vibrant Sesame Ginger Soba Noodle Salad combines the earthy flavors of soba noodles with a zesty ginger dressing, making it a refreshing and satisfying vegetarian dish. Perfect for a light lunch or dinner.

Equipment: Large Pot, Mixing Bowl, Whisk

Directions:

Ingredients:

- 8 oz soba noodles
- 1 cup shredded carrots
- 1 cup sliced bell peppers
- 1/2 cup sliced green onions
- 1/4 cup sesame seeds
- 1/4 cup soy sauce (low sodium)
- 2 tbsp rice vinegar
- 1 tbsp sesame oil
- 1 tbsp grated fresh ginger
- 1 clove garlic, minced

Nutritional Information: Calories: 220, Protein: 8g, Carbohydrates: 32g, Fat: 8g, Fiber: 3g, Cholesterol: 0 mg, Sodium: 380 mg, Potassium: 275 mg

1. Cook soba noodles in a large pot of boiling water according to package instructions; drain and rinse under cold water.
2. In a mixing bowl, whisk together soy sauce, rice vinegar, sesame oil, grated ginger, and minced garlic to make the dressing.
3. In a large bowl, combine cooked soba noodles, shredded carrots, sliced bell peppers, and green onions.
4. Pour the dressing over the noodle mixture and toss well to combine.
5. Sprinkle sesame seeds on top before serving.

VEGAN MUSHROOM STROGANOFF



4 SERVINGS



10 MINUTES



20 MINUTES

A creamy and satisfying vegan twist on a classic dish, this mushroom stroganoff offers rich flavors and a comforting texture, perfect for plant-based diners.

Equipment: Large Skillet, Wooden Spoon, Saucepan **Directions:**

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 12 ounces cremini mushrooms, sliced
- 1 teaspoon smoked paprika
- 1 cup vegetable broth
- 1 cup unsweetened almond milk
- 2 tablespoons cornstarch (or arrowroot powder)
- 2 tablespoons nutritional yeast
- Salt and pepper, to taste
- 8 ounces wide egg-free pasta
- Chopped parsley, for garnish

1. Heat olive oil in a large skillet over medium heat. Add onions and garlic; sauté until onions are translucent.
2. Add mushrooms and smoked paprika to the skillet; cook until mushrooms are tender and release their juices.
3. In a small bowl, whisk together vegetable broth, almond milk, and cornstarch. Pour into the skillet with mushrooms, stirring constantly until the mixture thickens.
4. Stir in nutritional yeast, and season with salt and pepper to taste. Allow the sauce to simmer for a few minutes to blend the flavors.
5. Meanwhile, cook pasta according to package instructions in a separate saucepan. Drain and add to the mushroom sauce, stirring to combine.
6. Serve hot, garnishing with fresh parsley.

Nutritional Information: Calories: 240, Protein: 7g, Carbohydrates: 36g, Fat: 7g, Fiber: 5g, Cholesterol: 0mg, Sodium: 280mg, Potassium: 520mg

JACKFRUIT BBQ SANDWICHES



4 SERVINGS



15 MINUTES



30 MINUTES

Enjoy the delightful combination of flavors in these Jackfruit BBQ Sandwiches. Perfectly seasoned jackfruit mimics pulled pork for a hearty vegan dish that is as delicious as it is healthy.

Equipment: Large Skillet, Medium Mixing Bowl, Tongs **Directions:**

Ingredients:

- 2 cups canned young jackfruit, drained and shredded
- 1 tablespoon olive oil
- 1 small onion, finely chopped
- 2 cloves garlic, minced
- 1 cup BBQ sauce (DASH-approved, low-sodium)
- 4 whole-grain buns
- 1 cup coleslaw mix (cabbage and carrots)
- 1 tablespoon apple cider vinegar
- Salt and pepper to taste

1. Heat olive oil in a large skillet over medium heat. Add the onion and sauté for about 5 minutes until softened.
2. Stir in the garlic and cook for an additional minute, until fragrant.
3. Add the shredded jackfruit to the skillet, followed by the BBQ sauce. Mix well and cook for 15-20 minutes, stirring occasionally, until the jackfruit absorbs the sauce and becomes tender.
4. In a medium mixing bowl, combine the coleslaw mix with apple cider vinegar. Season with salt and pepper, then toss to coat.
5. Toast the whole-grain buns if desired. Fill each bun with a generous portion of the BBQ jackfruit mixture and top with coleslaw.

Nutritional Information: Calories: 320, Protein: 5g, Carbohydrates: 54g, Fat: 8g, Fiber: 7g, Cholesterol: 0mg, Sodium: 450mg, Potassium: 330mg

ROASTED RED PEPPER & HUMMUS PIZZA



4 SERVINGS



10 MINUTES



15 MINUTES

This delightful pizza combines the creamy texture of hummus with the smoky flavor of roasted red peppers. It's a heart-healthy vegetarian dish perfect for a cozy dinner.

Equipment: Oven, Baking Sheet, Mixing Bowl

Ingredients:

- 1 (12-inch) whole wheat pizza crust
- 1 cup hummus
- 1 large roasted red pepper, sliced
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup fresh basil leaves
- Salt and pepper to taste

Directions:

1. Preheat the oven to 425°F (220°C).
2. Place the pizza crust on a baking sheet. Evenly spread hummus over the crust, leaving a slight border around the edges.
3. Arrange the roasted red pepper slices, cherry tomatoes, red onion, and olives over the hummus layer.
4. Season with salt and pepper. Bake in the oven for 12-15 minutes, or until the edges of the crust are golden brown.
5. Remove from the oven and garnish with fresh basil leaves before serving.

Nutritional Information: Calories: 210, Protein: 7g, Carbohydrates: 32g, Fat: 6g, Fiber: 6g, Cholesterol: 0mg, Sodium: 320mg, Potassium: 300mg

VEGAN JAMBALAYA WITH BROWN RICE



4 SERVINGS



15 MINUTES



40 MINUTES

Savor the vibrant flavors of New Orleans in a heart-healthy, plant-based jambalaya. This dish combines wholesome brown rice with a medley of vegetables for a satisfying and nourishing meal.

Equipment: Large pot, Wooden spoon

Ingredients:

- 1 tablespoon olive oil
- 1 onion, diced
- 2 cloves garlic, minced
- 1 bell pepper, chopped
- 1 zucchini, sliced
- 1 cup brown rice
- 1 can (14 oz) diced tomatoes
- 2 1/2 cups vegetable broth
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- 1/2 teaspoon cayenne pepper (optional)
- 1 cup kidney beans, drained and rinsed
- Salt and pepper to taste
- 2 green onions, sliced (for garnish)

Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and garlic, and sauté until softened, about 3-4 minutes.
2. Stir in bell pepper and zucchini; cook for another 2-3 minutes.
3. Add brown rice, diced tomatoes, and vegetable broth. Season with smoked paprika, thyme, cayenne pepper, salt, and pepper.
4. Bring mixture to a boil, then reduce heat to low. Cover and simmer for 30-35 minutes or until rice is tender.
5. Stir in kidney beans and cook for an additional 5 minutes. Adjust seasoning as needed.
6. Serve hot, garnished with sliced green onions.

Nutritional Information: Calories: 385, Protein: 11g, Carbohydrates: 68g, Fat: 7g, Fiber: 11g, Cholesterol: 0mg, Sodium: 450mg, Potassium: 785mg

TURMERIC & COCONUT CHICKPEA SOUP



4 SERVINGS



10 MINUTES



25 MINUTES

This hearty and fragrant soup combines the warmth of turmeric with the creaminess of coconut milk to create a comforting and nutritious meal. Perfect for a satisfying vegan option in the DASH diet.

Equipment: Large pot, Wooden spoon, Blender or immersion blender

Ingredients:

- 1 tablespoon olive oil
- 1 cup diced onion
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 teaspoon ground turmeric
- 1 can (14 oz) coconut milk
- 2 cups vegetable broth
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup diced tomatoes
- Salt and pepper to taste
- 2 tablespoons chopped fresh cilantro (optional, for garnish)

Directions:

1. Heat olive oil in a large pot over medium heat. Add onion and sauté until translucent.
2. Stir in garlic, ginger, and turmeric; cook for another minute until fragrant.
3. Add coconut milk, vegetable broth, chickpeas, and diced tomatoes. Bring to a simmer.
4. Reduce heat and let the soup simmer for 15 minutes, allowing flavors to meld.
5. Blend the soup using a blender or immersion blender until smooth and creamy.
6. Season with salt and pepper to taste. Serve hot, garnished with cilantro if desired.

Nutritional Information: Calories: 320, Protein: 9g, Carbohydrates: 37g, Fat: 17g, Fiber: 9g, Cholesterol: 0 mg, Sodium: 580 mg, Potassium: 620 mg

CREAMY CASHEW ALFREDO PASTA



4 SERVINGS



15 MINUTES



20 MINUTES

Indulge in a luscious, creamy cashew Alfredo sauce tossed with whole grain pasta. This plant-based spin on the classic Italian favorite is rich in flavor and heart-healthy nutrients, perfect for a satisfying vegan meal.

Equipment: Blender, Saucepan, Large Pot

Ingredients:

- 1 cup raw cashews
- 1 cup water
- 3 cloves garlic, minced
- 3 tablespoons nutritional yeast
- 2 tablespoons lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 12 ounces whole grain pasta
- 2 cups fresh spinach
- 1 tablespoon olive oil

Directions:

1. Soak cashews in hot water for 15 minutes, then drain.
2. Blend soaked cashews, water, garlic, nutritional yeast, lemon juice, salt, and pepper until smooth and creamy.
3. Cook pasta according to package instructions; drain and set aside.
4. In a saucepan, heat olive oil and wilt spinach over medium heat.
5. Add cooked pasta and cashew sauce to the spinach. Stir until well combined and heated through.
6. Serve warm, garnished with fresh cracked black pepper and additional nutritional yeast if desired.

Nutritional Information: Calories: 480, Protein: 16g, Carbohydrates: 62g, Fat: 20g, Fiber: 8g, Cholesterol: 0mg, Sodium: 200mg, Potassium: 576mg

PESTO ZOODLE (ZUCCHINI NOODLES) BOWL



4 SERVINGS



15 MINUTES



10 MINUTES

This vibrant and refreshing Pesto Zoodle Bowl offers a delightful twist on traditional pasta. Perfect for a light lunch or dinner, it's packed with fresh flavors and nutrients.

Equipment: Spiralizer, Blending Equipment, Large Skillet

Ingredients:

- 4 medium zucchinis, spiralized
- 2 cups fresh basil leaves
- 1/4 cup pine nuts
- 1/4 cup nutritional yeast
- 2 cloves garlic
- 1/4 cup olive oil
- 1 pint cherry tomatoes, halved
- Salt and pepper to taste

Nutritional Information: Calories: 210, Protein: 6g, Carbohydrates: 16g, Fat: 17g, Fiber: 5g, Cholesterol: 0mg, Sodium: 80mg, Potassium: 760mg

Directions:

1. Spiralize the zucchinis into noodles using a spiralizer and set aside.
2. In a blender, combine basil leaves, pine nuts, nutritional yeast, garlic, olive oil, salt, and pepper. Blend until smooth to create the pesto sauce.
3. Heat a large skillet over medium heat and toss in the zoodles, cooking for about 2-3 minutes until they begin to soften.
4. Add the cherry tomatoes to the skillet and cook for another 2 minutes.
5. Remove from heat and mix in the pesto sauce until well combined.
6. Serve the zoodle bowls warm or at room temperature, garnished with additional basil if desired.

GRILLED EGGPLANT & TOMATO STACKS



4 SERVINGS



10 MINUTES



15 MINUTES

This elegant dish combines succulent grilled eggplant with juicy tomatoes, layered with fresh basil and a hint of balsamic glaze, making a deliciously hearty vegan entrée.

Equipment: Grill Pan or Outdoor Grill, Mixing Bowl, Basting Brush

Ingredients:

- 2 medium eggplants, sliced into 1/2-inch rounds
- 2 tablespoons olive oil
- 2 large tomatoes, sliced into 1/2-inch rounds
- 1/4 cup fresh basil leaves
- 2 tablespoons balsamic glaze
- Salt and pepper to taste

Nutritional Information: Calories: 150, Protein: 2g, Carbohydrates: 16g, Fat: 9g, Fiber: 6g, Cholesterol: 0mg, Sodium: 15mg, Potassium: 450mg

Directions:

1. Preheat the grill pan or outdoor grill to medium-high heat.
2. Brush both sides of the eggplant slices with olive oil and season with salt and pepper.
3. Grill the eggplant slices for about 4-5 minutes each side until tender and grill marks appear.
4. Layer the grilled eggplant, tomato slices, and fresh basil leaves into stacks, starting and ending with eggplant.
5. Drizzle with balsamic glaze just before serving.

ASIAN PEANUT-LIME TEMPEH SALAD



4 SERVINGS



15 MINUTES



10 MINUTES

A refreshing and satisfying salad, this dish combines the nutty texture of tempeh with the tangy-sweet flavor of a peanut-lime dressing. Perfect for a light lunch or dinner.

Equipment: Skillet, Mixing Bowl, Whisk

Ingredients:

- 8 oz Tempeh, cut into cubes
- 1 tbsp Olive oil
- 4 cups Mixed salad greens
- 1 cup Shredded carrots
- 1/2 cup Red bell pepper, sliced
- 1/4 cup Chopped peanuts
- 1/4 cup Fresh cilantro, chopped
- 2 tbsp Lime juice
- 2 tbsp Soy sauce (low sodium)
- 2 tbsp Peanut butter
- 1 tbsp Maple syrup
- 1 clove Garlic, minced
- 1 tsp Fresh ginger, grated

Nutritional Information: Calories: 350, Protein: 18g, Carbohydrates: 30g, Fat: 18g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 450 mg, Potassium: 600 mg

Directions:

1. Heat olive oil in a skillet over medium heat and sauté the tempeh cubes until golden brown, about 5-7 minutes.
2. In a small mixing bowl, whisk together lime juice, soy sauce, peanut butter, maple syrup, garlic, and ginger to create the dressing.
3. Arrange the salad greens in a large serving bowl, adding the shredded carrots and red bell pepper.
4. Top the salad with sautéed tempeh, chopped peanuts, and fresh cilantro.
5. Drizzle the peanut-lime dressing over the salad and toss gently to combine.
6. Adjust seasoning with additional lime juice or soy sauce if desired.
7. Serve immediately and enjoy the vibrant flavors and textures.

WARM LENTIL & ROASTED BEET SALAD



4 SERVINGS



15 MINUTES



40 MINUTES

This hearty Warm Lentil & Roasted Beet Salad combines earthy lentils with sweet, caramelized beets, offering a colorful and nutritious centerpiece to your meal that's perfect for any time of the year.

Equipment: Baking Sheet, Medium Saucepan, Large Mixing Bowl

Ingredients:

- 3 medium beets, peeled and diced
- 1 tablespoon olive oil
- 1 cup dry green lentils
- 3 cups vegetable broth
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 garlic clove, minced
- 1/4 cup chopped fresh parsley

Nutritional Information: Calories: 280, Protein: 14g, Carbohydrates: 42g, Fat: 6g, Fiber: 16g, Cholesterol: 0mg, Sodium: 370mg, Potassium: 820mg

- Directions:**
1. Preheat the oven to 400°F (200°C). Toss the diced beets with olive oil, salt, and pepper, and spread on a baking sheet.
 2. Roast the beets in the oven for 25-30 minutes until tender, stirring halfway through.
 3. While beets are roasting, rinse the lentils and combine with vegetable broth in a medium saucepan. Bring to a boil, then reduce heat and simmer for 20-25 minutes until tender.
 4. In a large mixing bowl, whisk together balsamic vinegar, Dijon mustard, and minced garlic.
 5. Add the cooked lentils and roasted beets into the bowl with the dressing. Toss to combine.
 6. Top with chopped parsley before serving warm.

POULTRY & SEAFOOD MAINS

LEMON HERB GRILLED CHICKEN BREAST



4 SERVINGS



15 MINUTES



15 MINUTES

This delightful dish combines citrusy zest with aromatic herbs to create a succulent and flavorful grilled chicken breast that's perfect for any meal.

Equipment: Grill, Mixing Bowl, Tongs

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp lemon zest
- 2 cloves garlic, minced
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp salt
- 1/2 tsp ground black pepper

Nutritional Information: Calories: 220, Protein: 31g, Carbohydrates: 2g, Fat: 10g, Fiber: 0g, Cholesterol: 75 mg, Sodium: 400 mg, Potassium: 430 mg

Directions:

1. In a mixing bowl, combine olive oil, lemon juice, lemon zest, minced garlic, oregano, thyme, salt, and pepper to create a marinade.
2. Place the chicken breasts in the bowl and coat them well with the marinade. Let it marinate for at least 15 minutes or up to 2 hours in the refrigerator for extra flavor.
3. Preheat the grill to medium-high heat.
4. Remove chicken from the marinade and place it on the grill. Grill each side for about 6-7 minutes or until fully cooked and the internal temperature reaches 165°F (75°C).
5. Remove from the grill and let rest for a few minutes before serving.

BALSAMIC GLAZED CHICKEN THIGHS



4 SERVINGS



10 MINUTES



30 MINUTES

A flavorful, heart-healthy dish with sweet and tangy balsamic glaze that perfectly complements tender chicken thighs. Ideal for a satisfying DASH diet dinner.

Equipment: Skillet, Mixing Bowl, Whisk

Ingredients:

- 4 boneless, skinless chicken thighs
- 1/4 cup balsamic vinegar
- 2 tablespoons honey
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon dried thyme
- 1/4 teaspoon black pepper
- Salt to taste

Nutritional Information: Calories: 280, Protein: 28g, Carbohydrates: 16g, Fat: 12g, Fiber: 0g, Cholesterol: 110mg, Sodium: 150mg, Potassium: 300mg

Directions:

1. In a mixing bowl, whisk together balsamic vinegar, honey, olive oil, minced garlic, dried thyme, black pepper, and salt to form a marinade.
2. Place chicken thighs in the bowl, turning to coat them in the marinade. Let them marinate for at least 10 minutes.
3. Heat a skillet over medium heat and place chicken thighs in the skillet, reserving the marinade. Cook for 5-6 minutes on each side or until browned.
4. Pour the reserved marinade over the chicken and simmer on low, allowing the glaze to thicken, about 10-15 minutes.
5. Serve the glazed chicken thighs hot, with additional glaze drizzled on top.

GARLIC & HERB ROASTED TURKEY TENDERLOIN



4 SERVINGS



15 MINUTES



30 MINUTES

Indulge in the flavors of succulent turkey tenderloin infused with garlic and herbs, a perfect centerpiece for a satisfying DASH-friendly meal.

Equipment: Oven, Baking Sheet, Mixing Bowl

Ingredients:

- 1 lb Turkey Tenderloin
- 2 tbsp Olive Oil
- 4 cloves Garlic, minced
- 1 tbsp Fresh Rosemary, chopped
- 1 tbsp Fresh Thyme, chopped
- 1/2 tsp Salt
- 1/4 tsp Black Pepper
- 1 Lemon, sliced

Directions:

1. Preheat the oven to 375°F (190°C).
2. In a mixing bowl, combine olive oil, garlic, rosemary, thyme, salt, and pepper.
3. Rub the mixture evenly over the turkey tenderloin and place it on a baking sheet.
4. Arrange lemon slices around the turkey for added flavor.
5. Roast in the preheated oven for 25-30 minutes, or until the internal temperature reaches 165°F (74°C).
6. Let the turkey rest for 5 minutes before slicing and serving.

Nutritional Information: Calories: 220, Protein: 40g, Carbohydrates: 2g, Fat: 8g, Fiber: 0g, Cholesterol: 90mg, Sodium: 320mg, Potassium: 460mg

CHICKEN STIR-FRY



4 SERVINGS



15 MINUTES



15 MINUTES

A quick and flavorful chicken stir-fry infused with colorful vegetables, designed to fit the DASH diet while offering a burst of flavor in every bite.

Equipment: Wok or large skillet, Cutting board, Knife

Ingredients:

- 1 lb boneless, skinless chicken breast, thinly sliced
- 2 tbsp low-sodium soy sauce
- 1 tbsp olive oil
- 1 cup broccoli florets
- 1 red bell pepper, sliced
- 1 small onion, sliced
- 2 cloves garlic, minced
- 1 tsp fresh ginger, grated
- 1 tbsp sesame seeds (optional)

Directions:

1. Heat the olive oil in a wok over medium-high heat. Add chicken and stir-fry until cooked through, about 5 minutes.
2. Add garlic and ginger to the wok, sauté for about 1 minute until fragrant.
3. Add broccoli, bell pepper, and onion. Stir-fry for another 5 minutes or until vegetables are tender-crisp.
4. Pour in the soy sauce and stir well until everything is coated and heated through.
5. Garnish with sesame seeds before serving, if desired.

Nutritional Information: Calories: 220, Protein: 28g, Carbohydrates: 10g, Fat: 8g, Fiber: 3g, Cholesterol: 65mg, Sodium: 320mg, Potassium: 600mg

SPICED YOGURT-MARINATED CHICKEN



4 SERVINGS



15 MINUTES



25 MINUTES

This spiced yogurt-marinated chicken is a deliciously tangy and aromatic dish, ideal for a flavorful, heart-healthy meal. The yogurt tenderizes the chicken while the spices infuse it with a delightful blend of flavors.

Equipment: Mixing Bowl, Grill or Oven, Tongs

Directions:

Ingredients:

- 1 cup plain low-fat yogurt
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1/2 teaspoon paprika
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt
- 4 boneless, skinless chicken breasts
- 1 tablespoon olive oil
- Fresh cilantro, chopped, for garnish (optional)

1. In a mixing bowl, combine yogurt, lemon juice, garlic, cumin, coriander, paprika, cayenne, and salt to form the marinade.
2. Add the chicken breasts, ensuring they are fully coated in the marinade. Cover and refrigerate for at least 30 minutes, up to 8 hours for deeper flavor.
3. Preheat the grill or oven to medium-high heat. If using a grill, brush with olive oil to prevent sticking.
4. Grill the marinated chicken for about 6–7 minutes per side, or until cooked through and juices run clear.
5. Remove from heat, allow it to rest for a few minutes, and garnish with chopped cilantro before serving.

Nutritional Information: Calories: 220, Protein: 34g, Carbohydrates: 6g, Fat: 7g, Fiber: 0g, Cholesterol: 90mg, Sodium: 320mg, Potassium: 540mg

GRILLED CHICKEN & QUINOA SALAD



4 SERVINGS



15 MINUTES



25 MINUTES

This light and refreshing Grilled Chicken & Quinoa Salad is a perfect example of heart-healthy eating. The tender chicken complements the nutty quinoa and fresh vegetables, offering a satisfying yet balanced meal.

Equipment: Grill pan, Medium saucepan, Large mixing bowl

Directions:

Ingredients:

- 2 (6 oz each) boneless, skinless chicken breasts
- 1 cup quinoa, rinsed
- 2 cups water
- 1 cup cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- Salt and pepper to taste
- Fresh parsley for garnish

1. Season the chicken breasts with salt and pepper. Grill on a preheated grill pan over medium heat for 5-7 minutes on each side, or until cooked through. Remove from heat and let rest.
2. In a medium saucepan, bring water to a boil. Add quinoa, reduce heat to low, cover, and simmer for 15 minutes or until quinoa is tender and water is absorbed. Fluff with a fork and let cool.
3. In a large mixing bowl, combine cooled quinoa, cherry tomatoes, cucumber, and red onion.
4. In a small bowl, whisk together olive oil, lemon juice, salt, and pepper. Pour over the quinoa mixture and toss gently to combine.
5. Slice the grilled chicken and arrange on top of the quinoa salad.
6. Garnish with fresh parsley and serve immediately.

Nutritional Information: Calories: 365, Protein: 32g, Carbohydrates: 28g, Fat: 13g, Fiber: 5g, Cholesterol: 65mg, Sodium: 95mg, Potassium: 620mg

CHICKEN & CHICKPEA TAGINE



4 SERVINGS



15 MINUTES



40 MINUTES

Savor the warm, aromatic spices of North Africa with this hearty, flavor-packed tagine. Combining tender chicken with nutrient-rich chickpeas, it's a nutritious, one-pot wonder perfect for a healthy DASH diet meal.

Equipment: Dutch Oven or Tagine, Mixing Spoon, Knife

Ingredients:

- 1 lb boneless, skinless chicken thighs, cut into chunks
- 1 can (15 oz) chickpeas, drained and rinsed
- 1 tablespoon olive oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground ginger
- 1 teaspoon ground cinnamon
- 1 cup low-sodium chicken broth
- 1 can (14 oz) diced tomatoes
- 1/2 cup dried apricots, chopped
- Salt and pepper to taste
- Fresh cilantro, for garnish

- Directions:**
1. Heat olive oil in a Dutch oven over medium heat. Add the chicken pieces and cook until browned on all sides.
 2. Add onion and garlic to the pot; sauté until the onion becomes soft and translucent.
 3. Stir in cumin, ginger, and cinnamon. Cook for 1 minute until fragrant.
 4. Pour in chicken broth and diced tomatoes. Bring to a simmer, then add chickpeas and apricots.
 5. Cover and simmer for 30 minutes until the chicken is cooked through and tender. Season with salt and pepper.
 6. Garnish with fresh cilantro before serving.

Nutritional Information: Calories: 320, Protein: 30g, Carbohydrates: 38g, Fat: 9g, Fiber: 7g, Cholesterol: 75 mg, Sodium: 300 mg, Potassium: 720 mg

HONEY MUSTARD CHICKEN SKEWERS



4 SERVINGS



15 MINUTES



15 MINUTES

These Honey Mustard Chicken Skewers are a delightful combination of sweet and tangy flavors, perfect for a quick and healthy meal on the DASH Diet.

Equipment: Grill or Grill Pan, Mixing Bowl, Skewers

Ingredients:

- 1 lb boneless, skinless chicken breast, cut into 1-inch cubes
- 1/4 cup Dijon mustard
- 2 tbsp honey
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 garlic clove, minced
- 1/2 tsp black pepper
- 1/4 tsp salt
- 1 tbsp fresh parsley, chopped

Directions:

1. In a mixing bowl, combine Dijon mustard, honey, olive oil, lemon juice, garlic, black pepper, and salt to create the marinade.
2. Add the chicken cubes to the marinade, ensuring all pieces are well-coated, and let them marinate for at least 10 minutes.
3. Thread the marinated chicken onto skewers, distributing evenly.
4. Preheat the grill or grill pan over medium heat.
5. Grill the skewers for about 12-15 minutes, turning occasionally, until the chicken is cooked through and lightly charred.
6. Sprinkle with fresh parsley before serving.

Nutritional Information: Calories: 210, Protein: 28g, Carbohydrates: 14g, Fat: 6g, Fiber: 0g, Cholesterol: 65 mg, Sodium: 390 mg, Potassium: 440 mg

GREEK-STYLE BAKED CHICKEN



4 SERVINGS



15 MINUTES



45 MINUTES

This flavorful and heart-healthy Greek-Style Baked Chicken is a delightful mix of tender chicken, Mediterranean herbs, and bright lemon zest, perfect for an easy yet exquisite main dish.

Equipment: Baking Dish, Mixing Bowl, Whisk

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup kalamata olives, sliced
- ½ cup feta cheese, crumbled
- 1 tablespoon chopped fresh parsley, for garnish

Directions:

1. Preheat your oven to 375°F (190°C).
2. In a mixing bowl, whisk together olive oil, lemon juice, garlic, oregano, salt, and pepper to create the marinade.
3. Place chicken breasts in the baking dish and pour the marinade over them. Arrange olives around the chicken.
4. Bake in the preheated oven for 35-40 minutes, or until the chicken is cooked through and juices run clear.
5. Sprinkle feta cheese over the chicken and return to the oven for an additional 5 minutes, or until the cheese is slightly melted.
6. Garnish with chopped parsley before serving.

Nutritional Information: Calories: 280, Protein: 35g, Carbohydrates: 3g, Fat: 14g, Fiber: 1g, Cholesterol: 90 mg, Sodium: 450 mg, Potassium: 480 mg

CHICKEN & SPINACH STUFFED PEPPERS



4 SERVINGS



15 MINUTES



30 MINUTES

Savor this wholesome dish of bell peppers filled with a savory blend of chicken, spinach, and spices, perfect for a nourishing and flavorful main course.

Equipment: Baking Dish, Mixing Bowl, Skillet

Ingredients:

- 4 large bell peppers, halved and seeded
- 2 cups cooked chicken breast, shredded
- 1 cup fresh spinach, chopped
- 1/2 cup brown rice, cooked
- 1/2 cup low-sodium chicken broth
- 1/2 cup diced tomatoes
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon dried oregano
- Salt and pepper to taste
- 1 tablespoon olive oil

Directions:

1. Preheat the oven to 375°F (190°C). Lightly grease a baking dish with olive oil.
2. In a skillet over medium heat, add olive oil and gently sauté spinach until wilted.
3. In a mixing bowl, combine shredded chicken, spinach, brown rice, chicken broth, diced tomatoes, garlic powder, onion powder, dried oregano, salt, and pepper.
4. Stuff each bell pepper half with the chicken mixture and place in the baking dish.
5. Cover the dish with foil and bake for 25-30 minutes until the peppers are tender.
6. Remove foil in the last 10 minutes for slight browning, if desired.
7. Serve warm, garnished with fresh herbs if desired.

Nutritional Information: Calories: 250, Protein: 23g, Carbohydrates: 20g, Fat: 8g, Fiber: 5g, Cholesterol: 45mg, Sodium: 180mg, Potassium: 550mg

ZESTY LIME & CILANTRO CHICKEN



4 SERVINGS



10 MINUTES



20 MINUTES

This delightful dish features juicy chicken breasts marinated in a bright blend of lime and cilantro, making it a flavorful and heart-healthy option for a satisfying meal.

Equipment: Grill Pan, Mixing Bowl, Tongs

Ingredients:

- 4 Boneless, skinless chicken breasts (about 6 oz each)
- 3 tablespoons Fresh lime juice
- 2 tablespoons Olive oil
- 1/4 cup Fresh cilantro, finely chopped
- 2 Cloves of garlic, minced
- 1/2 teaspoon Ground cumin
- Salt and pepper, to taste

Directions:

1. In a mixing bowl, combine lime juice, olive oil, cilantro, garlic, cumin, salt, and pepper.
2. Place chicken breasts in the bowl, ensuring they are well coated, and let marinate for at least 10 minutes.
3. Heat a grill pan over medium-high heat.
4. Grill chicken breasts for 6-7 minutes on each side, or until fully cooked and juices run clear.
5. Serve immediately with an optional garnish of fresh lime wedges and cilantro.

Nutritional Information: Calories: 210, Protein: 29g, Carbohydrates: 2g, Fat: 10g, Fiber: 0g, Cholesterol: 70mg, Sodium: 70mg, Potassium: 350mg

SPICY BLACKENED TILAPIA



4 SERVINGS



10 MINUTES



10 MINUTES

Transform your dinner with this Spicy Blackened Tilapia, brimming with bold flavors and a satisfying kick. Perfectly seared, this dish is a zesty, healthy delight.

Equipment: Skillet, Mixing Bowl, Spatula

Ingredients:

- 4 fillets Tilapia
- 2 tablespoons Olive Oil
- 2 teaspoons Paprika
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1 teaspoon Dried Thyme
- 1 teaspoon Dried Oregano
- 1/2 teaspoon Cayenne Pepper
- 1/2 teaspoon Black Pepper
- 1/2 teaspoon Salt

Directions:

1. In a mixing bowl, combine paprika, garlic powder, onion powder, thyme, oregano, cayenne pepper, black pepper, and salt. Mix well.
2. Pat the tilapia fillets dry with paper towels. Rub each fillet with olive oil, then coat generously with the spice mixture.
3. Heat a skillet over medium-high heat. Once hot, place the fillets in the skillet.
4. Cook for about 3-4 minutes on each side, or until the fish is opaque and flakes easily with a fork.
5. Remove from heat and serve immediately.

Nutritional Information: Calories: 240, Protein: 35g, Carbohydrates: 1g, Fat: 11g, Fiber: 1g, Cholesterol: 70mg, Sodium: 360mg, Potassium: 540mg

GRILLED SALMON WITH MANGO SALSA



4 SERVINGS



15 MINUTES



10 MINUTES

This dish combines the rich, hearty flavor of grilled salmon with the refreshing zest of a vibrant mango salsa. It's a delightful fusion that offers a satisfying and healthy meal option.

Equipment: Grill, Mixing Bowl, Tongs

Ingredients:

- 4 (6-ounce) salmon fillets
- 1 tablespoon olive oil
- 1 teaspoon ground cumin
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 mango, peeled, pitted, and diced
- 1/2 red bell pepper, diced
- 1/4 red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 2 tablespoons lime juice
- 1 jalapeño, seeded and minced (optional)

Directions:

1. Preheat the grill to medium-high heat.
2. Brush each salmon fillet with olive oil and sprinkle both sides with cumin, salt, and pepper.
3. Place the salmon fillets on the grill and cook for about 4-5 minutes on each side, or until the salmon is opaque and flakes easily with a fork.
4. In a mixing bowl, combine the mango, red bell pepper, red onion, cilantro, lime juice, and jalapeño. Stir until well mixed.
5. Serve the grilled salmon hot, topped with the mango salsa.

Nutritional Information: Calories: 320, Protein: 34g, Carbohydrates: 12g, Fat: 15g, Fiber: 2g, Cholesterol: 75 mg, Sodium: 420 mg, Potassium: 1100 mg

BAKED LEMON & DILL COD



4 SERVINGS



10 MINUTES



20 MINUTES

This delightful Baked Lemon & Dill Cod recipe offers a fresh and vibrant taste, balanced beautifully with herbs and citrus. Perfect for a heart-healthy meal that adheres to the DASH diet principles.

Equipment: Baking Dish, Mixing Bowl, Oven

Ingredients:

- 4 (6-ounce) cod fillets
- 2 tablespoons olive oil
- 1 tablespoon freshly squeezed lemon juice
- 1 tablespoon fresh dill, chopped
- 2 cloves garlic, minced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- Lemon slices (optional, for garnish)

Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, combine olive oil, lemon juice, dill, garlic, salt, and pepper.
3. Place the cod fillets in the baking dish and drizzle the lemon-dill mixture evenly over the fillets.
4. Bake in the preheated oven for 15-20 minutes or until the cod flakes easily with a fork.
5. Garnish with lemon slices before serving, if desired.

Nutritional Information: Calories: 220, Protein: 34g, Carbohydrates: 1g, Fat: 9g, Fiber: 0g, Cholesterol: 77mg, Sodium: 300mg, Potassium: 700mg

SHRIMP & QUINOA PAELLA



4 SERVINGS



15 MINUTES



30 MINUTES

This lightened up version of classic paella combines succulent shrimp with quinoa for a nutritious, flavor-packed dish, perfectly in line with the DASH diet principles.

Equipment: Large Skillet, Medium Saucepan, Spoon **Directions:**

Ingredients:

- 1 cup Quinoa, rinsed
- 2 cups Low-sodium Chicken Broth
- 1 tablespoon Olive Oil
- 1 pound Shrimp, peeled and deveined
- 1 medium Red Bell Pepper, diced
- 1 medium Onion, diced
- 2 cloves Garlic, minced
- 1 teaspoon Smoked Paprika
- 1/2 teaspoon Saffron Threads
- 1 cup Frozen Peas, thawed
- 1 Lemon, cut into wedges for serving
- Salt and Pepper to taste

1. In a medium saucepan, bring chicken broth to a boil. Add quinoa, reduce heat, cover, and simmer for 15 minutes or until liquid is absorbed. Set aside.
2. In a large skillet, heat olive oil over medium heat. Add onion, bell pepper, and garlic; sauté until softened, about 5 minutes.
3. Stir in smoked paprika and saffron threads, then add shrimp; cook until shrimp turns pink, about 3-4 minutes.
4. Mix in cooked quinoa and peas; season with salt and pepper to taste.
5. Serve hot, garnished with lemon wedges.

Nutritional Information: Calories: 320, Protein: 28g, Carbohydrates: 39g, Fat: 8g, Fiber: 6g, Cholesterol: 145mg, Sodium: 400mg, Potassium: 600mg

GARLIC BUTTER SHRIMP WITH ZOODLES



4 SERVINGS



15 MINUTES



10 MINUTES

Savor this savory and healthful dish that pairs succulent shrimp with refreshing zucchini noodles, all enveloped in a garlic butter sauce—perfect for a satisfying yet light dinner.

Equipment: Large skillet, Spiralizer, Tongs

Directions:

Ingredients:

- 1 lb shrimp, peeled and deveined
- 2 tbsp unsalted butter
- 4 cloves garlic, minced
- 1/4 tsp red pepper flakes
- 1/2 cup low-sodium chicken broth
- 4 medium zucchinis, spiralized
- 1 tbsp lemon juice
- Salt and pepper to taste
- 2 tbsp fresh parsley, chopped

1. Melt butter in a large skillet over medium heat; add garlic and red pepper flakes, sauté until fragrant.
2. Add shrimp to the skillet; cook for 2-3 minutes until pink and opaque.
3. Pour in chicken broth and bring to a simmer.
4. Toss in the zucchini noodles, combine well with the shrimp and cook for another 2 minutes.
5. Stir in lemon juice, salt, and pepper, adjusting to taste.
6. Garnish with fresh parsley and serve immediately.

Nutritional Information: Calories: 210, Protein: 25g, Carbohydrates: 6g, Fat: 11g, Fiber: 2g, Cholesterol: 180mg, Sodium: 400mg, Potassium: 550mg

ASIAN GINGER SOY GLAZED SALMON



4 SERVINGS



15 MINUTES



15 MINUTES

This flavorful Asian-inspired dish offers a perfect balance of tangy and savory, with a hint of sweetness. Ideal for a DASH diet, it's both heart-healthy and deliciously satisfying.

Equipment: Baking Sheet, Mixing Bowl, Whisk

Directions:

Ingredients:

- 4 (6-ounce) skinless salmon fillets
- 1/3 cup low-sodium soy sauce
- 2 tablespoons honey
- 1 tablespoon fresh ginger, grated
- 2 cloves garlic, minced
- 1 tablespoon lime juice
- 1 teaspoon sesame oil
- 1 tablespoon olive oil
- 1 tablespoon sesame seeds (optional for garnish)
- 2 green onions, thinly sliced (optional for garnish)

1. Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, whisk together soy sauce, honey, ginger, garlic, lime juice, and sesame oil.
3. Place salmon fillets on the prepared baking sheet; brush each with olive oil, then pour the soy sauce mixture over the fillets, ensuring they are well coated.
4. Bake in the preheated oven for 12-15 minutes or until salmon flakes easily with a fork.
5. Optional: Garnish with sesame seeds and green onions before serving.

Nutritional Information: Calories: 312, Protein: 34g, Carbohydrates: 14g, Fat: 14g, Fiber: 0g, Cholesterol: 93 mg, Sodium: 438 mg, Potassium: 833 mg

OVEN-ROASTED HERB TILAPIA



4 SERVINGS



10 MINUTES



15 MINUTES

This simple yet flavorful dish highlights the fresh and light essence of tilapia, enhanced with aromatic herbs. Perfect for a healthy, quick weekday dinner that doesn't compromise on taste.

Equipment: Baking Sheet, Mixing Bowl, Oven

Directions:

Ingredients:

- 4 (4-ounce) tilapia fillets
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon fresh parsley, chopped (for garnish)

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a mixing bowl, whisk together olive oil, lemon juice, minced garlic, thyme, oregano, salt, and pepper.
3. Place tilapia fillets on the prepared baking sheet. Brush both sides of the fillets with the herb mixture.
4. Roast in the oven for 12-15 minutes, or until the fish flakes easily with a fork.
5. Garnish with fresh parsley before serving.

Nutritional Information: Calories: 220, Protein: 25g, Carbohydrates: 2g, Fat: 13g, Fiber: 0g, Cholesterol: 55mg, Sodium: 320mg, Potassium: 450mg

SPICY CAJUN SHRIMP SKEWERS



4 SERVINGS



15 MINUTES



10 MINUTES

These Spicy Cajun Shrimp Skewers are a fiery and flavorful addition to your DASH diet menu. With a zesty Cajun spice blend that brings out the best in fresh shrimp, these skewers are easy to grill and even easier to enjoy.

Equipment: Grill, Skewers, Mixing Bowl

Ingredients:

- 1 pound large shrimp, peeled and deveined
- 1 tablespoon olive oil
- 1 tablespoon Cajun seasoning
- 1 lemon, cut into wedges
- 1 red bell pepper, cut into 1-inch pieces
- 1 yellow bell pepper, cut into 1-inch pieces
- 2 tablespoons fresh parsley, chopped (for garnish)

Nutritional Information: Calories: 200, Protein: 25g, Carbohydrates: 7g, Fat: 9g, Fiber: 2g, Cholesterol: 185 mg, Sodium: 290 mg, Potassium: 370 mg

Directions:

1. Preheat the Grill: Preheat your grill to medium-high heat.
2. Prepare the Shrimp: In a mixing bowl, combine shrimp, olive oil, and Cajun seasoning. Toss well to coat the shrimp evenly.
3. Assemble Skewers: Thread shrimp, red bell pepper, and yellow bell pepper alternately onto skewers.
4. Grill the Skewers: Place skewers on the grill and cook for 2-3 minutes per side, until shrimp are opaque and cooked through.
5. Finish and Serve: Remove skewers from the grill, garnish with freshly chopped parsley and serve with lemon wedges.

MISO-GLAZED SEABASS



4 SERVINGS



10 MINUTES



15 MINUTES

This Miso-Glazed Seabass is a deliciously savory dish that combines the rich flavors of miso paste with the delicate texture of seabass for a heart-healthy, low-sodium meal perfect for any occasion.

Equipment: Baking Sheet, Small Mixing Bowl, Basting Brush

Ingredients:

- 4 fillets Seabass (approximately 6 oz each)
- 3 tablespoons Miso Paste
- 2 tablespoons Rice Vinegar
- 1 tablespoon Low-Sodium Soy Sauce
- 2 tablespoons Honey
- 1 teaspoon Grated Ginger
- 1 teaspoon Sesame Oil
- 1 tablespoon Chopped Green Onions (for garnish)

Nutritional Information: Calories: 250, Protein: 28g, Carbohydrates: 12g, Fat: 8g, Fiber: 0g, Cholesterol: 48mg, Sodium: 320mg, Potassium: 550mg

Directions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. In a small mixing bowl, combine miso paste, rice vinegar, soy sauce, honey, grated ginger, and sesame oil to create a glaze.
3. Place the seabass fillets on the prepared baking sheet and use a basting brush to coat each fillet with the miso glaze.
4. Roast the seabass in the preheated oven for 12-15 minutes, or until the fish is fully cooked and flakes easily with a fork.
5. Remove from the oven and sprinkle the chopped green onions over the seabass before serving.

FISH TACOS WITH SLAW



4 SERVINGS



15 MINUTES



10 MINUTES

These DASH-style fish tacos are a fresh and flavorful meal perfect for any day of the week. Lightly seasoned fish pairs beautifully with a crisp slaw, all wrapped up in a soft corn tortilla.

Equipment: Skillet, Mixing Bowl, Tongs

Ingredients:

- 1 lb white fish fillets (such as tilapia or cod)
- 1 tbsp olive oil
- 1 tsp ground cumin
- 1 tsp paprika
- 1/4 tsp salt
- 8 small corn tortillas
- 2 cups shredded cabbage
- 1/2 cup shredded carrots
- 1/4 cup chopped cilantro
- 1 tbsp lime juice
- 1/2 cup non-fat plain Greek yogurt
- 2 tbsp lime juice (additional)
- 1 tsp honey

Nutritional Information: Calories: 310, Protein: 25g, Carbohydrates: 30g, Fat: 12g, Fiber: 5g, Cholesterol: 55mg, Sodium: 340mg, Potassium: 650mg

Directions:

1. Brush fish fillets with olive oil, then season with cumin, paprika, and salt.
2. Heat skillet over medium-high heat; cook fish for 4-5 minutes on each side until cooked through.
3. In a mixing bowl, combine cabbage, carrots, cilantro, 1 tbsp lime juice, and salt to taste for the slaw.
4. For sauce, mix Greek yogurt, 2 tbsp lime juice, and honey. Stir well.
5. Warm corn tortillas in a dry skillet or microwave for a few seconds.
6. Assemble tacos: place fish in tortillas, top with slaw, and drizzle with yogurt sauce.
7. Serve immediately, garnished with lime wedges if desired.

SEARED TUNA WITH AVOCADO SALSA



4 SERVINGS



10 MINUTES



8 MINUTES

This healthy and flavorful dish combines perfectly seared tuna with a refreshing avocado salsa, making it a standout main course.

Equipment: Non-stick Skillet, Mixing Bowl, Chef's Knife

Ingredients:

- 4 (6-ounce) tuna steaks
- 1 tablespoon olive oil
- 1 teaspoon ground black pepper
- 1 teaspoon sea salt
- 2 avocados, diced
- 1 small red onion, finely chopped
- 1 lime, juiced
- 1/4 cup fresh cilantro, chopped
- 1 jalapeño, seeded and minced

Nutritional Information: Calories: 320, Protein: 38g, Carbohydrates: 9g, Fat: 16g, Fiber: 5g, Cholesterol: 55mg, Sodium: 370mg, Potassium: 950mg

Directions:

1. Rub tuna steaks with olive oil, black pepper, and sea salt evenly on both sides.
2. Preheat the non-stick skillet over medium-high heat.
3. Sear tuna for 2-3 minutes on each side until cooked to desired doneness.
4. In a mixing bowl, combine diced avocado, chopped onion, lime juice, cilantro, and jalapeño to prepare the salsa.
5. Serve the seared tuna topped with generous scoops of avocado salsa.

LEMON BUTTER SCALLOPS



4 SERVINGS



10 MINUTES



10 MINUTES

Succulent scallops seared to perfection in a buttery lemon sauce, a true delight for any seafood lover.

Equipment: Skillet, Tongs, Zester

Ingredients:

- 1 lb fresh sea scallops
- 2 tbsp unsalted butter
- 2 tbsp fresh lemon juice
- 1 tsp lemon zest
- 2 tbsp fresh parsley, chopped
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper

Nutritional Information: Calories: 210, Protein: 21g, Carbohydrates: 2g, Fat: 14g, Fiber: 0g, Cholesterol: 60mg, Sodium: 300mg, Potassium: 380mg

Directions:

1. Pat the scallops dry with a paper towel and season both sides with salt and pepper.
2. Heat a skillet over medium-high heat and add 1 tablespoon of butter.
3. Sear scallops for 2-3 minutes on each side until golden brown and opaque in the center, then remove from the skillet.
4. Reduce heat to medium, add remaining butter, lemon juice, and lemon zest to the skillet, stirring until bubbly.
5. Return scallops to the skillet, coating them in the lemon butter sauce.
6. Sprinkle with fresh parsley, remove from heat, and serve immediately.

GRILLED MAHI-MAHI WITH PINEAPPLE SALSA



4 SERVINGS



15 MINUTES



10 MINUTES

This vibrant dish combines the delicate flavor of mahi-mahi with a refreshing pineapple salsa, perfect for a light and satisfying meal.

Equipment: Grill, Mixing Bowl, Knife

Ingredients:

- 4 (6 oz) mahi-mahi fillets
- 1 tbsp olive oil
- Salt and pepper to taste
- 1 cup diced fresh pineapple
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1/2 lime, juiced
- 1 jalapeño, seeded and minced

Nutritional Information: Calories: 275, Protein: 35g, Carbohydrates: 10g, Fat: 10g, Fiber: 2g, Cholesterol: 90 mg, Sodium: 150 mg, Potassium: 800 mg

Directions:

1. Preheat the grill to medium-high heat.
2. Brush mahi-mahi fillets with olive oil and season with salt and pepper.
3. Grill the fillets for 4 minutes on each side or until cooked through.
4. In a mixing bowl, combine pineapple, red onion, cilantro, lime juice, and jalapeño to make the salsa.
5. Serve grilled mahi-mahi topped with the fresh pineapple salsa.

TERIYAKI GLAZED SALMON



4 SERVINGS



10 MINUTES



15 MINUTES

Delight in the savory and sweet flavors of this Teriyaki Glazed Salmon. It's a heart-healthy, quick-to-make dish that's perfect for a DASH diet-friendly dinner.

Equipment: Baking sheet, Small saucepan, Mixing bowl

Ingredients:

- 4 (6 oz) salmon fillets
- 1/4 cup low-sodium soy sauce
- 2 tablespoons honey
- 2 tablespoons rice vinegar
- 1 tablespoon sesame oil
- 1 teaspoon ginger, minced
- 1 teaspoon garlic, minced
- 1 tablespoon cornstarch
- 2 tablespoons water
- Sesame seeds, for garnish
- Sliced green onions, for garnish

Nutritional Information: Calories: 310, Protein: 34g, Carbohydrates: 13g, Fat: 15g, Fiber: 0g, Cholesterol: 72mg, Sodium: 340mg, Potassium: 800mg

Directions:

1. Preheat the oven to 400°F (200°C). Line a baking sheet with parchment paper.
2. In a small saucepan, combine soy sauce, honey, rice vinegar, sesame oil, ginger, and garlic. Bring the mixture to a simmer over medium heat.
3. In a mixing bowl, stir together cornstarch and water until smooth. Add to the saucepan and stir until the sauce thickens. Remove from heat.
4. Place the salmon fillets on the prepared baking sheet. Brush each fillet generously with the teriyaki glaze.
5. Bake in the preheated oven for 12-15 minutes or until the salmon flakes easily with a fork.
6. Garnish with sesame seeds and sliced green onions before serving.

THAI COCONUT SHRIMP CURRY



4 SERVINGS



10 MINUTES



15 MINUTES

A vibrant and fragrant curry, this dish combines succulent shrimp with creamy coconut milk and aromatic spices to deliver a delightful Thai-inspired meal. It's both heart-healthy and flavor-packed, perfect for a quick weeknight dinner.

Equipment: Skillet, Mixing Spoon, Measure Cups

Ingredients:

- 1 lb shrimp, peeled and deveined
- 1 tbsp olive oil
- 1 cup light coconut milk
- 2 tbsp Thai red curry paste
- 1 red bell pepper, sliced
- 1 cup sugar snap peas
- 2 tsp fish sauce
- 2 tbsp fresh lime juice
- 2 tbsp chopped fresh cilantro
- Salt and pepper to taste

Nutritional Information: Calories: 256, Protein: 25g, Carbohydrates: 9g, Fat: 14g, Fiber: 3g, Cholesterol: 172 mg, Sodium: 300 mg, Potassium: 450 mg

Directions:

1. Heat olive oil in a skillet over medium heat. Add the red curry paste and sauté for 1-2 minutes until fragrant.
2. Stir in the coconut milk, bell pepper, and sugar snap peas. Simmer for 5 minutes until vegetables are tender.
3. Add the shrimp to the skillet and cook for 3-4 minutes until they are pink and opaque.
4. Stir in fish sauce, lime juice, and cilantro. Season with salt and pepper to taste.
5. Serve hot, garnished with additional cilantro if desired.

SPICY GARLIC SHRIMP STIR-FRY



4 SERVINGS



15 MINUTES



10 MINUTES

This flavorful stir-fry combines tender shrimp with a spicy garlic sauce and crisp vegetables, creating a quick and satisfying meal.

Equipment: Wok or Large Skillet, Knife, Cutting Board

Ingredients:

- 1 lb shrimp, peeled and deveined
- 3 cloves garlic, minced
- 1 tbsp olive oil
- 1 cup bell peppers, sliced
- 1 cup broccoli florets
- 1 tbsp low-sodium soy sauce
- 1 tsp crushed red pepper flakes
- 2 green onions, chopped

Directions:

1. Heat olive oil in a wok over medium-high heat. Add garlic and sauté until fragrant.
2. Add shrimp to the wok and stir-fry until pink and cooked through, about 3-4 minutes.
3. Add bell peppers and broccoli to the wok, stir-fry for an additional 3 minutes until vegetables are tender-crisp.
4. Sprinkle soy sauce and crushed red pepper flakes over the stir-fry and toss to combine.
5. Garnish with chopped green onions before serving.

Nutritional Information: Calories: 210, Protein: 26g, Carbohydrates: 10g, Fat: 9g, Fiber: 3g, Cholesterol: 175 mg, Sodium: 340 mg, Potassium: 500 mg

MEDITERRANEAN BAKED HALIBUT



4 SERVINGS



10 MINUTES



20 MINUTES

A simple yet delightful dish that combines fresh fish with vibrant Mediterranean flavors, making for a heart-healthy entrée that's high in protein and rich in omega-3s.

Equipment: Baking Dish, Oven, Mixing Bowl

Ingredients:

- 4 (6-ounce) halibut fillets
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 cup cherry tomatoes, halved
- 1/4 cup Kalamata olives, pitted and chopped
- 1 teaspoon dried oregano
- 1 lemon, thinly sliced
- Salt and pepper to taste
- Fresh parsley, chopped for garnish

Directions:

1. Preheat the oven to 400°F (200°C). Lightly grease a baking dish with olive oil.
2. In a mixing bowl, combine olive oil, garlic, cherry tomatoes, olives, oregano, salt, and pepper.
3. Place halibut fillets in the baking dish. Scatter the tomato mixture evenly around the fillets. Top with lemon slices.
4. Bake for 20 minutes, or until the halibut is opaque and flakes easily with a fork.
5. Garnish with fresh parsley before serving.

Nutritional Information: Calories: 320, Protein: 32g, Carbohydrates: 6g, Fat: 18g, Fiber: 2g, Cholesterol: 60mg, Sodium: 350mg, Potassium: 850mg

JERK-SPICED GRILLED CHICKEN



4 SERVINGS



15 MINUTES



20 MINUTES

Experience the vibrant Caribbean flavors with this jerk-spiced grilled chicken, offering a delightful kick with every bite, perfect for a healthy and hearty meal.

Equipment: Grill, Mixing Bowl, Tongs

Ingredients:

- 4 boneless, skinless chicken breasts
- 2 tbsp jerk seasoning
- 1 tbsp olive oil
- 2 tbsp lime juice
- 2 garlic cloves, minced
- 1 tsp fresh thyme leaves

Nutritional Information: Calories: 220, Protein: 27g, Carbohydrates: 3g, Fat: 10g, Fiber: 1g, Cholesterol: 75mg, Sodium: 320mg, Potassium: 450mg

Directions:

1. In a mixing bowl, combine jerk seasoning, olive oil, lime juice, garlic, and thyme.
2. Coat the chicken breasts evenly with the marinade, ensuring well-covered.
3. Preheat the grill to medium-high heat.
4. Grill the chicken for 6-8 minutes on each side, or until fully cooked through.
5. Remove from the grill and let rest for a few minutes before serving.

BAKED TROUT WITH GARLIC & THYME



4 SERVINGS



10 MINUTES



20 MINUTES

This dish highlights the delicate flavors of trout enhanced by the aroma of garlic and the freshness of thyme, creating a heart-healthy meal that's both satisfying and easy to prepare.

Equipment: Baking Sheet, Parchment Paper, Medium Bowl

Ingredients:

- 4 fillets Fresh Trout
- 2 tablespoons Olive Oil
- 4 cloves Garlic, minced
- 2 teaspoons Fresh Thyme leaves
- 1 Lemon, sliced
- Salt and Pepper to taste

Nutritional Information: Calories: 250, Protein: 28g, Carbohydrates: 2g, Fat: 15g, Fiber: 1g, Cholesterol: 70mg, Sodium: 75mg, Potassium: 600mg

Directions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Place the trout fillets on the prepared baking sheet, skin side down.
3. In a medium bowl, mix together olive oil, garlic, and thyme leaves.
4. Brush the olive oil mixture over the trout fillets, ensuring even coverage.
5. Arrange lemon slices over the seasoned fillets and sprinkle with salt and pepper.
6. Bake in the preheated oven for 15-20 minutes or until the trout is opaque and flakes easily with a fork.
7. Serve hot, garnished with additional thyme if desired.

LOW-SODIUM CHICKEN MARSALA



4 SERVINGS



10 MINUTES



20 MINUTES

Delight in a classic Italian-American dish with a heart-healthy twist. This Low-Sodium Chicken Marsala offers savory and deep flavors without the added salt.

Equipment: Skillet, Tongs, Measuring Cups

Ingredients:

- 1 lb Chicken Breasts, boneless and skinless, thinly sliced
- 1 cup Low-Sodium Chicken Broth
- 1 cup Mushrooms, sliced
- 1/2 cup Marsala Wine
- 2 tablespoons Olive Oil
- 1/4 cup Whole Wheat Flour
- 1/2 teaspoon Black Pepper
- 1 tablespoon Fresh Parsley, chopped

Nutritional Information: Calories: 320, Protein: 35g, Carbohydrates: 10g, Fat: 12g, Fiber: 2g, Cholesterol: 72mg, Sodium: 120mg, Potassium: 720mg

Directions:

1. Coat chicken pieces in whole wheat flour mixed with black pepper.
2. Heat olive oil in a skillet over medium heat. Add chicken and cook until golden on each side, about 3 minutes per side.
3. Remove chicken and set aside. In the same skillet, add mushrooms and cook until soft.
4. Pour Marsala wine into the skillet, scraping up any brown bits. Reduce by half and then add chicken broth.
5. Return chicken to skillet and simmer until cooked through, about 5 minutes.
6. Garnish with fresh parsley before serving.

CHICKEN PICCATA



4 SERVINGS



10 MINUTES



20 MINUTES

Enjoy a classic Italian dish with a heart-healthy twist. This DASH diet-friendly chicken piccata offers a zesty and savory flavor, perfect for a delightful dinner.

Equipment: Skillet, Tongs, Measuring Spoons and Cups

Ingredients:

- 1 lb boneless, skinless chicken breasts
- 1/4 cup whole wheat flour
- 2 tbsp olive oil
- 1/4 cup low-sodium chicken broth
- 1/4 cup fresh lemon juice
- 2 tbsp capers, rinsed and drained
- 1/4 cup fresh parsley, chopped
- Salt and pepper to taste

Nutritional Information: Calories: 270, Protein: 30g, Carbohydrates: 15g, Fat: 10g, Fiber: 2g, Cholesterol: 70mg, Sodium: 220mg, Potassium: 430mg

Directions:

1. Slice the chicken breasts into thinner cutlets and season with salt and pepper.
2. Dredge the chicken lightly in whole wheat flour, shaking off the excess.
3. In a skillet, heat the olive oil over medium heat. Cook the chicken until golden brown on both sides, about 3-4 minutes per side. Remove and set aside.
4. In the same skillet, add the chicken broth, lemon juice, and capers. Bring to a simmer, scraping up brown bits.
5. Return the chicken to the skillet and simmer for an additional 5 minutes or until cooked through.
6. Sprinkle with fresh parsley before serving.

COCONUT LIME POACHED FISH



4 SERVINGS



10 MINUTES



20 MINUTES

An aromatic and flavorful dish, this Coconut Lime Poached Fish melds creamy coconut with zesty lime for a light, refreshing entrée perfect for a DASH diet.

Equipment: Medium saucepan, Cutting board, Knife **Directions:**

Ingredients:

- 1 lb white fish fillets (such as cod or tilapia)
- 1 cup light coconut milk
- 1/4 cup lime juice
- 1 small onion, thinly sliced
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- Salt and pepper, to taste
- 2 tbsp fresh cilantro, chopped

1. In a medium saucepan, combine coconut milk, lime juice, onion, garlic, and ginger. Bring to a gentle simmer over medium heat.
2. Season the fish fillets with salt and pepper, then gently nestle them into the coconut milk mixture.
3. Cover the saucepan with a lid, reduce the heat to low, and poach the fish for 10-12 minutes, or until opaque and cooked through.
4. Carefully transfer the fish to a serving platter and ladle the poaching liquid over the top.
5. Garnish with chopped cilantro before serving for a fresh finish.

Nutritional Information: Calories: 200, Protein: 22g, Carbohydrates: 6g, Fat: 9g, Fiber: 1g, Cholesterol: 55mg, Sodium: 220mg, Potassium: 570mg

MEDITERRANEAN TUNA SALAD



4 SERVINGS



15 MINUTES



0 MINUTES

This vibrant and refreshing Mediterranean Tuna Salad makes for a light yet nutrient-rich meal, combining the oceanic flavor of tuna with the crispness of fresh vegetables and a tangy lemon dressing.

Equipment: Large Mixing Bowl, Whisk, Can Opener

Ingredients:

- 2 cans (5 oz each) solid white albacore tuna, drained
- 1 cup cherry tomatoes, halved
- 1/2 cup cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, sliced
- 1/4 cup feta cheese, crumbled
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- Salt and pepper to taste

Directions:

1. In a large mixing bowl, combine the tuna, cherry tomatoes, cucumber, red onion, Kalamata olives, feta cheese, and parsley.
2. In a small bowl, whisk together the olive oil, lemon juice, salt, and pepper to create the dressing.
3. Pour the dressing over the tuna mixture, gently tossing to ensure all ingredients are well coated.
4. Adjust seasoning with additional salt and pepper if needed.
5. Serve immediately, or chill in the refrigerator for a more refreshing taste.

Nutritional Information: Calories: 250, Protein: 23g, Carbohydrates: 8g, Fat: 14g, Fiber: 2g, Cholesterol: 35mg, Sodium: 420mg, Potassium: 520mg

GREEK LEMON CHICKEN SOUP



4 SERVINGS



15 MINUTES



30 MINUTES

This comforting Greek Lemon Chicken Soup, or Avgolemono, combines the tanginess of lemon with wholesome chicken and rice for a heartwarming meal that's both delicious and DASH-friendly.

Equipment: Medium Pot, Whisk, Ladle

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 6 cups low-sodium chicken broth
- 1 cup cooked chicken breast, shredded
- 1/2 cup uncooked brown rice
- 3 large eggs
- Juice of 2 lemons
- Salt and pepper to taste
- Fresh dill, chopped, for garnish

Nutritional Information: Calories: 280, Protein: 24g, Carbohydrates: 28g, Fat: 10g, Fiber: 2g, Cholesterol: 160 mg, Sodium: 150 mg, Potassium: 450 mg

Directions:

1. Heat olive oil in a medium pot over medium heat. Add onion and garlic, sauté until translucent.
2. Add chicken broth and bring to a boil. Stir in shredded chicken and rice, then reduce heat to simmer for about 20 minutes, until rice is tender.
3. In a bowl, whisk eggs and lemon juice until frothy.
4. Gradually add a ladleful of hot broth to the egg mixture, whisking constantly to temper.
5. Slowly return the egg mixture to the pot, stirring constantly, and cook until soup thickens slightly.
6. Season with salt and pepper to taste. Garnish with fresh dill before serving.

BALSAMIC GARLIC GRILLED SHRIMP



4 SERVINGS



15 MINUTES



10 MINUTES

This dish combines the delightful tang of balsamic vinegar with the rich aroma of garlic, perfect for a quick and healthy meal that will tantalize your taste buds.

Equipment: Grill, Mixing Bowl, Tongs

Ingredients:

- 1 lb large shrimp, peeled and deveined
- 1/4 cup balsamic vinegar
- 2 tbsp olive oil
- 3 cloves garlic, minced
- 1 tbsp lemon juice
- 1 tsp dried oregano
- Salt and pepper to taste

Nutritional Information: Calories: 180, Protein: 22g, Carbohydrates: 6g, Fat: 8g, Fiber: 0g, Cholesterol: 172 mg, Sodium: 320 mg, Potassium: 250 mg

Directions:

1. In a mixing bowl, combine balsamic vinegar, olive oil, garlic, lemon juice, oregano, salt, and pepper.
2. Add the shrimp to the bowl and toss until well-coated. Let marinate for 10 minutes.
3. Preheat the grill to medium-high heat.
4. Grill the shrimp for 2-3 minutes on each side, or until opaque and cooked through.
5. Serve immediately, garnished with fresh parsley if desired.

HERB-CRUSTED BAKED SALMON



4 SERVINGS



10 MINUTES



20 MINUTES

This Herb-Crusted Baked Salmon is a delightful, flavorful entrée perfect for a DASH diet. The fresh herbs create a crispy topping that enhances the rich taste of the salmon, making it a satisfying and heart-healthy dish.

Equipment: Baking Sheet, Baking Paper, Mixing Bowl

Ingredients:

- 4 (6-ounce) Salmon Fillets
- 2 tablespoons Olive Oil
- 1 tablespoon Dijon Mustard
- 1 tablespoon Fresh Parsley, chopped
- 1 tablespoon Fresh Dill, chopped
- 1 tablespoon Fresh Thyme, chopped
- 1 Lemon, zested
- 1/4 teaspoon Sea Salt
- 1/4 teaspoon Black Pepper

Directions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with baking paper.
2. In a mixing bowl, combine olive oil, Dijon mustard, chopped herbs, lemon zest, salt, and pepper.
3. Place salmon fillets on the prepared baking sheet. Evenly spread the herb mixture over each fillet.
4. Bake in the preheated oven for 15-20 minutes or until the salmon is cooked through and flakes easily with a fork.
5. Remove from the oven and let rest for a few minutes before serving.

Nutritional Information: Calories: 310, Protein: 34g, Carbohydrates: 2g, Fat: 18g, Fiber: 0g, Cholesterol: 83mg, Sodium: 180mg, Potassium: 750mg

CHICKEN & WILD RICE CASSEROLE



4 SERVINGS



15 MINUTES



45 MINUTES

This flavorful Chicken & Wild Rice Casserole is a nourishing and hearty main dish that brings together tender chicken, earthy wild rice, and a medley of vegetables. Perfect for a comforting family meal.

Equipment: Baking Dish, Mixing Bowl, Saucepan

Ingredients:

- 2 tablespoons olive oil
- 1 pound boneless, skinless chicken breasts, cubed
- 1 cup wild rice, rinsed
- 2 cups low-sodium chicken broth
- 1 cup broccoli florets
- 1 red bell pepper, diced
- 1 teaspoon dried thyme
- 1/2 teaspoon garlic powder
- Salt and pepper to taste

Directions:

1. Preheat your oven to 375°F (190°C).
2. In a saucepan, bring the wild rice and chicken broth to a boil, then reduce heat and simmer for 30-35 minutes until rice is tender.
3. Meanwhile, heat olive oil in a skillet over medium heat, add chicken cubes, and cook until browned on all sides, about 5-7 minutes.
4. In a mixing bowl, combine the cooked rice, chicken, broccoli, red bell pepper, thyme, garlic powder, salt, and pepper.
5. Transfer the mixture to a baking dish and cover with foil. Bake for 15 minutes until vegetables are tender.
6. Remove the foil and bake for an additional 5 minutes to slightly crisp the top.
7. Allow to cool slightly before serving.

Nutritional Information: Calories: 350, Protein: 30g, Carbohydrates: 40g, Fat: 10g, Fiber: 5g, Cholesterol: 70mg, Sodium: 150mg, Potassium: 450mg

SEARED SCALLOPS WITH LEMON BUTTER



4 SERVINGS



10 MINUTES



10 MINUTES

Enjoy a sophisticated and heart-healthy main course with these tender seared scallops enhanced by a bright lemon butter sauce. Perfect for a special evening or simple gourmet meal.

Equipment: Non-stick skillet, Mixing bowl, Spatula **Directions:**

Ingredients:

- 1 pound sea scallops
- 1 tablespoon olive oil
- 2 tablespoons unsalted butter
- 2 tablespoons lemon juice
- 1 teaspoon lemon zest
- 2 cloves garlic, minced
- Salt and pepper to taste
- 2 tablespoons chopped parsley (optional)

Nutritional Information: Calories: 230, Protein: 20g, Carbohydrates: 3g, Fat: 16g, Fiber: 0g, Cholesterol: 55mg, Sodium: 410mg, Potassium: 320mg

1. Pat scallops dry with paper towels and season with salt and pepper.
2. Heat olive oil in a non-stick skillet over medium-high heat. Add scallops in a single layer without crowding.
3. Sear scallops for about 2-3 minutes on each side until golden brown and opaque. Remove from the skillet and set aside.
4. In the same skillet, reduce heat to medium and add butter, garlic, lemon juice, and zest; cook for 1-2 minutes until fragrant.
5. Return scallops to the skillet, spoon the lemon butter sauce over them, and cook for an additional minute to heat through.
6. Serve immediately, garnished with chopped parsley if desired.

DASH-APPROVED CHICKEN FAJITAS



4 SERVINGS



15 MINUTES



15 MINUTES

These DASH-Approved Chicken Fajitas are perfect for a quick and healthy meal. Infused with vibrant spices and fresh veggies, they're sure to be a hit.

Equipment: Skillet, Tongs, Cutting Board

Ingredients:

- 1 lb Boneless Skinless Chicken Breast, sliced thinly
- 1 tbsp Olive Oil
- 1 Red Bell Pepper, sliced
- 1 Yellow Bell Pepper, sliced
- 1 Medium Onion, sliced
- 2 tsp Ground Cumin
- 2 tsp Chili Powder
- 4 Whole Wheat Tortillas

Nutritional Information: Calories: 290, Protein: 32g, Carbohydrates: 28g, Fat: 7g, Fiber: 5g, Cholesterol: 65 mg, Sodium: 420 mg, Potassium: 650 mg

Directions:

1. Heat olive oil in a skillet over medium-high heat.
2. Add chicken slices, and season with cumin and chili powder.
3. Cook chicken until no longer pink, about 5-7 minutes.
4. Remove chicken from the skillet and set aside.
5. Add bell peppers and onion to the same skillet, sautéing until softened, about 5 minutes.
6. Return chicken to the skillet and toss to combine with veggies.
7. Serve in whole wheat tortillas, wrapping as desired.

SNACKS, SIDES & DESSERTS

SPICED ROASTED CHICKPEAS



4 SERVINGS



5 MINUTES



30 MINUTES

Crispy and flavorful spiced chickpeas make for a perfect heart-healthy snack or side dish, packed with protein and a delightful crunch.

Equipment: Baking Sheet, Mixing Bowl, Oven

Directions:

Ingredients:

- 1 can (15 oz) Chickpeas, drained and rinsed
- 1 tablespoon Olive Oil
- 1 teaspoon Ground Cumin
- 1/2 teaspoon Smoked Paprika
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon Cayenne Pepper (optional, for heat)
- 1/2 teaspoon Sea Salt
- 1/4 teaspoon Black Pepper

1. Preheat the oven to 400°F (200°C).
2. Pat chickpeas dry with paper towels to remove excess moisture.
3. In a mixing bowl, combine chickpeas, olive oil, cumin, paprika, garlic powder, cayenne pepper, salt, and black pepper. Toss until chickpeas are well coated.
4. Spread seasoned chickpeas in a single layer on a baking sheet.
5. Roast in the oven for 30 minutes, stirring halfway through, until golden brown and crispy.
6. Allow to cool slightly before serving. Enjoy them warm or at room temperature.

Nutritional Information: Calories: 150, Protein: 6g, Carbohydrates: 20g, Fat: 6g, Fiber: 5g, Cholesterol: 0mg, Sodium: 240mg, Potassium: 240mg

HUMMUS WITH VEGGIES



4 SERVINGS



10 MINUTES



0 MINUTES

A heart-healthy, flavorful dip that's perfect for a quick snack or a party platter, paired with fresh veggies for a nutritious crunch.

Equipment: Blender or Food Processor, Measuring Cups, Measuring Spoons

Directions:

Ingredients:

- 1 can (15 oz) low-sodium chickpeas, drained and rinsed
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- 1/4 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 cup water (or as needed)
- Assorted fresh veggies (e.g., carrots, bell peppers, cucumbers) for serving

1. In a blender or food processor, combine the chickpeas, tahini, lemon juice, garlic, olive oil, cumin, and salt.
2. Blend until smooth, scraping down the sides as needed.
3. Gradually add water to the mixture, a tablespoon at a time, until desired consistency is reached.
4. Transfer the hummus to a serving bowl and refrigerate for at least 30 minutes to allow flavors to meld.
5. Serve with assorted fresh veggies for dipping.

Nutritional Information: Calories: 170, Protein: 6g, Carbohydrates: 15g, Fat: 10g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 140 mg

AVOCADO DEVEILED EGGS



8 SERVINGS



15 MINUTES



10 MINUTES

These Avocado Deviled Eggs are a creamy, delicious twist on the classic recipe, combining heart-healthy fats from avocados with the protein of eggs for a perfect DASH-approved snack.

Equipment: Pot, Mixing Bowl, Spoon

Ingredients:

- 8 large eggs
- 1 large avocado
- 1 tablespoon lime juice
- 2 tablespoons Greek yogurt
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- Paprika for garnish (optional)

Directions:

1. Place eggs in a pot, cover with water, and bring to a boil. Remove from heat and let eggs sit for 10 minutes.
2. Carefully peel eggs and cut them in half lengthwise. Remove yolks and place them in a mixing bowl.
3. Add avocado, lime juice, Greek yogurt, and garlic powder to the yolks. Mash until smooth, then season with salt and pepper.
4. Spoon or pipe the avocado-yolk mixture back into the egg whites.
5. Garnish with a sprinkle of paprika, if desired.

Nutritional Information: Calories: 120, Protein: 7g, Carbohydrates: 3g, Fat: 9g, Fiber: 2g, Cholesterol: 165 mg, Sodium: 95 mg, Potassium: 230 mg

BAKED SWEET POTATO FRIES



4 SERVINGS



10 MINUTES



30 MINUTES

These Baked Sweet Potato Fries are a tasty and healthy alternative to traditional fries, packed with flavor and essential nutrients. Perfect as a snack, side, or even a dessert, these fries are sure to be a hit!

Equipment: Baking Sheet, Mixing Bowl, Oven

Ingredients:

- 2 large sweet potatoes, peeled and cut into fries
- 2 tablespoons olive oil
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/4 teaspoon salt

Directions:

1. Preheat your oven to 425°F (220°C).
2. In a mixing bowl, toss the sweet potato fries with olive oil, paprika, garlic powder, black pepper, and salt until evenly coated.
3. Spread the fries in a single layer on a baking sheet.
4. Bake for 25-30 minutes, flipping halfway through, until the fries are golden brown and crispy.
5. Serve immediately and enjoy!

Nutritional Information: Calories: 180, Protein: 2g, Carbohydrates: 32g, Fat: 7g, Fiber: 5g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 440 mg

DASH-APPROVED TRAIL MIX



8 SERVINGS



10 MINUTES



0 MINUTES

This trail mix is a heart-healthy snack packed with nuts, seeds, and dried fruits, offering both nutrition and flavor. Perfect for an energy boost on-the-go.

Equipment: Mixing Bowl, Measuring Cups

Ingredients:

- 1 cup unsalted almonds
- 1 cup unsalted walnuts
- 1/2 cup sunflower seeds
- 1/2 cup unsalted pumpkin seeds
- 1 cup unsweetened dried cranberries
- 1/2 cup unsweetened coconut flakes
- 1/2 cup dark chocolate chips (70% cocoa or higher)

Directions:

1. Combine almonds, walnuts, sunflower seeds, and pumpkin seeds in a large mixing bowl.
2. Add dried cranberries and coconut flakes to the nut mixture.
3. Stir in dark chocolate chips until evenly distributed.
4. Portion trails mix into small, airtight containers or bags for convenient snacking.
5. Store at room temperature for up to a week or refrigerate to keep longer.

Nutritional Information: Calories: 230, Protein: 5g, Carbohydrates: 18g, Fat: 18g, Fiber: 4g, Cholesterol: 0 mg, Sodium: 2 mg, Potassium: 210 mg

CUCUMBER & GREEK YOGURT DIP



4 SERVINGS



10 MINUTES



0 MINUTES

Enjoy a refreshing and creamy dip that pairs perfectly with fresh veggies or whole-grain crackers. This light and zesty Cucumber & Greek Yogurt Dip is a delightful addition to any snack table.

Equipment: Mixing Bowl, Grater, Spoon

Ingredients:

- 1 cup Greek yogurt
- 1 medium cucumber, grated
- 2 cloves garlic, minced
- 1 tablespoon fresh dill, chopped
- 1 tablespoon lemon juice
- Salt, to taste
- Pepper, to taste

Directions:

1. In a mixing bowl, combine Greek yogurt, grated cucumber, and minced garlic.
2. Add fresh dill and lemon juice; stir until well mixed.
3. Season with salt and pepper according to taste.
4. Chill in the refrigerator for at least 10 minutes before serving.
5. Serve cold with sliced veggies or whole-grain crackers.

Nutritional Information: Calories: 60, Protein: 5g, Carbohydrates: 6g, Fat: 1g, Fiber: 1g, Cholesterol: 5mg, Sodium: 40mg, Potassium: 150mg

KALE CHIPS WITH LEMON ZEST



4 SERVINGS



10 MINUTES



15 MINUTES

A crispy and tangy snack, these kale chips come with a delightful hint of lemon zest to satisfy your afternoon cravings in a healthy way.

Equipment: Baking Sheet, Parchment Paper, Mixing Bowl

Bowl

Ingredients:

- 1 bunch kale, washed and dried
- 1 tablespoon olive oil
- 1 teaspoon lemon zest
- 1/4 teaspoon sea salt
- 1/4 teaspoon garlic powder

Nutritional Information: Calories: 45, Protein: 1.5g, Carbohydrates: 6g, Fat: 2g, Fiber: 2g, Cholesterol: 0mg, Sodium: 100mg, Potassium: 220mg

- Directions:**
1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
 2. Tear the kale leaves into bite-sized pieces, discarding the thick stems.
 3. In a mixing bowl, toss the kale with olive oil, lemon zest, sea salt, and garlic powder.
 4. Spread the kale evenly on the prepared baking sheet.
 5. Bake for 10-15 minutes, or until the edges are brown but not burnt.
 6. Allow to cool slightly before serving for optimal crispiness.

ROASTED BRUSSELS SPROUTS WITH BALSAMIC GLAZE



4 SERVINGS



10 MINUTES



25 MINUTES

Roasted Brussels sprouts drizzled with a tangy balsamic glaze offer a perfect blend of savory and slightly sweet flavors, making them a delightful side or snack.

Equipment: Baking sheet, Mixing bowl, Saucepan

Ingredients:

- 1 lb Brussels sprouts, halved
- 2 tbsp olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 cup balsamic vinegar
- 1 tbsp honey

Nutritional Information: Calories: 130, Protein: 3g, Carbohydrates: 17g, Fat: 6g, Fiber: 4g, Cholesterol: 0mg, Sodium: 160mg, Potassium: 411mg

- Directions:**
1. Preheat your oven to 400°F (200°C).
 2. Toss Brussels sprouts in olive oil, salt, and black pepper in a mixing bowl.
 3. Spread evenly on a baking sheet and roast for 20-25 minutes until golden and crispy.
 4. Meanwhile, simmer balsamic vinegar and honey in a saucepan over medium heat until it reduces by half and becomes syrupy, about 6-8 minutes.
 5. Drizzle the balsamic glaze over the roasted Brussels sprouts before serving.

GARLIC PARMESAN ROASTED CAULIFLOWER



4 SERVINGS



10 MINUTES



25 MINUTES

Garlic Parmesan Roasted Cauliflower is a delightful, savory side dish that combines the rich flavors of garlic and parmesan with the natural sweetness of roasted cauliflower.

Equipment: Baking Sheet, Mixing Bowl, Whisk

Ingredients:

- 1 large head cauliflower, cut into florets
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1/2 cup grated parmesan cheese
- 1 teaspoon dried thyme
- Salt and pepper to taste

Nutritional Information: Calories: 175, Protein: 6g, Carbohydrates: 9g, Fat: 13g, Fiber: 3g, Cholesterol: 8mg, Sodium: 260mg, Potassium: 450mg

Directions:

1. Preheat the oven to 400°F (200°C).
2. In a mixing bowl, whisk together the olive oil, minced garlic, thyme, salt, and pepper.
3. Add cauliflower florets to the bowl and toss until evenly coated.
4. Spread the cauliflower in a single layer on a baking sheet.
5. Roast in the preheated oven for 20-25 minutes, turning halfway through until tender and golden brown.
6. Sprinkle the roasted cauliflower with parmesan cheese and return to the oven for an additional 2-3 minutes until the cheese melts.
7. Serve warm and enjoy this flavorful snack or side dish.

DASH-STYLE CAPRESE SALAD



4 SERVINGS



10 MINUTES



0 MINUTES

A refreshing twist on the classic Caprese, perfect for a DASH diet. This salad combines fresh tomatoes, creamy mozzarella, and basil with a zesty balsamic dressing, making it a heart-healthy snack or side.

Equipment: Knife, Cutting Board, Mixing Bowl

Ingredients:

- 4 medium tomatoes, sliced
- 8 oz fresh mozzarella, sliced
- 1 cup fresh basil leaves
- 2 tbsp balsamic vinegar
- 1 tbsp extra-virgin olive oil
- 1/4 tsp ground black pepper
- Dash of sea salt

Nutritional Information: Calories: 225, Protein: 12g, Carbohydrates: 12g, Fat: 15g, Fiber: 2g, Cholesterol: 35mg, Sodium: 150mg, Potassium: 450mg

Directions:

1. Arrange tomato and mozzarella slices alternately on a platter.
2. Tuck basil leaves between slices for added flavor and color.
3. Drizzle with balsamic vinegar and olive oil for a rich and tangy dressing.
4. Sprinkle it with black pepper and a dash of sea salt to taste.
5. Serve immediately or refrigerate for up to 30 minutes for flavors to meld.

DASH-APPROVED QUINOA & BLACK BEAN SALAD



4 SERVINGS



15 MINUTES



15 MINUTES

A refreshing, colorful, and heart-healthy salad that's perfect as a snack, side, or light dessert. This quinoa and black bean mix combines vibrant vegetables with a tangy lime vinaigrette, aligning perfectly with the DASH diet principles.

Equipment: Medium Saucepan, Large Mixing Bowl, **Directions:**

Whisk

Ingredients:

- 1 cup quinoa, rinsed
- 2 cups water
- 1 cup canned black beans, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/2 cup red bell pepper, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1 lime, juiced
- 2 tablespoons olive oil
- 1 teaspoon ground cumin
- Salt and pepper, to taste

1. In a medium saucepan, combine quinoa and water; bring to a boil. Reduce heat to low, cover, and simmer for 15 minutes or until quinoa is fluffy and water is absorbed.
2. While quinoa is cooking, prepare the dressing by whisking together lime juice, olive oil, cumin, salt, and pepper in a large mixing bowl.
3. Add black beans, cherry tomatoes, red bell pepper, red onion, and cilantro to the mixing bowl; toss with the dressing to combine.
4. Once quinoa is cooked, fluff with a fork and let it cool slightly. Add to the vegetable mixture and gently toss until everything is combined.
5. Chill in the refrigerator for at least 30 minutes before serving to allow flavors to meld.

Nutritional Information: Calories: 280, Protein: 8g, Carbohydrates: 40g, Fat: 10g, Fiber: 8g, Cholesterol: 0 mg, Sodium: 120 mg, Potassium: 600 mg

ROASTED BEET & WALNUT SALAD



4 SERVINGS



15 MINUTES



40 MINUTES

This vibrant salad combines the earthy sweetness of roasted beets with the crunch of walnuts and tangy feta, creating a perfect balance of flavors and textures in each bite.

Equipment: Baking Sheet, Mixing Bowl, Whisk

Directions:

Ingredients:

- 4 medium beets, washed and trimmed
- 2 tablespoons olive oil
- 1/2 cup walnuts, toasted
- 1/4 cup feta cheese, crumbled
- 2 tablespoons balsamic vinegar
- Salt and pepper to taste
- 2 cups mixed greens
- 1 tablespoon lemon juice

1. Preheat your oven to 400°F (200°C). Wrap beets individually in foil and place them on a baking sheet.
2. Roast the beets in the oven for 35-40 minutes, or until they're tender. Allow them to cool, then peel and slice.
3. In a mixing bowl, whisk together olive oil, balsamic vinegar, lemon juice, salt, and pepper to create the dressing.
4. In a large bowl, combine sliced beets, mixed greens, walnuts, and feta cheese.
5. Drizzle the dressing over the salad and toss gently to combine all ingredients evenly.

Nutritional Information: Calories: 220, Protein: 5g, Carbohydrates: 18g, Fat: 16g, Fiber: 4g, Cholesterol: 7mg, Sodium: 210mg, Potassium: 528mg

GUACAMOLE WITH WHOLE-GRAIN CRACKERS



4 SERVINGS



10 MINUTES



0 MINUTES

Dive into this creamy, heart-healthy guacamole paired with crunchy whole-grain crackers—perfect for a wholesome snack or a delightful appetizer.

Equipment: Mixing Bowl, Fork, Serving Plate

Ingredients:

- 2 ripe avocados
- 1 lime, juiced
- 1 small tomato, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh cilantro, chopped
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- Whole-grain crackers (as needed for serving)

Directions:

1. Halve the avocados, remove the pits, and scoop the flesh into a mixing bowl.
2. Add lime juice and mash the avocados with a fork until smooth, leaving some chunks for texture.
3. Stir in the diced tomato, red onion, cilantro, garlic powder, salt, and black pepper until well combined.
4. Adjust seasoning as necessary, and serve the guacamole immediately with whole-grain crackers on a serving plate.
5. Enjoy your DASH-friendly snack!

Nutritional Information: Calories: 180, Protein: 3g, Carbohydrates: 12g, Fat: 15g, Fiber: 6g, Cholesterol: 0 mg, Sodium: 100 mg, Potassium: 500 mg

GRILLED ASPARAGUS WITH LEMON



4 SERVINGS



10 MINUTES



8 MINUTES

Delight in this vibrant and zesty grilled asparagus, enhanced with the tang of fresh lemon, perfect as a nutritious side or snack.

Equipment: Grill Pan, Tongs, Zester

Ingredients:

- 1 lb Asparagus, trimmed
- 1 tbsp Olive Oil
- 1 Lemon, zest and juice
- 1/4 tsp Salt
- 1/4 tsp Black Pepper
- 1 tbsp Grated Parmesan (optional, for garnish)

Directions:

1. Preheat the grill pan over medium-high heat.
2. In a large bowl, toss asparagus with olive oil, lemon zest, salt, and black pepper until evenly coated.
3. Place the asparagus on the grill pan, using tongs, and grill for 4-5 minutes. Turn occasionally until tender and lightly charred.
4. Transfer to a serving platter and drizzle with lemon juice.
5. Optionally, sprinkle with grated Parmesan before serving for added flavor.

Nutritional Information: Calories: 70, Protein: 3g, Carbohydrates: 7g, Fat: 4g, Fiber: 3g, Cholesterol: 0mg, Sodium: 200mg, Potassium: 280mg

MASHED CAULIFLOWER



4 SERVINGS



10 MINUTES



15 MINUTES

Delve into a creamy, flavorful alternative to mashed potatoes with this DASH-Style Mashed Cauliflower. It's a delightful side with a velvety texture that's both heart-healthy and satisfying.

Equipment: Medium Pot, Colander, Blender or Food Processor

Directions:

Ingredients:

- 1 large head cauliflower, cut into florets
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1/4 cup low-sodium chicken or vegetable broth
- Salt and pepper to taste
- 1 tablespoon chopped fresh parsley (optional for garnish)

1. Steam the cauliflower florets in a medium pot until tender, about 10 minutes.
2. Drain the cauliflower using a colander and transfer it to a blender or food processor.
3. Add the olive oil, minced garlic, and broth to the cauliflower.
4. Blend until smooth and creamy.
5. Season with salt and pepper to taste.
6. Scoop into a serving bowl and garnish with fresh parsley if desired.

Nutritional Information: Calories: 90, Protein: 3g, Carbohydrates: 10g, Fat: 6g, Fiber: 3g, Cholesterol: 0mg, Sodium: 60mg, Potassium: 400mg

RAINBOW BELL PEPPER STIR-FRY



4 SERVINGS



10 MINUTES



10 MINUTES

A vibrant and colorful dish that brings out the natural sweetness and crispness of bell peppers, perfectly suited as a DASH-friendly snack, side, or light meal.

Equipment: *Wok or large skillet*, *Cutting board*, *Knife*

Directions:

Ingredients:

- 1 tablespoon olive oil
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 green bell pepper, sliced
- 2 cloves garlic, minced
- 1 tablespoon low-sodium soy sauce
- 1 teaspoon sesame seeds
- Salt and pepper, to taste

1. Heat the olive oil in a wok or large skillet over medium heat.
2. Add the minced garlic and sauté for 1 minute until fragrant.
3. Add the sliced bell peppers and stir-fry for 5-6 minutes, or until tender-crisp.
4. Stir in the low-sodium soy sauce and sesame seeds, cooking for another 1-2 minutes.
5. Season with salt and pepper to taste before serving hot.

Nutritional Information: Calories: 90, Protein: 2g, Carbohydrates: 12g, Fat: 5g, Fiber: 3g, Cholesterol: 0mg, Sodium: 120mg, Potassium: 220mg

DASH-APPROVED MEDITERRANEAN ORZO SALAD



4 SERVINGS



10 MINUTES



12 MINUTES

This vibrant Mediterranean Orzo Salad bursts with flavors from fresh vegetables and a tangy lemon dressing, offering a perfect DASH-approved, heart-healthy option for side dishes or snacks.

Equipment: Large Pot, Large Mixing Bowl, Whisk **Directions:**

Ingredients:

- 1 cup orzo pasta
- 1 1/2 cups cherry tomatoes, halved
- 1 cucumber, diced
- 1/4 cup red onion, finely chopped
- 1/4 cup Kalamata olives, sliced
- 1/4 cup crumbled feta cheese
- 2 tablespoons fresh parsley, chopped
- 2 tablespoons extra virgin olive oil
- 1 tablespoon lemon juice
- 1 teaspoon dried oregano
- Salt and pepper to taste

1. Cook the orzo pasta according to package instructions. Drain and rinse under cold water to cool.
2. In a large mixing bowl, whisk together olive oil, lemon juice, oregano, salt, and pepper to create the dressing.
3. Add the cooked orzo, cherry tomatoes, cucumber, red onion, and olives to the bowl with the dressing.
4. Toss well to ensure all ingredients are coated with the dressing.
5. Gently fold in the feta cheese and chopped parsley.
6. Serve immediately or refrigerate for up to 2 hours to allow flavors to meld.

Nutritional Information: Calories: 240, Protein: 7g, Carbohydrates: 30g, Fat: 10g, Fiber: 3g, Cholesterol: 10 mg, Sodium: 220 mg, Potassium: 320 mg

SPAGHETTI SQUASH WITH GARLIC & OLIVE OIL



4 SERVINGS



10 MINUTES



40 MINUTES

This simple yet delicious dish transforms spaghetti squash into a flavorful, low-carb alternative pasta, enhanced with the aromatic blend of garlic and olive oil.

Equipment: Oven, Large Baking Sheet, Fork, Large Skillet **Directions:**

Ingredients:

- 1 medium spaghetti squash
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/4 teaspoon red pepper flakes (optional)
- 2 tablespoons fresh parsley, chopped
- Salt and pepper to taste
- 2 tablespoons grated Parmesan cheese (optional)

1. Preheat the oven to 400°F (200°C). Cut the spaghetti squash in half lengthwise and scoop out the seeds.
2. Lightly drizzle the cut sides of the squash with 1 tablespoon of the olive oil and season with salt and pepper. Place cut-side down on the baking sheet and roast for 30-40 minutes, or until the flesh is tender when pierced with a fork.
3. Once cooked, use a fork to scrape the flesh of the squash into strands. Set aside.
4. In a large skillet, heat the remaining olive oil over medium heat. Add minced garlic and red pepper flakes, sautéing until fragrant, about 1-2 minutes.
5. Add the spaghetti squash strands to the skillet, tossing well to combine with the garlic oil. Season with additional salt and pepper if needed.
6. Remove from heat and mix in chopped parsley and Parmesan cheese, if using.
7. Serve warm as a flavorful side dish or light snack.

Nutritional Information: Calories: 120, Protein: 2g, Carbohydrates: 15g, Fat: 7g, Fiber: 4g, Cholesterol: 0mg, Sodium: 125mg, Potassium: 325mg

LENTIL & SPINACH SALAD



4 SERVINGS



10 MINUTES



20 MINUTES

A refreshing and nutritious salad blending the earthiness of lentils with fresh spinach, perfect for a healthy snack or side dish.

Equipment: Medium Saucepan, Large Mixing Bowl, **Directions:**

Colander

Ingredients:

- 1 cup dried green lentils
- 4 cups fresh spinach, roughly chopped
- 1/2 cup cherry tomatoes, halved
- 1/4 cup red onion, finely chopped
- 1/4 cup fresh lemon juice
- 2 tablespoons olive oil
- 1/2 teaspoon ground black pepper
- 1/4 teaspoon salt
- Optional garnish: 2 tablespoons fresh parsley, chopped

1. Rinse lentils under cold water. In a medium saucepan, combine lentils with 3 cups of water. Bring to a boil, then reduce to a simmer. Cook for 20 minutes or until tender. Drain and set aside.
2. In a large mixing bowl, combine the spinach, cherry tomatoes, and red onion.
3. In a small bowl, whisk together the lemon juice, olive oil, black pepper, and salt.
4. Add the cooked lentils to the spinach mixture. Pour the dressing over the salad and toss gently to combine.
5. Garnish with fresh parsley if desired and serve immediately or chill in the refrigerator for up to 2 hours for enhanced flavors.

Nutritional Information: Calories: 220, Protein: 12g, Carbohydrates: 32g, Fat: 8g, Fiber: 11g, Cholesterol: 0 mg, Sodium: 160 mg, Potassium: 780 mg

GREEK CUCUMBER SALAD



4 SERVINGS



15 MINUTES



0 MINUTES

Crisp, refreshing, and light, this Greek cucumber salad is a perfect DASH-approved snack or side that bursts with Mediterranean flavors and heart-healthy nutrients.

Equipment: Mixing Bowl, Cutting Board, Knife

Directions:

Ingredients:

- 2 cups cucumber, sliced
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced
- 1/4 cup Kalamata olives, pitted and halved
- 1/4 cup feta cheese, crumbled
- 2 tablespoons fresh dill, chopped
- 2 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1 clove garlic, minced
- Salt and pepper to taste

1. In a mixing bowl, combine the cucumber slices, cherry tomatoes, red onion, and Kalamata olives.
2. In a small bowl, whisk together the olive oil, red wine vinegar, minced garlic, salt, and pepper to create the dressing.
3. Pour the dressing over the cucumber mixture, tossing gently to combine.
4. Add the crumbled feta cheese and fresh dill, mixing lightly to distribute evenly.
5. Allow the salad to marinate in the refrigerator for at least 10 minutes before serving for enhanced flavor.

Nutritional Information: Calories: 180, Protein: 4g, Carbohydrates: 9g, Fat: 14g, Fiber: 2g, Cholesterol: 10mg, Sodium: 270mg, Potassium: 340mg

DARK CHOCOLATE & ALMOND ENERGY BITES



12 SERVINGS



15 MINUTES



0 MINUTES

These delightful energy bites are a perfect combination of rich dark chocolate and crunchy almonds, offering a healthy treat that satisfies your sweet tooth without compromising your commitment to a nutritious lifestyle.

Equipment: Food Processor, Mixing Bowl, Baking Sheet

Ingredients:

- 1 cup pitted Medjool dates
- 1/2 cup raw almonds
- 1/4 cup unsweetened cocoa powder
- 1/4 cup shredded coconut
- 2 tbsp chia seeds
- 1/2 tsp vanilla extract
- 1/4 tsp salt

Nutritional Information: Calories: 105, Protein: 2g, Carbohydrates: 15g, Fat: 5g, Fiber: 3g, Cholesterol: 0mg, Sodium: 20mg, Potassium: 195mg

Directions:

1. Place the pitted dates in a food processor and pulse until they form a sticky paste.
2. Add the almonds to the food processor and blend until finely chopped and combined with the dates.
3. Mix in the cocoa powder, shredded coconut, chia seeds, vanilla extract, and salt. Process until the mixture is well combined.
4. Scoop out tablespoon-sized portions of the mixture and roll them into balls.
5. Arrange the energy bites on a baking sheet and refrigerate for at least 30 minutes to set.

BANANA OAT MUFFINS



12 SERVINGS



10 MINUTES



20 MINUTES

These wholesome muffins are perfect for a DASH diet snack, combining the natural sweetness of bananas with the heartiness of oats.

Equipment: Muffin Tin, Mixing Bowls, Cooling Rack

Ingredients:

- 1 cup Rolled Oats
- 1 cup Whole Wheat Flour
- 1 tsp Baking Powder
- 1/2 tsp Baking Soda
- 1/4 tsp Salt
- 3 Ripe Bananas, mashed
- 1/4 cup Honey
- 1/4 cup Unsweetened Applesauce
- 1 Egg
- 1 tsp Vanilla Extract
- 1/2 cup Skim Milk

Nutritional Information: Calories: 120, Protein: 3g, Carbohydrates: 25g, Fat: 1.5g, Fiber: 3g, Cholesterol: 15mg, Sodium: 100mg, Potassium: 150mg

Directions:

1. Preheat the oven to 350°F (175°C) and line or lightly grease a muffin tin.
2. In a large bowl, mix rolled oats, whole wheat flour, baking powder, baking soda, and salt.
3. In a separate bowl, combine mashed bananas, honey, applesauce, egg, vanilla extract, and skim milk until smooth.
4. Fold the wet ingredients into the dry ingredients until just combined.
5. Divide the batter evenly into the muffin tin and bake for 20 minutes or until a toothpick inserted in the center comes out clean.
6. Allow muffins to cool in the tin for 5 minutes, then transfer to a cooling rack.

CINNAMON BAKED APPLES WITH WALNUTS



4 SERVINGS



10 MINUTES



25 MINUTES

These fragrant, oven-baked apples are a delightful blend of warm spices and crunchy nuts, making them a perfect wholesome dessert or snack that's satisfying and heart-healthy.

Equipment: Baking dish, Mixing bowl, Measuring spoons

Ingredients:

- 4 medium apples, cored and left whole
- 1/4 cup chopped walnuts
- 1/4 cup raisins
- 2 tablespoons honey
- 1 teaspoon ground cinnamon
- 1/2 teaspoon vanilla extract
- 1/4 cup water

Nutritional Information: Calories: 170, Protein: 2g, Carbohydrates: 38g, Fat: 3g, Fiber: 5g, Cholesterol: 0mg, Sodium: 5mg, Potassium: 280mg

Directions:

1. Preheat your oven to 350°F (175°C).
2. In a mixing bowl, combine walnuts, raisins, honey, cinnamon, and vanilla extract.
3. Stuff each cored apple with the walnut mixture, pressing down gently.
4. Place the stuffed apples in a baking dish and pour water around them.
5. Bake in the preheated oven for 25 minutes, or until the apples are tender.
6. Serve warm, drizzling any remaining juices from the baking dish over the apples.

GREEK YOGURT & BERRY PARFAIT



2 SERVINGS



10 MINUTES



0 MINUTES

A refreshing and delightful parfait that layers creamy Greek yogurt with vibrant berries, offering a perfect balance of sweetness and nutrition that fits the DASH diet.

Equipment: Mixing Bowl, Spoon, Parfait Glasses

Ingredients:

- 1 cup Greek yogurt
- 1/2 cup mixed berries (blueberries, raspberries, strawberries)
- 2 tablespoons granola
- 1 teaspoon honey
- 1 teaspoon chia seeds
- Fresh mint leaves for garnish (optional)

Nutritional Information: Calories: 160, Protein: 7g, Carbohydrates: 28g, Fat: 3g, Fiber: 4g, Cholesterol: 3mg, Sodium: 40mg, Potassium: 220mg

Directions:

1. Wash and gently dry the mixed berries.
2. In a mixing bowl, combine Greek yogurt and honey, and stir until smooth.
3. Layer half of the yogurt mixture at the bottom of each parfait glass.
4. Add a layer of mixed berries, followed by a sprinkle of chia seeds.
5. Repeat the layers with the remaining yogurt and berries.
6. Top each parfait with granola and garnish with fresh mint leaves, if desired.

DASH-APPROVED CHIA PUDDING WITH MANGO



4 SERVINGS



10 MINUTES



0 MINUTES

This refreshing chia pudding offers a creamy texture paired with juicy mango, perfect for a nutritious and satisfying snack or dessert that aligns with the DASH diet principles.

Equipment: Mixing Bowl, Whisk, Refrigerator, Serving Glasses/Bowls

Ingredients:

- 1/2 cup chia seeds
- 2 cups unsweetened almond milk
- 1 tablespoon pure maple syrup
- 1 teaspoon vanilla extract
- 1 ripe mango, diced
- 1/4 teaspoon ground cinnamon (optional)

Nutritional Information: Calories: 180, Protein: 5g, Carbohydrates: 27g, Fat: 8g, Fiber: 10g, Cholesterol: 0 mg, Sodium: 70 mg, Potassium: 300 mg

Directions:

1. In a mixing bowl, whisk together chia seeds, almond milk, maple syrup, and vanilla extract until fully combined.
2. Let the mixture sit for about 5 minutes, then whisk again to prevent clumping.
3. Cover and refrigerate for at least 3 hours, or overnight, until set and creamy.
4. Once set, stir well and spoon into serving glasses or bowls.
5. Top with diced mango and a sprinkle of cinnamon, if desired, before serving.

STRAWBERRY SHORTCAKE



8 SERVINGS



20 MINUTES



15 MINUTES

This lighter version of strawberry shortcake embraces the principles of the DASH diet by balancing sweetness with heart-healthier ingredients, yielding a delicious dessert without compromising on nutrition.

Equipment: Mixing Bowls, Baking Sheet, Whisk

Ingredients:

- 2 cups Whole Wheat Flour
- 1 tbs Baking Powder
- 1/4 cup Sugar
- 1/2 cup Cold Unsalted Butter, cubed
- 1 cup Low-Fat Milk
- 2 cups Fresh Strawberries, sliced
- 1 cup Low-Fat Whipped Topping

Nutritional Information: Calories: 230, Protein: 5g, Carbohydrates: 36g, Fat: 8g, Fiber: 3g, Cholesterol: 20 mg, Sodium: 180 mg, Potassium: 150 mg

Directions:

1. Preheat the Oven to 425°F (220°C): This allows for even baking of the shortcakes.
2. Mix Dry Ingredients: In a mixing bowl, whisk together the whole wheat flour, baking powder, and sugar.
3. Incorporate Butter: Add the cold butter cubes to the flour mixture and use your fingers to crumble until the texture resembles coarse breadcrumbs.
4. Add Milk: Pour in the low-fat milk gradually, stirring until a dough forms.
5. Shape and Bake: Drop spoonfuls of dough onto a baking sheet lined with parchment paper and bake for 12-15 minutes until golden brown.
6. Prepare Strawberries: While shortcakes are baking, toss sliced strawberries with a little sugar to enhance their natural sweetness.
7. Assemble the Shortcake: Slice each shortcake, layer with strawberries, and top with a dollop of low-fat whipped topping.

DAIRY-FREE CHOCOLATE AVOCADO MOUSSE



4 SERVINGS



10 MINUTES



0 MINUTES

Indulge in a creamy, rich, and decadent mousse that's not only free from dairy but also packed with nutrients. This chocolate avocado mousse is a satisfying treat, perfect for dessert or a sweet snack.

Equipment: Blender, Measuring Cups, Spatula

Ingredients:

- 2 ripe avocados
- 1/4 cup unsweetened cocoa powder
- 1/4 cup maple syrup
- 1/4 cup unsweetened almond milk
- 1 teaspoon vanilla extract
- Pinch of salt

Nutritional Information: Calories: 180, Protein: 3g, Carbohydrates: 27g, Fat: 12g, Fiber: 6g, Cholesterol: 0mg, Sodium: 40mg, Potassium: 550mg

Directions:

1. Scoop the flesh of the avocados into the blender.
2. Add cocoa powder, maple syrup, almond milk, vanilla extract, and salt.
3. Blend on high until smooth and creamy, scraping down the sides as needed.
4. Taste and adjust sweetness if necessary by adding more maple syrup.
5. Transfer the mousse to serving dishes and chill for 30 minutes before serving.

DASH-APPROVED APPLE & PEANUT BUTTER NACHOS



4 SERVINGS



10 MINUTES



0 MINUTES

Enjoy a healthy twist on a classic snack with these apple nachos. Topped with creamy peanut butter and a hint of cinnamon, they're a tasty, heart-friendly treat.

Equipment: Sharp knife, cutting board, microwavable bowl

Ingredients:

- 4 medium apples, cored and thinly sliced
- 1/4 cup natural peanut butter
- 2 tablespoons unsweetened shredded coconut
- 1 tablespoon chia seeds
- 1/2 teaspoon ground cinnamon
- 1 tablespoon honey (optional)

Nutritional Information: Calories: 210, Protein: 4g, Carbohydrates: 35g, Fat: 9g, Fiber: 6g, Cholesterol: 0mg, Sodium: 2mg, Potassium: 300mg

Directions:

1. Arrange apple slices on a large plate or platter.
2. In a microwavable bowl, warm the peanut butter for 15-20 seconds to slightly soften.
3. Drizzle the softened peanut butter over the arranged apple slices.
4. Sprinkle with shredded coconut, chia seeds, and cinnamon.
5. Drizzle with honey, if using, for added sweetness.
6. Serve immediately as a delightful snack or dessert.

FROZEN BANANA BITES



4 SERVINGS



15 MINUTES



0 MINUTES

These delightful, bite-sized frozen treats are perfect for a quick, healthy, and refreshing dessert or snack. Easy to make, they capture the sweetness of bananas with a touch of rich chocolate.

Equipment: Sharp Knife, Baking Sheet, Parchment Paper

Ingredients:

- 2 large ripe bananas
- 4 oz. dark chocolate (70% cacao or higher)
- 2 tbsp chopped unsalted nuts (almonds, walnuts, or pecans)
- 1 tbsp unsweetened shredded coconut (optional)

Nutritional Information: Calories: 150, Protein: 3g, Carbohydrates: 26g, Fat: 7g, Fiber: 4g, Cholesterol: 0mg, Sodium: 2mg, Potassium: 360mg

Directions:

1. Slice bananas into 1/2-inch thick rounds.
2. Melt dark chocolate in a microwave-safe bowl or using a double boiler until smooth.
3. Dip each banana slice halfway into the melted chocolate, allowing excess to drip off.
4. Place dipped bananas on a baking sheet lined with parchment paper.
5. Sprinkle chopped nuts and shredded coconut over the chocolate-covered side.
6. Freeze for at least 2 hours, or until bananas are firm and chocolate is set.
7. Serve frozen and enjoy!

RASPBERRY COCONUT BLISS BALLS



12 SERVINGS



15 MINUTES



0 MINUTES

These Raspberry Coconut Bliss Balls are a delightful, naturally sweetened snack perfect for any time of day. Packed with nutritious ingredients, they provide a burst of flavor and energy.

Equipment: Food Processor, Mixing Bowl, Baking Sheet

Ingredients:

- 1 cup Unsweetened Shredded Coconut
- 1 cup Raw Almonds
- 1 cup Fresh Raspberries
- 12 Medjool Dates, pitted
- 1 tbsp Chia Seeds
- 1 tsp Vanilla Extract

Nutritional Information: Calories: 120, Protein: 2g, Carbohydrates: 15g, Fat: 7g, Fiber: 3g, Cholesterol: 0mg, Sodium: 5mg, Potassium: 160mg

Directions:

1. In a food processor, blend the raw almonds until they reach a fine, crumbly consistency.
2. Add the shredded coconut, raspberries, pitted dates, chia seeds, and vanilla extract to the processor. Blend until the mixture becomes sticky and well combined.
3. Scoop out tablespoon-sized portions of the mixture and roll them into balls with your hands.
4. Place the bliss balls on a baking sheet lined with parchment paper.
5. Refrigerate for at least 30 minutes to allow them to set.

NO-BAKE OATMEAL COOKIES



12 SERVINGS



10 MINUTES



0 MINUTES

These no-bake oatmeal cookies are a simple and healthy DASH diet-friendly treat that satisfies your sweet tooth without compromising your dietary goals. Rich in fiber and nutrition, they're the perfect quick snack or dessert.

Equipment: Mixing Bowl, Saucepan, Baking Sheet
with Parchment

Ingredients:

- 1 cup old-fashioned oats
- 1/3 cup natural almond butter
- 1/4 cup honey
- 1/4 cup unsweetened cocoa powder
- 1/4 cup non-fat milk
- 1 tsp vanilla extract
- 1/4 cup chopped walnuts (optional)
- Pinch of sea salt

- Directions:**
1. In a saucepan over medium heat, combine the almond butter, honey, milk, and cocoa powder. Stir until smooth and well combined.
 2. Remove from heat and add in the oats, vanilla extract, and sea salt. Stir until the mixture is well incorporated.
 3. Gently fold in the chopped walnuts, if using.
 4. Scoop tablespoon-sized amounts of the mixture onto a baking sheet lined with parchment paper. Flatten slightly with the back of a spoon.
 5. Refrigerate for at least 30 minutes or until firm. Serve chilled.

Nutritional Information: Calories: 120, Protein: 3g,
Carbohydrates: 15g, Fat: 6g, Fiber: 2g, Cholesterol:
0mg, Sodium: 20mg, Potassium: 110mg

LOW-SODIUM PEACH CRISP



6 SERVINGS



15 MINUTES



30 MINUTES

Savor the warmth of peaches blended with a crispy, wholesome oat topping in this low-sodium delight. Perfectly sweetened and ideal for a DASH diet snack or dessert.

Equipment: Baking Dish, Mixing Bowl, Oven

Ingredients:

- 6 large ripe peaches, pitted and sliced
- 1 tablespoon lemon juice
- 1/2 cup old-fashioned oats
- 1/4 cup whole wheat flour
- 1/4 cup maple syrup
- 1/4 cup unsalted butter, melted
- 1 teaspoon vanilla extract
- 1 teaspoon ground cinnamon

Directions:

1. Preheat the oven to 350°F (175°C).
2. In a mixing bowl, toss the sliced peaches with lemon juice and spread them evenly in a baking dish.
3. In the same bowl, combine oats, whole wheat flour, maple syrup, melted butter, vanilla extract, and cinnamon until the mixture resembles coarse crumbs.
4. Evenly sprinkle the oat mixture over the peaches.
5. Bake in the preheated oven for 30 minutes or until the topping is golden brown and the peaches are tender.
6. Let it cool slightly before serving.

Nutritional Information: Calories: 160, Protein: 2g,
Carbohydrates: 26g, Fat: 7g, Fiber: 3g, Cholesterol:
10mg, Sodium: 5mg, Potassium: 280mg

PUMPKIN PROTEIN BARS



12 SERVINGS



10 MINUTES



25 MINUTES

These pumpkin protein bars are a perfect snack, delighting your taste buds with autumn spices while packing a nutritional punch. Great for a quick post-workout pick-me-up or a healthy dessert option.

Equipment: Mixing Bowl, Baking Pan (9x9 inch), **Directions:**

Oven

Ingredients:

- 1 cup canned pumpkin puree
- 1 cup oats
- 1/2 cup unsweetened applesauce
- 1/2 cup protein powder (vanilla flavor works best)
- 1/4 cup honey
- 1 tsp ground cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking soda
- 1/4 cup chopped walnuts (optional)

1. Preheat the oven to 350°F (175°C).
2. In a mixing bowl, combine the pumpkin puree, oats, applesauce, protein powder, honey, cinnamon, nutmeg, and baking soda until well mixed.
3. Fold in the chopped walnuts for added texture, if using.
4. Pour the mixture into the greased baking pan, spreading evenly.
5. Bake for 20-25 minutes or until the edges are golden brown and a toothpick inserted into the center comes out clean.
6. Allow to cool before slicing into bars.

Nutritional Information: Calories: 110, Protein: 5g,
Carbohydrates: 20g, Fat: 2g, Fiber: 2g, Cholesterol:
0mg, Sodium: 95mg, Potassium: 120mg

BAKED PEARS WITH HONEY & ALMONDS



4 SERVINGS



10 MINUTES



25 MINUTES

This delightful dessert features tender, baked pears infused with honey and topped with crunchy almonds. It's a simple, elegant treat that captures the warmth of home cooking.

Equipment: Baking Dish, Oven, Small Mixing Bowl **Directions:**

Ingredients:

- 4 ripe pears, halved and cored
- 2 tablespoons honey
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/4 cup sliced almonds
- 1 tablespoon lemon juice
- 1/4 cup water

1. Preheat your oven to 350°F (175°C).
2. Place the pear halves, cut side up, in a baking dish. Drizzle with lemon juice.
3. In a small mixing bowl, combine honey, vanilla extract, and cinnamon. Drizzle over the pears evenly.
4. Pour water into the bottom of the baking dish to prevent drying.
5. Sprinkle sliced almonds over the pears.
6. Bake for 25 minutes, or until the pears are tender and golden.
7. Serve warm, optionally with a dollop of Greek yogurt.

Nutritional Information: Calories: 150, Protein: 2g,
Carbohydrates: 30g, Fat: 4g, Fiber: 5g, Cholesterol:
0mg, Sodium: 2mg, Potassium: 220mg

WATERMELON & MINT SORBET



4 SERVINGS



15 MINUTES



0 MINUTES

This refreshing sorbet combines the natural sweetness of watermelon with the coolness of mint, perfect for a light and healthy dessert.

Equipment: Blender, Freezer-safe Container, Mixing Bowl

Ingredients:

- 4 cups diced watermelon, seeds removed
- 1/4 cup fresh mint leaves, roughly chopped
- 1 tablespoon lime juice
- 1 tablespoon honey (optional, adjust for taste)
- 1/4 cup water

Nutritional Information: Calories: 70, Protein: 1g, Carbohydrates: 18g, Fat: 0g, Fiber: 1g, Cholesterol: 0 mg, Sodium: 5 mg, Potassium: 200 mg

Directions:

1. **Blend Watermelon:** Place the diced watermelon, mint leaves, lime juice, and water in a blender. Blend until smooth.
2. **Taste and Adjust:** Taste the mixture and add honey if desired for added sweetness, then blend again until well combined.
3. **Strain (optional):** For a smoother texture, strain the blended mixture through a fine sieve into a mixing bowl to remove any pulp.
4. **Freeze:** Pour the smooth mixture into a freezer-safe container and cover. Freeze for at least 4 hours, or until firm.
5. **Serve:** Allow the sorbet to sit at room temperature for a few minutes before scooping and serving.

DARK CHOCOLATE-DIPPED STRAWBERRIES



4 SERVINGS



10 MINUTES



10 MINUTES

Treat yourself to these elegant and heart-healthy dark chocolate-dipped strawberries, a perfect blend of antioxidant-rich ingredients that complement the DASH diet approach.

Equipment: Double Boiler, Baking Sheet, Parchment Paper

Ingredients:

- 1 cup Dark Chocolate Chips (70% cocoa or higher)
- 1 pound Fresh Strawberries, washed and dried
- 1 tablespoon Coconut Oil, optional (for thinning chocolate if needed)
- 1/4 cup Finely Chopped Nuts (almonds, pistachios, or walnuts) or Unsweetened Coconut Flakes (optional)

Nutritional Information: Calories: 150, Protein: 2g, Carbohydrates: 18g, Fat: 9g, Fiber: 4g, Cholesterol: 0mg, Sodium: 0mg, Potassium: 230mg

Directions:

1. Set up a double boiler by placing a heat-safe bowl over a pot of simmering water. Ensure the bowl does not touch the water.
2. Add the dark chocolate chips and coconut oil (if using) to the bowl, stirring occasionally until fully melted and smooth.
3. Dip each strawberry into the melted chocolate, swirling gently to coat. Let any excess chocolate drip off before placing on a parchment-lined baking sheet.
4. Sprinkle the chocolate-dipped strawberries with chopped nuts or coconut flakes if desired.
5. Refrigerate the strawberries for about 10 minutes or until the chocolate sets.

DATE & NUT BARS



12 SERVINGS



15 MINUTES



0 MINUTES

These no-bake date & nut bars are a delicious, heart-healthy snack. Packed with natural sweetness and crunch, they are perfect for those on the DASH Diet.

Equipment: Food Processor, Mixing Bowl, 8x8-inch

Baking Dish

Ingredients:

- 1 ½ cups Pitted Dates
- 1 cup Raw Almonds
- ½ cup Walnuts, chopped
- ¼ cup Rolled Oats
- 2 tablespoons Unsweetened Cocoa Powder
- 1 teaspoon Vanilla Extract
- Pinch of Sea Salt

Nutritional Information: Calories: 170, Protein: 4g, Carbohydrates: 21g, Fat: 9g, Fiber: 3g, Cholesterol: 0 mg, Sodium: 10 mg, Potassium: 280 mg

- Directions:**
1. Pulse the pitted dates in a food processor until they form a sticky ball.
 2. Add almonds, walnuts, oats, cocoa powder, vanilla extract, and sea salt to the food processor. Blend until well combined and crumbly.
 3. Press the mixture firmly into an even layer in an 8x8-inch baking dish.
 4. Cover and refrigerate for at least one hour or until firm.
 5. Cut into 12 bars and serve chilled. Store remaining bars in the refrigerator.

LOW-SUGAR BLUEBERRY COBLER



8 SERVINGS



15 MINUTES



30 MINUTES

Indulge in this light and delightful Low-Sugar Blueberry Cobbler, perfect for a DASH diet lifestyle. Sweet yet naturally low in sugar, this dessert showcases the ripe and juicy blueberries, balanced with a gentle crumb topping.

Equipment: Mixing Bowl, Baking Dish, Oven

Directions:

Ingredients:

- 4 cups fresh blueberries
- 2 tablespoons lemon juice
- 1/3 cup whole-wheat flour
- 1/4 cup rolled oats
- 1/4 cup almond flour
- 2 tablespoons brown sugar substitute
- 1 teaspoon baking powder
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup unsweetened almond milk
- 2 tablespoons unsalted butter, melted

Nutritional Information: Calories: 120, Protein: 3g, Carbohydrates: 20g, Fat: 4g, Fiber: 4g, Cholesterol: 5mg, Sodium: 85mg, Potassium: 150mg

1. Preheat the oven to 375°F (190°C).
2. In a baking dish, combine blueberries and lemon juice, spreading them evenly.
3. In a mixing bowl, mix together the whole-wheat flour, rolled oats, almond flour, brown sugar substitute, baking powder, cinnamon, and salt.
4. Stir in the almond milk and melted butter until just combined, forming a crumbly mixture.
5. Sprinkle the crumb mixture evenly over the blueberries.
6. Bake in the preheated oven for 30 minutes, or until the topping is golden and blueberries are bubbly.
7. Allow to cool slightly before serving.

LEMON CHIA SEED PUDDING



4 SERVINGS



10 MINUTES



0 MINUTES

This refreshing Lemon Chia Seed Pudding is a delightful treat, perfect for a DASH diet snack or dessert. It's creamy, tangy, and packed with omega-3s, offering a nutritious twist on a classic pudding.

Equipment: Medium Mixing Bowl, Whisk, Mason Jars or Small Containers

Ingredients:

- 2 cups Unsweetened Almond Milk
- 1/2 cup Chia Seeds
- 2 tablespoons Fresh Lemon Juice
- 1 tablespoon Lemon Zest
- 2 tablespoons Honey or Maple Syrup
- 1 teaspoon Pure Vanilla Extract

Nutritional Information: Calories: 160, Protein: 4g, Carbohydrates: 28g, Fat: 6g, Fiber: 8g, Cholesterol: 0mg, Sodium: 100mg, Potassium: 250mg

Directions:

1. In a medium mixing bowl, whisk together almond milk, lemon juice, lemon zest, honey, and vanilla extract until well combined.
2. Add chia seeds to the liquid mixture, stirring thoroughly to prevent clumping.
3. Pour mixture into mason jars or small containers, sealing them with a lid.
4. Refrigerate for at least 4 hours or overnight to allow the chia seeds to swell and the pudding to thicken.
5. Before serving, stir the pudding and garnish with fresh berries or a sprinkle of lemon zest, if desired.

PINEAPPLE COCONUT POPSICLES



8 SERVINGS



10 MINUTES



0 MINUTES

Refreshingly tropical and perfect for a summer treat, these Pineapple Coconut Popsicles offer a dash of sweetness with a healthy twist!

Equipment: Blender, Popsicle Molds, Freezer

Ingredients:

- 2 cups fresh pineapple chunks
- 1 cup coconut milk (light)
- 1 tablespoon honey
- 1 teaspoon vanilla extract

Nutritional Information: Calories: 90, Protein: 1g, Carbohydrates: 20g, Fat: 2g, Fiber: 2g, Cholesterol: 0mg, Sodium: 20mg, Potassium: 170mg

Directions:

1. Add the pineapple chunks, coconut milk, honey, and vanilla extract into a blender.
2. Blend the mixture until smooth and creamy.
3. Pour the pineapple-coconut blend into popsicle molds, leaving a little space at the top for expansion.
4. Insert popsicle sticks into the molds and freeze for at least 4 hours, or until fully set.
5. Once frozen, run warm water over the molds for a few seconds to easily release the popsicles.

BROTHS, CONDIMENTS & SAUCES

MISO BROTH



4 SERVINGS



10 MINUTES



10 MINUTES

A light and savory broth with the essence of umami, perfect as a base for soups or enjoyed on its own.

Equipment: Medium Saucepan, Whisk, Ladle

Ingredients:

- 4 cups Vegetable Broth (low sodium)
- 2 tablespoons White Miso Paste
- 1 tablespoon Soy Sauce (low sodium)
- 1 teaspoon Fresh Grated Ginger
- 2 Green Onions, finely sliced
- 1 teaspoon Sesame Oil
- Optional garnish: Chopped Fresh Cilantro or Seaweed

Nutritional Information: Calories: 40, Protein: 2g, Carbohydrates: 5g, Fat: 1.5g, Fiber: 1g, Cholesterol: 0 mg, Sodium: 190 mg, Potassium: 250 mg

Directions:

1. In a medium saucepan, bring the vegetable broth to a gentle simmer over medium heat.
2. Add the grated ginger to the broth and stir well.
3. In a small bowl, whisk together the miso paste and a little bit of the warm broth until smooth.
4. Pour the miso mixture back into the saucepan and stir until fully incorporated. Do not boil.
5. Add the soy sauce and sesame oil, then stir again.
6. Remove from heat and add the sliced green onions.
7. Ladle into bowls and garnish with chopped cilantro or seaweed if desired.

HOMEMADE BEEF STOCK



8 SERVINGS



15 MINUTES



240 MINUTES

A rich and savory beef stock that forms the perfect base for soups and stews, embodying the essence of the DASH diet by being low in sodium yet full of flavor.

Equipment: Large Stockpot, Roasting Pan, Strainer

Ingredients:

- 4 lbs beef bones
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 1 large onion, quartered
- 2 cloves garlic, crushed
- 2 bay leaves
- 1 tsp black peppercorns
- 10 cups water

Nutritional Information: Calories: 35, Protein: 7g, Carbohydrates: 2g, Fat: 0g, Fiber: 0g, Cholesterol: 0 mg, Sodium: 102 mg, Potassium: 150 mg

Directions:

1. Preheat your oven to 400°F (200°C).
2. Place the beef bones in a roasting pan and roast for 45 minutes, turning once halfway through.
3. Transfer the roasted bones to a large stockpot. Add carrots, celery, onion, garlic, bay leaves, and peppercorns.
4. Pour water into the pot covering the ingredients. Bring to a gentle simmer over medium heat, skimming off any foam that rises to the surface.
5. Reduce heat to low and simmer gently for 3 hours. Do not let it boil, as it should stay at a gentle simmer.
6. Strain the stock through a strainer into a large bowl, discarding solids. Allow the stock to cool before refrigerating.
7. Once chilled, skim off any fat that solidifies on the surface.

VEGETABLE BROTH



6 SERVINGS



10 MINUTES



60 MINUTES

A classic Vegetable Broth packed with nutrients and flavor to enrich any dish. This broth serves as a perfect base for soups, stews, or simply as a warm, nourishing beverage on its own.

Equipment: Large Stockpot, Knife, Cutting Board, Strainer

Ingredients:

- 1 large onion, roughly chopped
- 2 medium carrots, sliced
- 2 stalks celery, sliced
- 1 medium tomato, quartered
- 1 bay leaf
- 1 teaspoon peppercorns
- 3 cloves garlic, smashed
- 8 cups water
- 1 teaspoon fresh thyme leaves
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon olive oil

Directions:

1. Heat olive oil in a large stockpot over medium heat. Add onion, garlic, carrots, and celery; sauté for 5 minutes until soft.
2. Add tomato, bay leaf, peppercorns, and thyme to the pot. Cook for an additional 3 minutes.
3. Pour in water and bring the mixture to a boil. Reduce heat and let it simmer uncovered for about 40-50 minutes.
4. Remove from heat and stir in the fresh parsley.
5. Strain the broth through a fine sieve into a large bowl, discarding the solids.
6. Season with salt to taste, if desired.
7. Use immediately, or allow it to cool and refrigerate/freeze for later use.

Nutritional Information: Calories: 35, Protein: 1g, Carbohydrates: 7g, Fat: 1g, Fiber: 2g, Cholesterol: 0mg, Sodium: 20mg, Potassium: 200mg

LOW-SODIUM CHICKEN BONE BROTH



8 SERVINGS



15 MINUTES



240 MINUTES

A rich and nourishing broth perfect for a hearty base in various dishes. This low-sodium version ensures you enjoy all the flavor without the extra salt.

Equipment: Large Stockpot, Strainer, Airtight Containers

Ingredients:

- 2 pounds chicken bones (preferably with some meat)
- 2 large carrots, chopped
- 2 celery stalks, chopped
- 1 large onion, quartered
- 3 garlic cloves, smashed
- 2 tablespoons apple cider vinegar
- 10 cups water
- 2 bay leaves
- 1 teaspoon black peppercorns

Directions:

1. Place the chicken bones in a large stockpot and add all the vegetables and garlic.
2. Pour in apple cider vinegar and water, ensuring the bones are fully submerged.
3. Add bay leaves and peppercorns to the pot.
4. Bring to a boil over medium-high heat, then reduce to a gentle simmer.
5. Skim any foam that surfaces, then cover and simmer for 4 hours.
6. Strain the broth through a fine mesh strainer into airtight containers.
7. Let cool before refrigerating for up to 5 days or freezing for longer storage.

Nutritional Information: Calories: 50, Protein: 5g, Carbohydrates: 2g, Fat: 2g, Fiber: 0g, Cholesterol: 10mg, Sodium: 80mg, Potassium: 150mg

MUSHROOM BROTH



6 SERVINGS



10 MINUTES



50 MINUTES

This savory mushroom broth is a rich and earthy base perfect for soups, stews, or sipping on its own. It embodies the essence of umami with a depth of flavor that complements the DASH diet's principles of low sodium and high nutrient content.

Equipment: Large Pot, Strainer, Cutting Board

Ingredients:

- 1 lb Mushrooms (cremini or button), sliced
- 1 Onion, roughly chopped
- 2 Carrots, chopped
- 2 Stalks Celery, chopped
- 3 Cloves Garlic, smashed
- 8 Cups Water
- 2 Bay Leaves
- 1 tsp Black Peppercorns
- ½ tsp Dried Thyme

Nutritional Information: Calories: 30, Protein: 2g, Carbohydrates: 5g, Fat: 0g, Fiber: 1g, Cholesterol: 0 mg, Sodium: 10 mg, Potassium: 250 mg

Directions:

1. Place the large pot over medium heat, and add mushrooms, onion, carrots, celery, and garlic. Cook for 5 minutes, stirring occasionally.
2. Add water, bay leaves, peppercorns, and thyme to the pot. Bring the mixture to a boil.
3. Reduce heat to low and let it simmer uncovered for 45 minutes, allowing flavors to meld.
4. Remove from heat. Strain the broth through a fine-mesh strainer to remove solids, pressing them to extract as much liquid as possible.
5. Discard solids. Taste and adjust seasoning if necessary.

ROASTED GARLIC & HERB BROTH



8 SERVINGS



10 MINUTES



45 MINUTES

This aromatic roasted garlic and herb broth brings depth and flavor to your dishes with its infusion of roasted garlic, fresh herbs, and a hint of zest. Perfect for sipping or as a base for soups and stews.

Equipment: Baking sheet, Stockpot, Strainer

Ingredients:

- 2 heads garlic
- 2 tbsp olive oil
- 1 large onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 8 cups water
- 1/2 cup fresh parsley
- 1/2 cup fresh thyme
- 2 bay leaves
- 1 tsp black peppercorns
- 1 lemon, zest only

Nutritional Information: Calories: 45, Protein: 1g, Carbohydrates: 8g, Fat: 2g, Fiber: 2g, Cholesterol: 0 mg, Sodium: 10 mg, Potassium: 180 mg

Directions:

1. Preheat the oven to 400°F (200°C). Slice the tops off the garlic heads, drizzle with olive oil, and wrap in foil. Roast for 25 minutes until soft.
2. In a stockpot, combine onion, carrots, and celery. Sauté over medium heat for 5 minutes until softened.
3. Squeeze the roasted garlic cloves into the pot, discarding the skins.
4. Add water, parsley, thyme, bay leaves, peppercorns, and lemon zest. Bring to a boil.
5. Reduce heat and simmer for 20 minutes. Strain the broth, discarding solids.
6. Season with additional herbs or spices if desired and serve warm.

SEAFOOD BROTH



8 SERVINGS



10 MINUTES



30 MINUTES

A rich and aromatic broth that captures the essence of the sea, perfect as a base for soups or to enhance seafood dishes.

Equipment: Large Stock Pot, Strainer, Wooden Spoon

Ingredients:

- 2 lbs Seafood Shells (shrimp, crab, or lobster)
- 8 cups Water
- 1 cup Chopped Onions
- 1/2 cup Chopped Celery
- 1/2 cup Chopped Carrots
- 3 cloves Garlic, minced
- 2 Bay Leaves
- 1 tsp Black Peppercorns
- 1/4 tsp Sea Salt
- 1 tbs Olive Oil
- Fresh parsley (optional for garnish)

Nutritional Information: Calories: 30, Protein: 3g, Carbohydrates: 4g, Fat: 1g, Fiber: 1g, Cholesterol: 10 mg, Sodium: 150 mg, Potassium: 200 mg

Directions:

1. Heat olive oil in a large stock pot over medium heat. Add the seafood shells and sauté until they become fragrant and slightly browned.
2. Add onions, celery, carrots, and garlic to the pot. Cook until the vegetables start to soften, about 5 minutes.
3. Pour in water, bringing it to a gentle boil. Reduce heat, add bay leaves, peppercorns, and sea salt.
4. Allow the broth to simmer uncovered for 20-25 minutes, occasionally skimming off any foam or impurities that rise to the surface.
5. Strain the broth through a fine-mesh strainer into another pot, discarding the solids. Adjust seasoning if necessary.
6. Serve immediately as a soup base or let it cool before storing. Garnish with fresh parsley if desired.

SLOW COOKER LOW-SODIUM BROTH



8 SERVINGS



15 MINUTES



480 MINUTES

A nourishing low-sodium broth that's perfect as a base for your favorite soups and sauces. Ideal for DASH diet enthusiasts, this slow-cooked recipe captures the essence of fresh vegetables and herbs.

Equipment: Slow Cooker, Cutting Board, Knife

Ingredients:

- 2 large carrots, chopped
- 2 celery stalks, chopped
- 1 large onion, quartered
- 3 cloves garlic, peeled
- 1 bay leaf
- 1 tablespoon apple cider vinegar
- 10 cups water
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- 1/2 teaspoon black peppercorns

Nutritional Information: Calories: 15, Protein: 0g, Carbohydrates: 3g, Fat: 0g, Fiber: 0g, Cholesterol: 0 mg, Sodium: 15 mg, Potassium: 125 mg

Directions:

1. Place the carrots, celery, onion, and garlic in the slow cooker.
2. Add the bay leaf, apple cider vinegar, and pour in the water.
3. Sprinkle in the thyme, parsley, and black peppercorns.
4. Cover and cook on low for 8 hours, allowing the flavors to meld seamlessly.
5. Strain the broth through a fine-mesh sieve, discarding solids.

THAI COCONUT BROTH



4 SERVINGS



10 MINUTES



20 MINUTES

A fragrant and creamy broth, this Thai Coconut Broth blends the rich flavors of coconut milk with aromatic herbs and spices, offering a soothing and flavorful base for any DASH diet dish.

Equipment: Medium Saucepan, Wooden Spoon, Measuring Cups and Spoons

Ingredients:

- 2 cups Low-Sodium Vegetable Broth
- 1 can (13.5 oz) Light Coconut Milk
- 1 tablespoon Fresh Ginger, grated
- 2 cloves Garlic, minced
- 1 stalk Lemongrass, cut into 2-inch pieces and smashed
- 2 tablespoons Fresh Lime Juice
- 1 tablespoon Low-Sodium Soy Sauce
- 1 teaspoon Red Curry Paste
- 1/4 cup Fresh Cilantro, chopped

Directions:

1. In the saucepan, combine vegetable broth, coconut milk, ginger, garlic, and lemongrass. Bring to a simmer over medium heat.
2. Stir in the lime juice, soy sauce, and red curry paste. Continue to simmer for 15 minutes to allow the flavors to meld.
3. Strain the broth to remove lemongrass pieces and ginger bits, returning the smooth liquid to the saucepan.
4. Taste and adjust seasoning as necessary.
5. Divide the broth into bowls and garnish with fresh cilantro before serving.

Nutritional Information: Calories: 120, Protein: 2g, Carbohydrates: 7g, Fat: 10g, Fiber: 1g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 250 mg

SPICED LENTIL BROTH



6 SERVINGS



10 MINUTES



30 MINUTES

A heartwarming and nourishing broth, spiced to perfection, perfect for a soothing meal or as a base for other dishes.

Equipment: Medium Saucepan, Stirring Spoon, Strainer (optional)

Ingredients:

- 1 cup Green Lentils
- 6 cups Low-Sodium Vegetable Broth
- 1 tablespoon Olive Oil
- 1 Onion, finely chopped
- 2 Garlic Cloves, minced
- 1 teaspoon Ground Cumin
- 1/2 teaspoon Ground Coriander
- 1/2 teaspoon Turmeric Powder
- 1/4 teaspoon Red Pepper Flakes (optional for heat)
- Salt and Pepper to taste

Directions:

1. Rinse the lentils thoroughly under cold water.
2. In a medium saucepan, heat the olive oil over medium heat and sauté the onion and garlic until soft.
3. Stir in the cumin, coriander, turmeric, and red pepper flakes, cooking until fragrant.
4. Add the rinsed lentils and vegetable broth to the saucepan. Bring to a boil, then reduce to a simmer.
5. Cover and cook until the lentils are tender, about 25 minutes.
6. Season with salt and pepper to taste. For a smoother broth, strain to remove lentils, or blend for a creamy texture.

Nutritional Information: Calories: 160, Protein: 9g, Carbohydrates: 25g, Fat: 3g, Fiber: 8g, Cholesterol: 0mg, Sodium: 180mg, Potassium: 335mg

GREEK YOGURT RANCH DRESSING



8 SERVINGS



10 MINUTES



0 MINUTES

This creamy Greek Yogurt Ranch Dressing offers a healthy twist on a classic favorite, packed with herbs and a tangy kick, perfect for salads or as a dip.

Equipment: Mixing Bowl, Whisk, Measuring Spoons

Ingredients:

- 1 cup Greek yogurt
- 1/4 cup low-fat buttermilk
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon lemon juice

Directions:

1. In a mixing bowl, combine Greek yogurt and buttermilk until smooth.
2. Add the dill, parsley, garlic powder, onion powder, salt, and black pepper.
3. Whisk in the lemon juice until all ingredients are well combined.
4. Adjust seasoning to taste, if necessary.
5. Refrigerate for at least 30 minutes before serving to let flavors meld.

Nutritional Information: Calories: 30, Protein: 2g, Carbohydrates: 3g, Fat: 1g, Fiber: 0g, Cholesterol: 5mg, Sodium: 145mg, Potassium: 75mg

LOW-SODIUM LEMON HERB VINAIGRETTE



8 SERVINGS



10 MINUTES



0 MINUTES

This refreshing Low-Sodium Lemon Herb Vinaigrette combines the bright zest of lemon with aromatic herbs, perfect for dressing up your favorite salads without excess sodium.

Equipment: Small Mixing Bowl, Whisk, Measuring Spoons

Ingredients:

- 1/4 cup Fresh Lemon Juice
- 1/4 cup Olive Oil
- 1 tablespoon Dried Oregano
- 1 tablespoon Fresh Parsley, finely chopped
- 1/2 teaspoon Garlic Powder
- 1/4 teaspoon Black Pepper (freshly ground, if possible)

Directions:

1. In a small mixing bowl, combine the lemon juice and olive oil.
2. Add the dried oregano, fresh parsley, garlic powder, and black pepper to the bowl.
3. Whisk the mixture vigorously until all ingredients are thoroughly combined and emulsified.
4. Taste and adjust seasoning as needed, adding more pepper if desired.
5. Let the vinaigrette sit for a few minutes at room temperature to allow flavors to meld before using.
6. Use immediately or store in an airtight container in the refrigerator for up to one week. Shake well before each use.

Nutritional Information: Calories: 45, Protein: 0g, Carbohydrates: 1g, Fat: 4.5g, Fiber: 0g, Cholesterol: 0mg, Sodium: 5mg, Potassium: 20mg

AVOCADO LIME DRESSING



4 SERVINGS



10 MINUTES



0 MINUTES

This creamy and tangy avocado lime dressing is perfect for brightening up your salads. It's rich in healthy fats and bursting with flavor, making it a quintessential addition to any DASH diet meal.

Equipment: Blender or Food Processor, Measuring Cups, Measuring Spoons

Ingredients:

- 1 ripe avocado, peeled and pitted
- 2 tablespoons lime juice (freshly squeezed)
- 2 tablespoons Greek yogurt (low-fat)
- 1 tablespoon olive oil
- 1 clove garlic, minced
- 1/4 teaspoon cumin powder
- Salt and pepper to taste
- 2 tablespoons water (adjust for desired consistency)

Directions:

1. Combine the avocado, lime juice, Greek yogurt, olive oil, and minced garlic in a blender or food processor.
2. Add cumin powder, salt, and pepper, and blend until smooth.
3. Gradually add water while blending, adjusting the consistency to your preference.
4. Taste and adjust seasoning if necessary.
5. Transfer to a serving container and refrigerate for at least 30 minutes to enhance flavors.

Nutritional Information: Calories: 130, Protein: 2g, Carbohydrates: 5g, Fat: 12g, Fiber: 4g, Cholesterol: 0mg, Sodium: 50mg, Potassium: 350mg

LOW-SODIUM HONEY MUSTARD DRESSING



8 SERVINGS



10 MINUTES



0 MINUTES

This tangy and slightly sweet dressing is perfect for salads and as a dip, offering a flavorful low-sodium alternative to traditional honey mustard.

Equipment: Whisk, Mixing Bowl, Measuring Spoons

Ingredients:

- 1/4 cup Dijon mustard
- 2 tablespoons honey
- 2 tablespoons apple cider vinegar
- 1 tablespoon olive oil
- 1 tablespoon water
- 1/4 teaspoon garlic powder
- 1/4 teaspoon ground black pepper

Directions:

1. In a mixing bowl, combine the Dijon mustard and honey.
2. Whisk in the apple cider vinegar and olive oil until smooth.
3. Gradually add the water, whisking continuously to achieve desired consistency.
4. Season with garlic powder and ground black pepper.
5. Taste and adjust any flavors as needed, then refrigerate for at least 15 minutes before serving to enhance the flavors.

Nutritional Information: Calories: 45, Protein: 0g, Carbohydrates: 6g, Fat: 2g, Fiber: 0g, Cholesterol: 0mg, Sodium: 50mg, Potassium: 20mg

SPICY MANGO SALSA



4 SERVINGS



15 MINUTES



0 MINUTES

A refreshing, vibrant salsa bursting with tropical flavors and a hint of spice, perfect for topping grilled meats or enjoying with whole-grain chips.

Equipment: Cutting Board, Sharp Knife, Medium Mixing Bowl

Ingredients:

- 2 ripe mangoes, peeled and diced
- 1/2 red bell pepper, finely chopped
- 1 small red onion, finely chopped
- 1 jalapeño, seeded and finely chopped
- 1/4 cup fresh cilantro, chopped
- Juice of 1 lime
- 1/4 tsp salt

Directions:

1. In a medium mixing bowl, combine the diced mangoes, red bell pepper, red onion, jalapeño, and cilantro.
2. Squeeze the lime juice over the mixture.
3. Add salt, then gently toss all ingredients together to ensure even distribution.
4. Allow the salsa to sit for 5 minutes to meld flavors.
5. Serve immediately or refrigerate for up to 24 hours for enhanced flavors.

Nutritional Information: Calories: 75, Protein: 1g, Carbohydrates: 18g, Fat: 0.5g, Fiber: 3g, Cholesterol: 0 mg, Sodium: 150 mg, Potassium: 200 mg

POMEGRANATE GLAZE



8 SERVINGS



5 MINUTES



15 MINUTES

A tangy and sweet glaze perfect for dressing up meats or drizzling over vegetables, capturing the vibrant essence of pomegranate.

Equipment: Saucepan, Whisk, Measuring Spoons

Ingredients:

- 1 cup Pomegranate Juice
- 2 tbsp Balsamic Vinegar
- 1 tbsp Honey
- 1 tsp Lemon Zest
- 1/4 tsp Salt
- 1/4 tsp Black Pepper

Directions:

1. In a saucepan, combine pomegranate juice, balsamic vinegar, and honey.
2. Bring the mixture to a boil over medium heat, stirring occasionally.
3. Reduce heat to low and let it simmer until the glaze thickens, around 10-15 minutes.
4. Remove from heat and stir in lemon zest, salt, and black pepper.
5. Allow to cool slightly before serving. Store in an airtight container in the fridge for up to a week.

Nutritional Information: Calories: 25, Protein: 0g, Carbohydrates: 6g, Fat: 0g, Fiber: 0g, Cholesterol: 0 mg, Sodium: 75 mg, Potassium: 75 mg

BASIL PESTO



4 SERVINGS



10 MINUTES



0 MINUTES

This aromatic and flavorful Basil Pesto offers a fresh and zesty addition to pastas, sandwiches, or as a vibrant dip. It's a heart-healthy delight that complements any dish with its rich basil aroma.

Equipment: Blender or Food Processor, Measuring Cups, Measuring Spoons

Ingredients:

- 2 cups fresh basil leaves
- 1/4 cup walnuts (or pine nuts)
- 1/4 cup grated Parmesan cheese
- 1/4 cup extra virgin olive oil
- 2 cloves garlic
- 1 tablespoon lemon juice
- Salt and pepper, to taste

Directions:

1. In a blender or food processor, combine basil leaves, walnuts, Parmesan cheese, and garlic.
2. Pulse the mixture until it's coarsely chopped.
3. Add lemon juice, salt, and pepper. Then, gradually add olive oil while blending until the mix reaches a smooth consistency.
4. Taste and adjust seasoning if needed.
5. Serve immediately or store in an airtight container in the refrigerator.

Nutritional Information: Calories: 190, Protein: 4g, Carbohydrates: 3g, Fat: 18g, Fiber: 1g, Cholesterol: 3mg, Sodium: 75mg, Potassium: 100mg

LOW-SODIUM TAHINI DRESSING



8 SERVINGS



10 MINUTES



0 MINUTES

This creamy and nutty dressing elevates salads and grilled vegetables with its rich, savory flavor while keeping sodium levels in check.

Equipment: Medium Mixing Bowl, Whisk, Measuring Cups and Spoons

Ingredients:

- 1/2 cup Tahini
- 1/4 cup Warm Water
- 3 tablespoons Fresh Lemon Juice
- 1 tablespoon Olive Oil
- 2 cloves Garlic, minced
- 1 tablespoon Low-Sodium Soy Sauce
- 1 teaspoon Honey (or Maple Syrup)
- 1/4 teaspoon Ground Black Pepper
- Optional: Pinch of Cayenne Pepper for heat

Directions:

1. In a medium mixing bowl, combine tahini and warm water. Whisk until smooth.
2. Add lemon juice, olive oil, and minced garlic. Mix well to combine.
3. Stir in low-sodium soy sauce, honey, and black pepper until the dressing is creamy and smooth.
4. If desired, add a pinch of cayenne pepper for a bit of heat and adjust seasoning to taste.
5. Transfer the dressing to a sealed container and refrigerate for up to a week. Shake or stir before serving.

Nutritional Information: Calories: 94, Protein: 2g, Carbohydrates: 3g, Fat: 9g, Fiber: 1g, Cholesterol: 0 mg, Sodium: 47 mg, Potassium: 73 mg

ROASTED RED PEPPER SPREAD



8 SERVINGS



10 MINUTES



15 MINUTES

A luscious and versatile spread, perfect for adding a burst of flavor to sandwiches, wraps, or as a dip with veggie sticks. This heart-healthy recipe is both vibrant and nutritious, fitting seamlessly into the DASH diet framework.

Equipment: Blender, Baking Sheet, Parchment Paper

Ingredients:

- 2 large red bell peppers
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/4 cup low-fat Greek yogurt
- 1 tablespoon lemon juice
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Nutritional Information: Calories: 40, Protein: 1g, Carbohydrates: 5g, Fat: 2g, Fiber: 1g, Cholesterol: 0 mg, Sodium: 80 mg, Potassium: 150 mg

Directions:

1. Preheat the oven to 400°F (200°C) and line a baking sheet with parchment paper.
2. Place the red peppers on the baking sheet and roast for 15 minutes, turning once, until the skins blister.
3. Transfer the roasted peppers to a bowl, covering with a plate to steam for 5 minutes, which makes peeling easier.
4. Peel the peppers, remove seeds, and add them to a blender with olive oil, garlic, yogurt, lemon juice, smoked paprika, salt, and pepper.
5. Blend until smooth, adjusting seasoning as needed, then refrigerate for at least 30 minutes to allow flavors to meld.

CILANTRO LIME DRESSING



4 SERVINGS



10 MINUTES



0 MINUTES

This zesty Cilantro Lime Dressing is a refreshing and healthy way to elevate your salads, grilled vegetables, or lean protein dishes. Packed with fresh flavors, it brings vibrant citrus and herbaceous notes to any meal.

Equipment: Blender or food processor, Measuring spoons, Measuring cups

Ingredients:

- 1 cup fresh cilantro leaves
- 1/4 cup freshly squeezed lime juice
- 1/4 cup olive oil
- 1 clove garlic, minced
- 1 tablespoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 teaspoon cumin

Nutritional Information: Calories: 120, Protein: 0.5g, Carbohydrates: 4g, Fat: 11g, Fiber: 0.5g, Cholesterol: 0mg, Sodium: 150mg, Potassium: 50mg

Directions:

1. Combine cilantro leaves, lime juice, olive oil, garlic, and honey in a blender or food processor.
2. Blend until the mixture is smooth.
3. Add salt, black pepper, and cumin, blending again until well combined.
4. Taste and adjust seasoning if necessary.
5. Transfer to a jar or bottle for serving. Shake well before using.

CHAPTER 3: THE 30-DAY DASH MEAL PLAN

How to Use the Meal Plan

This 30-Day DASH Meal Plan is designed to be your guide, not your rulebook. It gives you a clear path toward healthier eating while leaving plenty of room for flexibility. Each day includes breakfast, lunch, dinner, and a snack to keep your energy steady and your body well-nourished.

Here are some simple tips to help you get the most from this plan:

Snacks with purpose: Enjoy snacks between meals when you need a boost, whether that's mid-morning or mid-afternoon. They are not meant for late-night eating.

Stay flexible: If you don't care for a recipe, swap it for another DASH-friendly choice. The key is balance—lean proteins, colorful vegetables, whole grains, and healthy fats.

Portion-friendly: Meals are moderate and easy to prepare. If your appetite is smaller, reduce the portion, but try to keep the variety.

Plan ahead: Cooking a batch of grains, beans, or roasted vegetables will make your week easier and save time.

Hydration matters: Drink water or herbal tea throughout the day to support heart health and keep your energy stable.

It's about progress: Missing a meal or making a different choice is not failure. Just return to the plan at your next meal.

Think of this plan as your companion. Follow it step by step, adapt it to your taste, and let it guide you toward steady improvements in your health and energy.

Your 30-Day DASH Meal Plan Step by Step

Starting a new way of eating can feel like a big commitment, but the good news is that you don't need to change everything at once.

The plan is divided into four weeks, each with its own focus. In the first two weeks, you'll make gentle changes—reducing sodium, adding more vegetables, and choosing whole grains over refined ones. In Week 3, you'll build consistency by repeating smart choices until they become natural. By Week 4, you'll be reinforcing long-term habits, creating a lifestyle that supports energy, strength, and longevity.

This 30-Day DASH Meal Plan is your simple guide to healthier eating. Each day includes breakfast, lunch, dinner, and a snack to keep you energized and satisfied. Snacks are flexible—enjoy them between meals when you need an extra boost, but not after dinner.

Use this plan as a starting point: follow it for a month, then repeat or adapt it with your favorite meals to continue for 30 days and beyond. Every choice you make here is a step toward better heart health, more energy, and lasting well-being.

Week 1–2: Gentle Transition

The first two weeks are all about easing into the DASH lifestyle. Here you’ll start with familiar meals—just lighter, less salty, and full of fresh vegetables, whole grains, and lean proteins. Think of this as your gentle introduction, where small changes bring big benefits for your health.

<i>Day</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
1	<i>Greek Yogurt & Berry Parfait</i>	<i>Quinoa-Stuffed Bell Peppers</i>	<i>Lemon Herb Grilled Chicken Breast + Steamed Green Beans</i>	<i>Spiced Roasted Chickpeas</i>
2	<i>Tomato & Basil Omelet</i>	<i>Mediterranean Chickpea Salad</i>	<i>Garlic & Herb Roasted Turkey Tenderloin + Mashed Cauliflower</i>	<i>Dark Chocolate & Almond Energy Bites</i>
3	<i>Mango & Spinach Green Smoothie</i>	<i>Lentil & Sweet Potato Stew</i>	<i>Chicken & Spinach Stuffed Peppers + Garlic Parmesan Roasted Cauliflower</i>	<i>Frozen Banana Bites</i>
4	<i>Pineapple & Coconut Smoothie</i>	<i>Roasted Vegetable & Hummus Wrap</i>	<i>Shrimp & Quinoa Paella + Side Salad with Lemon Herb Vinaigrette</i>	<i>Baked Pears with Honey & Almonds</i>
5	<i>Whole Wheat Avocado Toast</i>	<i>Vegan Shepherd’s Pie</i>	<i>Garlic Butter Shrimp with Zoodles + Green Salad</i>	<i>Cinnamon Baked Apples with Walnuts</i>
6	<i>Spinach & Feta Egg Scramble</i>	<i>Thai Peanut Noodles with Tofu</i>	<i>Seared Tuna with Avocado Salsa + Grilled Asparagus with Lemon</i>	<i>DASH-Approved Trail Mix</i>
7	<i>Anti-Inflammatory Turmeric Smoothie</i>	<i>Mediterranean Chickpea Salad</i>	<i>Spicy Garlic Shrimp Stir-Fry + Steamed Brown Rice</i>	<i>Low-Sodium Peach Crisp</i>
8	<i>Blueberry Almond Overnight Oats</i>	<i>Cauliflower & Pea Stir-Fry</i>	<i>Herb-Crusted Baked Salmon + Garlic Parmesan Roasted Cauliflower</i>	<i>Date & Nut Bars</i>
9	<i>Smoked Salmon & Avocado English Muffin</i>	<i>Turmeric & Coconut Chickpea Soup</i>	<i>Spicy Blackened Tilapia + Roasted Brussels Sprouts</i>	<i>Watermelon & Mint Sorbet</i>
10	<i>Matcha Green Tea Smoothie</i>	<i>Zucchini & Corn Fritters</i>	<i>Mediterranean Baked Halibut + Steamed Brown Rice</i>	<i>Dark Chocolate & Almond Energy Bites</i>
11	<i>Watermelon & Mint Cooler</i>	<i>Mediterranean Chickpea Salad</i>	<i>Shrimp & Quinoa Paella + DASH-Approved Mediterranean Orzo Salad</i>	<i>No-Bake Oatmeal Cookies</i>
12	<i>Raspberry Chia Jam on Whole-Grain Toast</i>	<i>Roasted Beet & Walnut Salad</i>	<i>Balsamic Glazed Chicken Thighs + Roasted Brussels Sprouts</i>	<i>Low-Sugar Blueberry Cobbler</i>
13	<i>Mocha Banana Smoothie</i>	<i>Spinach & Ricotta Stuffed Shells</i>	<i>Lemon Butter Scallops + Garlic Roasted Cauliflower</i>	<i>Raspberry Coconut Bliss Balls</i>
14	<i>Golden Glow Carrot & Orange Smoothie</i>	<i>Roasted Red Pepper & Hummus Pizza (whole-grain crust)</i>	<i>Low-Sodium Chicken Piccata + Steamed Asparagus</i>	<i>Date & Nut Bars</i>

Well done! You’ve completed the first stage of your journey. By reducing sodium, adding colorful foods, and making balanced choices, you’ve already taken strong steps for your heart and overall well-being. Now let’s move forward and build consistency!

Week 3: Building Consistency

By Week 3, DASH eating should start to feel more natural. This week focuses on variety and routine—helping you build stable habits. With more fiber, lean proteins, and fresh flavors, you’ll feel energized and satisfied without extra salt or sugar.

<i>Day</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
15	<i>Peanut Butter & Chocolate Protein Smoothie</i>	<i>Vegan Shepherd’s Pie</i>	<i>Balsamic Garlic Grilled Shrimp + Garlic Parmesan Roasted Cauliflower</i>	<i>Low-Sodium Peach Crisp</i>
16	<i>Dragon Fruit & Pomegranate Smoothie</i>	<i>Lentil & Sweet Potato Stew</i>	<i>Greek-Style Baked Chicken + Roasted Beet & Walnut Salad</i>	<i>Dark Chocolate & Almond Energy Bites</i>
17	<i>High-Fiber Apple & Kale Smoothie</i>	<i>Vegan Mushroom Stroganoff</i>	<i>Herb-Crusted Baked Salmon + DASH-Approved Mediterranean Orzo Salad</i>	<i>Raspberry Coconut Bliss Balls</i>
18	<i>Creamy Almond Butter & Cacao Smoothie</i>	<i>Hearty Three-Bean Chili</i>	<i>Oven-Roasted Herb Tilapia + DASH-Approved Quinoa & Black Bean Salad</i>	<i>Cinnamon Baked Apples with Walnuts</i>
19	<i>Kiwi & Avocado Smoothie</i>	<i>Grilled Portobello Mushroom Steaks + Rainbow Bell Pepper Stir-Fry</i>	<i>Low-Sodium Chicken Piccata + Steamed Green Beans</i>	<i>Baked Pears with Honey & Almonds</i>
20	<i>Apple Cinnamon Quinoa Breakfast Bowl</i>	<i>Roasted Red Pepper & Hummus Pizza (whole-grain crust)</i>	<i>Balsamic Glazed Chicken Thighs + Lemon Garlic Roasted Brussels Sprouts</i>	<i>Greek Yogurt & Berry Parfait</i>
21	<i>Greek Yogurt & Berry Parfait</i>	<i>Mushroom & Lentil Bolognese (whole-wheat pasta)</i>	<i>Spicy Garlic Shrimp Stir-Fry + Brown Rice</i>	<i>DASH-Approved Apple & Peanut Butter Nachos</i>

Great job! You’ve proven that healthy eating can be enjoyable and sustainable. The habits you’re forming now are the foundation for lasting success. Next week, we’ll focus on strengthening these habits so they become part of your everyday life.

Week 4: Long-Term Healthy Habits

This final week is about turning DASH into your lifestyle. You'll repeat some favorites, explore a few new dishes, and enjoy meals that are simple, nourishing, and easy to prepare. The goal is long-term balance—not perfection.

<i>Day</i>	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>	<i>Snack</i>
22	Pumpkin Spice Protein Shake	Roasted Sweet Potato & Quinoa Bowl	Lemon Herb Grilled Chicken Breast + Steamed Broccoli	Dark Chocolate-Dipped Strawberries
23	Spinach & Feta Egg Scramble	Spicy Black Bean Tacos	Baked Lemon & Dill Cod + Garlic Parmesan Roasted Cauliflower	DASH-Approved Trail Mix
24	Flaxseed & Almond Butter Waffles	Hearty Three-Bean Chili	Teriyaki Glazed Salmon + DASH-Approved Mediterranean Orzo Salad	No-Bake Oatmeal Cookies
25	Raspberry Chia Jam on Whole-Grain Toast	Lentil & Sweet Potato Stew	Garlic & Herb Roasted Turkey Tenderloin + Roasted Brussels Sprouts	Pineapple Coconut Popsicles
26	Mango & Spinach Green Smoothie	Quinoa-Stuffed Bell Peppers	Seared Scallops with Lemon Butter + Brown Rice & Steamed Green Beans	Greek Yogurt & Berry Parfait
27	Banana Walnut Oatmeal	Moroccan-Spiced Couscous Bowl	Lemon Herb Grilled Chicken Breast + Garlic Parmesan Roasted Cauliflower	Frozen Banana Bites
28	Whole-Wheat Zucchini Bread	Warm Lentil & Roasted Beet Salad	Seared Tuna with Avocado Salsa + Steamed Asparagus	Cinnamon Baked Apples with Walnuts
29	Quinoa & Apple Breakfast Bake	Vegan Thai Green Curry	Baked Lemon & Dill Cod + Roasted Brussels Sprouts	Dark Chocolate-Dipped Strawberries
30	Cucumber & Lime Hydration Smoothie	Vegan Mushroom Stroganoff	Low-Sodium Chicken Marsala + Steamed Green Beans	No-Bake Oatmeal Cookies

Congratulations! You've completed the 30-Day DASH Meal Plan. More importantly, you've built habits that support your heart, health, and energy for the future.

You can repeat this plan, mix and match your favorite meals, or continue expanding with new recipes—the choice is yours. This is not the end but the beginning of a healthier way of living!

Benefits You May Notice in 30 Days

- Lower or more stable blood pressure
- Increased stamina and energy
- Healthier digestion and metabolism
- Reduced cravings for high-salt or high-sugar foods
- Greater confidence in meal planning and cooking

Everyone experiences changes differently, but every improvement counts. Even small results are steps toward long-term health.

Helpful Tips for Success

1. **Stay Hydrated** – Water helps your heart and kidneys function well.
2. **Move Your Body** – Gentle activities like walking, yoga, or stretching make a big difference.
3. **Keep a Journal** – Record meals, mood, and progress to stay motivated.
4. **Forgive Mistakes** – A single slip doesn't undo your success. Get back on track at the next meal.
5. **Reward Yourself** – Celebrate milestones with a favorite activity, a new book, or time outdoors.

Final Words of Support

This 30-day plan is more than a list of meals—it's a tool to help you reshape your lifestyle, step by step. Each meal is a chance to nourish your body, protect your heart, and invest in a healthier future.

Take it one day at a time, enjoy the process, and remember: every positive choice you make is a gift to yourself. You're stronger than you think, and this plan is here to help you thrive.

CHAPTER 4: LIVING THE DASH LIFESTYLE

Staying Active at Any Age

Staying active is one of the most powerful ways to support health and independence as we age. Movement keeps the heart strong, maintains mobility, and boosts energy, yet it doesn't have to be strenuous to be effective. Gentle, low-impact exercises can deliver remarkable benefits for seniors, improving both body and mind. Three of the most accessible and rewarding forms of activity are **walking, yoga, and resistance band training**.

Walking: Walking is the easiest exercise to begin. Just 15–20 minutes a day can strengthen the heart, improve circulation, and lift mood. All you need is a pair of comfortable shoes and the willingness to take that first step.

Yoga: Gentle yoga supports flexibility, balance, and relaxation. Even simple poses or chair yoga can reduce stiffness, improve posture, and bring calm to both body and mind.

Resistance Bands: Strength matters at every age. Resistance bands are lightweight, affordable, and safe. Regular use helps build muscle, protect bones, and make daily activities—like climbing stairs or carrying groceries—easier.

The Big Picture: Together, these exercises form a balanced routine: walking for endurance, yoga for flexibility, and resistance bands for strength. Start small, stay consistent, and enjoy the progress. Every movement is a step toward more energy, better health, and a more active life.

Gentle exercise is not about pushing limits—it's about keeping your body moving, your spirit strong, and your independence intact.

Tips for Maintaining Mobility and Strength

Mobility and strength are the keys to independence. The more you move, the easier everyday life becomes—walking, climbing stairs, even carrying a shopping bag. Here are simple ways to keep your body strong and flexible at any age:

- **Keep moving daily:** Short walks, light stretches, or a few minutes of activity every couple of hours prevent stiffness and keep joints healthy.
- **Stretch often:** Flexibility is often overlooked but is key to preventing stiffness. Gentle stretching in the morning or evening helps with flexibility, posture, and balance.
- **Build leg and core strength:** Chair exercises, light resistance bands, or sit-to-stand movements strengthen muscles that support stability.
- **Practice balance:** Simple drills like standing on one leg or heel-to-toe walking reduce fall risk and boost confidence.
- **Listen to your body:** Gentle progress is safer than pushing too hard. Consistency beats intensity.
- **Fuel wisely:** Water, lean proteins, and nutrient-rich DASH foods provide the energy your muscles and joints need.

Staying mobile and strong doesn't require hours of training—just steady, joyful effort. Every small step adds up to a healthier, more active, and more confident life at any age.

Pairing Physical Activity with the DASH Diet for Best Results

Eating well and moving regularly are two simple habits that create powerful results when combined. The **DASH diet** gives the body the fuel it needs, while gentle exercise helps that fuel turn into strength, energy, and vitality. Together, they form the foundation of healthy aging.

Food as Fuel: The DASH plan supplies slow-digesting carbs for steady energy, lean protein for strong muscles, healthy fats to protect joints, and minerals like potassium and magnesium to support hydration and heart health. Every balanced meal becomes a source of energy for your daily walk, yoga session, or light strength training.

Movement as the Spark: Exercise multiplies the benefits of DASH by improving circulation, building lean muscle, supporting bone density, and lifting mood. Even 20 minutes of walking or a few resistance band exercises can enhance the effects of nutritious eating.

Living the Combination: Think of food and movement as partners. A bowl of oatmeal fuels your morning walk. A salmon and veggie lunch helps muscles recover after stretching. A handful of nuts gives you the energy to finish your evening yoga.

*By blending the **DASH diet** with regular, gentle movement, seniors can create a lifestyle that not only extends life but also improves its quality. Together, they form a sustainable path to strength, confidence, and vitality at any age.*

CHAPTER 5: TIPS FOR LONG-TERM SUCCESS

Dining Out the DASH Way

Following the DASH diet doesn't mean giving up the joy of restaurants or social meals. With a few smart choices, you can enjoy dining out and still stay on track.

Choose Wisely: Look for dishes that are **grilled, baked, or steamed** rather than fried. Ask for sauces or dressings **on the side**, and use herbs, lemon, or pepper for flavor instead of extra salt.

Watch Portions: Restaurant servings are often larger than you need. Share a meal, order a half-portion, or take part of it home for later. This keeps calories in check while still letting you enjoy your favorite foods.

Balance Your Plate: Fill at least half your plate with vegetables or salad, add lean protein, and choose whole grains when possible. A balanced plate means a balanced meal. :

Beverages Matter: Skip sugary drinks and limit alcohol. Water with lemon, sparkling water, or unsweetened tea keeps you refreshed without extra calories.

*Dining out the DASH way is about **enjoyment with awareness**. By making simple swaps and paying attention to balance, you can savor the experience, stay healthy, and feel confident in your choices.*

Managing Cravings

Cravings happen to everyone—they are a normal part of life, not a failure. The key is learning how to handle them without losing sight of your health goals.

Often cravings are more about emotions or habit than true hunger. Before reaching for a snack, take a moment to ask: “*Am I hungry, or just craving comfort?*”

- **Salty urge?** Try air-popped popcorn, unsalted nuts, or roasted chickpeas.
- **Sweet tooth?** Enjoy fresh fruit, yogurt with berries, or a small piece of dark chocolate.
- **Crunch craving?** Keep crisp veggies ready with hummus or salsa.

If you truly want a treat, enjoy a small amount slowly. A few mindful bites can be more satisfying than overindulging.

Sometimes thirst feels like hunger—drink water first. And if cravings strike from habit, replace the moment with a short walk, stretching, or a call to a friend.

Cravings don't control you. With balance, smart swaps, and mindfulness, you can enjoy food, stay on track, and keep moving toward a healthier, more vibrant life.

Tracking Progress and Staying Motivated

Lasting success with the DASH lifestyle comes from small, steady steps—and recognizing the progress you make along the way. Tracking your journey helps you stay focused, motivated, and proud of your achievements.

- **Keep a journal:** Write down meals, activity, and how you feel. Even brief notes reveal patterns—more energy, better sleep, fewer cravings.

- **Check key markers:** Monitor blood pressure, weight, or waist size occasionally. Celebrate improvements, no matter how small.
- **Notice non-scale victories:** Climbing stairs with ease, feeling lighter, or having more stamina are just as important as numbers.
- **Set small goals:** Aim for realistic wins like adding a daily walk or trying one new recipe each week.
- **Celebrate milestones:** Reward yourself with something uplifting—a book, a phone call with a loved one, or a relaxing outing.
- **Remember your “why”:** Better health, independence, and vitality are powerful reasons to keep going.

Success isn't about perfection—it's about progress. Each choice you make brings you closer to more strength, energy, and confidence. By tracking your journey and celebrating every step, you'll stay motivated to live the DASH way for life.

CONCLUSION: Your Journey to Health and Vitality

You've reached the end of this book, but in truth, this is just the beginning of your journey. By exploring the DASH lifestyle, you've taken a powerful step toward protecting your heart, strengthening your body, and bringing more energy into your daily life.

The DASH diet is not about restriction—it's about abundance. Abundance of colorful fruits and vegetables, nourishing grains, lean proteins, and wholesome dairy. Abundance of flavor through herbs, spices, and fresh ingredients. And most importantly, abundance of life: more vitality, more strength, and more years to enjoy the people and activities you love.

By pairing the DASH way of eating with gentle physical activity, you give yourself the best chance to live longer, healthier, and happier. Remember, every meal and every step counts. It doesn't have to be perfect—it just has to be consistent.

Moving Forward with Confidence

The real success of the DASH lifestyle comes not from short bursts of effort but from steady, enjoyable habits. Celebrate your progress, forgive your slip-ups, and remember that health is a lifelong journey. With every balanced plate and every step you take, you are investing in a stronger, more independent, and more vibrant future.

Your story doesn't end here—it continues with each choice you make. The DASH lifestyle is your key to unlocking more energy, more joy, and more years of life filled with health and vitality.

Take it one meal at a time, one step at a time, and know that every effort brings you closer to healthy longevity.

Appendix A: Conversion Charts

Volume

- 1 teaspoon (tsp) = 5 ml
- 1 tablespoon (tbsp) = 15 ml
 - 1 cup = 240 ml
 - 1 pint = 480 ml
 - 1 quart = 960 ml
 - 1 liter = 1000 ml

Weight

- 1 ounce (oz) = 28 g
- 1 pound (lb) = 454 g
 - 100 g = 3.5 oz

Common Kitchen Equivalents

- 1 medium fruit = about 1 cup sliced fruit
- 1 slice of bread = 1 oz equivalent grain
- ½ cup cooked rice/pasta = 1 serving grain
- 3 oz cooked meat/fish = about the size of a deck of cards

Appendix B: Weekly Shopping List Templates

Fruits

- Apples
- Bananas
- Berries
- Oranges
- Grapes

Vegetables

- Spinach
- Broccoli
- Carrots
- Tomatoes
- Bell peppers

Whole Grains

- Oats
- Brown rice
- Quinoa
- Whole-grain bread
- Whole-grain pasta

Proteins

- Chicken breast
- Salmon or other fish
- Beans/lentils
- Eggs
- Tofu

Dairy/Alternatives

- Low-fat milk or plant-based milk
- Yogurt
- Cottage cheese

Healthy Fats

- Olive oil
- Avocados
- Nuts
- Seeds

Extras

- Herbs (basil, parsley, dill)
- Spices (garlic powder, cinnamon, cumin)
- Lemon/lime

(Use this list weekly, checking off what you need to restock.)