

WELCOME TO THE WONDERFUL UNIVERSE OF

# DASH *Diet*

THE ULTIMATE COOKBOOK WITH AWESOME RECIPES



ANGEL BURNS

# Welcome to the Wonderful Universe of DASH Diet

The Ultimate Cookbook with Awesome Recipes

By: Angel Burns



© 2019 Angel Burns, All Rights Reserved.



# License Notices

This book or parts thereof might not be reproduced in any format for personal or commercial use without the written permission of the author. Possession and distribution of this book by any means without said permission is prohibited by law.

All content is for entertainment purposes and the author accepts no responsibility for any damages, commercially or personally, caused by following the content.



# Get Your Daily Deals Here!

**Free books on me!** Subscribe now to receive free and discounted books directly to your email. This means you will always have choices of your next book from the comfort of your own home and a reminder email will pop up a few days beforehand, so you never miss out! Every day, free books will make their way into your inbox and all you need to do is choose what you want.

What could be better than that?

Fill out the box below to get started on this amazing offer and start receiving your daily deals right away!



## SUBSCRIBE

— TO NEWSLETTER —

Enter your email address



<https://angel-burns.gr8.com>



# Table of Contents

[Introduction](#)

[The Benefits of Dash Diet](#)

[Breakfast Recipes](#)

[Spinach Mushroom Omelette](#)

[Delectable Tofu Scramble](#)

[Banana & Cinnamon Oatmeal](#)

[Dash Peach & Raspberry Pancakes](#)

[Easy Breakfast Tacos](#)

[Dash Breakfast Sandwich](#)

[Cashew Pumpkin Yogurt Parfait](#)

[Peanut Butter with Chia Seeds Overnight Oats](#)

[Hearty Almond Pancakes](#)

[Cranberries Pumpkin Bars](#)

[Golden Milk Overnight Oats](#)

[Mouthwatering Cauliflower Mushroom Breakfast Bowl](#)

[Mango Kefir Overnight Oats with Chia Seeds](#)

[Quick Turmeric Oatmeal](#)

[Chocolate Turmeric Chia Seed Pudding](#)

[Coconut Almond Chia Porridge](#)

[Coconut Honey Pancakes](#)

[Oatmeal Banana Pancakes with Walnuts](#)

[Quinoa Goji Berries Breakfast Bowl](#)

[Sweet Potatoes with Coconut Flakes](#)

[Flaxseed & Banana Smoothie](#)

[Hearty Green Smoothie](#)

## [Lunch](#)

[Pasta & Vegetable Salad](#)

[Quinoa Potato Chickpea Bowl](#)

[Healing Turmeric Vegetable Soup](#)

[Quinoa Butternut Chicken Salad](#)

[Turkey Barley Carrot Soup](#)

[Balsamic Chicken with Garlic](#)

[Quick Pizza with Tomato Sauce](#)

[Brown Rice with Puttanesca](#)

[Wild Rice & Baked Chicken with Tarragon](#)

[Grilled Chicken Salad with Black Olives](#)

[Herb-Coated Baked Cod with Honey](#)

[Grilled Salmon with Soy Sauce](#)

[Salsa and Cauliflower Bowls](#)

[Chicken and Kale Mix](#)

### [Dinner](#)

[Fried Cauliflower with King Crab](#)

[White Wine Mushroom Chicken](#)

[Pasta with Shrimp & Cheese](#)

[Black Bean Pasta with Vegetables](#)

[Linguine with Roasted Butternut](#)

[Broccoli & Turkey with Crepe](#)

[Wild Rice with Cranberry & Roasted Squash](#)

[Black Currant Jam Pork Chops](#)

[Fried Vegetable Rice](#)

### [Dessert Recipes](#)

[Compote a la mode](#)

[Apricot and Almond Crisp](#)

[Apple-blueberry Cobbler](#)

[Ambrosia with Toasted Almonds](#)

[Almond Apricot Biscotti](#)

[Berry Apple Cobbler](#)

[Conclusion](#)

[About the Author](#)

[Author's Afterthoughts](#)



# Introduction



There is an increase in the number of people inflicted with diseases such as diabetes, high blood pressure, and obesity. The increased prevalence of such diseases is due to our lifestyle, including the food that we ingest. Unfortunately, I am one of the most people who are not spared from these diseases. Suffering from hypertension, I was put under medication, but I was also advised by my doctor to do clean eating.

Advising someone who is in dire need to stabilize her blood pressure levels can be frustrating. I mean, what kinds of food do I eat? Is there a type of diet that I can follow so that I don't make mistakes? Thankfully, a nutritionist friend recommended the DASH Diet. It is a practical way of maintaining a stable blood pressure level. But it does not only maintain stable blood

pressure levels but also helps maintain other vital measures for the body, including blood sugar level and lipid profile.

The DASH Diet worked for me, but I have to remind everyone that it does not provide an overnight solution to your health goals. Just like any diet regimens, it takes time for you to be able to feel any difference. So, don't fret and just give it time. Thus, this book will serve as your guide when you start taking on the DASH Diet. It is my vision to help others achieve their health goals through this healthy diet. After all, the power to change our health is in our hands.

Dash stands for Dietary Approaches to Stop Hypertension. This diet will lessen your blood pressure level and enhance your general health right away providing you respect its main principles.

We keep hearing how DASH is a super easy diet to follow but do we really know exactly what's on it? Or what we can expect from it?

The DASH diet is basically a heart-healthy eating style that encourages followers to opt for more vegetables, fruits, and wholegrains, instead of large quantities of carbohydrates and proteins, which are typical in most modern diets. It's not your fault though, it's just that eating healthy isn't as easy in America as it is in Japan or India, where fresh vegetables, fish, and alternative protein sources are readily available.

The upside though is the DASH diet is more flexible than others, so while other diets may tell you that you can't have this and so on, the DASH diet just gives you a few broad directives, such as try to avoid foods that are high in saturated fats, such as fatty meat, full cream products, and most tropical oils. It doesn't even tell you to cut out sugars or sugary items, although it does ask that you limit them to the best of your ability.

In terms of your food intake though, the general guidelines are that when it comes to grains, you're looking to stick to six to eight daily servings a week, about six servings of meat and about 4-5 of vegetables and fruit. The problem is, it's hard to understand what a daily serving looks like, and frankly it's a hassle to have to research everything you are about to put in your mouth.

So, don't!

We've done it for you! And we'll walk you through all of that just as soon as we finish explaining to you what DASH is and how you are about to embark on your new-found lifestyle!

Did we forget to say Bon Voyage?

Come on then – no point lazing about!

Okay, so there are nine major food types that you're going to be dealing with, and while we've crafted a diet plan for you, it's important for you to know how the diet works so you can shape your own after, or for you to tweak or modify the plan to fit in with your preferences.

So, there are two versions of DASH, one is the 2,300-mg and the other is the 1500-mg version. Since you're just starting out here, we recommend you go with the 2,300-mg diet, since our palates and body are more used to something in the region of three to four thousand calories.

Starting with **Grains**, the diet advocates about 6 to 8 servings a day, which basically means six slices of whole-wheat bread or 170 grams of cooked rice or pasta. Obviously you don't have to eat it all in one go and can break it up to go with your meals. Just try to opt for whole grain options as opposed to refined versions since they give you more fiber and nutrients.

Next up are **Vegetables**. The DASH diet prefers to go for non-starchy veggies such as tomatoes, broccoli, and the fan favorite greens, since the high

fiber content is great for regulating how your body's digestion works. Each serving is about 170 grams of raw or cooked veggies, and since you're allowed about 4-5 servings a day, many of the meals use vegetables as a base instead of as a side, which is a quick and easy way to make your meals a little healthier with little to no effort. For instance, if you're making some noodles, load up on veggies instead of overdoing the pasta and you're good to go!

And then we have **Fruits**, which are also another great source of fiber and also happen to be super easy to eat (Hello! Smoothies anyone?). Go for about 4 to 5 servings a day, which means about two, to two and a half cups of fruits, frozen or fresh, preferably fresh obviously, just go easy on the sugars (check the labels if you're getting your fruit in a juice form) and you're set!

Let's get to the hard part now – **Meats**. Meats are not only hard to cut back on (because come on how good does perfect steak taste) but they are also usually chock full of fat and not the good kind either. Try to bring your meat consumption down to under 6 servings a day, which means no more than 170 grams of the stuff, and even then, you need to make it lean mean, that is baked, broiled, or grilled instead of deep fried.

So, what about **Dairy**? Well, while milk, cheese, and dairy products on a whole happen to be great to help balance your daily calcium or protein levels, it's important that you opt for fat-free or low-fat dairy products when you can because of how saturated they can be. They are however great alternative to sweets or processed sugars so opt for a yogurt filled smoothie rather than grabbing a chocolate candy bar next time, just make sure it's low-fat, and no more than about 2 to 3 servings a day.

The same goes for **Fats and Oils**, which are super helpful when it comes to absorbing vitamins into our immune system, but not too good for your diabetes or weight gain. Stick to no more than 2 to 3 servings a day, which

basically means no more than about 3 teaspoons of margarine, or 6 tablespoons of salad dressing. As a plus, try to totally avoid trans fats, which are usually a huge part of most processed foods. Lesson of the day? Read your labels, folks!

But what about **Sweets**? We all know desserts are a no-no for any diet chart, right? But, here's the thing, DASH isn't just a diet, it's a lifestyle, which means they have accounted for your weekly sugar rush as well. The good news is, even if you're not recommended to have sweets every day, you actually can have a sweet surprise about 5 days a week, as long as you stick to single servings. What do we mean? Try a low-fat cookie, or 170 grams of sorbet, maybe even swap your diet coke in for a real one. Just remember to count your servings!

And finally, booze and beverages or as we adults like to call them **Alcohol and Caffeine**. Now as you probably already know, alcohol and caffeine aren't really great for your blood pressure – while the former directly contributes to increased pressure levels, the latter is also known to cause at least temporary rises, which is why we recommend limiting them as much as you can. Maintain two servings of alcohol a day for men and one for women (No, we're not being sexist, it's all about your metabolism!) and as for caffeine, just try to tone it down, by opting for healthier options like green tea instead of coffee and so forth.

Remember though, it's not all about food. You need to stay active on the DASH diet if you want it to be as effective as possible. Sure, we've chalked out all the recipes for you but the exercises are on you; make yourself a daily workout regimen to help you stick to a plan.

So, what do you think? Are you ready to power up?

# The Benefits of Dash Diet



With the rising number of diets all over, it can be hard to distinguish the one that will suit your body and lifestyle. Though DASH is known to significantly control hypertension, there are many other health benefits which are directly linked to this diet plan and these are:

## **1. Reduced Hypertension:**

DASH is low on salt and sodium content. Thus, it reduces hypertension and keeps the blood pressure in the optimum range. Patients suffering from hypertension are therefore prescribed to make dietary changes as per the DASH regulations.



## **2. Weight Loss:**

It was not originally formulated to affect body weight, but this healthy plan can serve to prevent obesity. Healthy and controlled diet is linked with better metabolism and lesser fats deposits. So, without cutting out any food in particular, mere maintenance of daily intake through this diet plan can prevent obesity. And people who aspire to lose weight in an effective manner can switch to it to witness fast visible results.

## **3. Heart Health:**

It refers to a healthier heart which results from the diet with lesser fats and complex carbohydrates. Cardiovascular disease is common these days; as the food, we take in is far more concentrated with fats and carbs and low on fibers. This creates clogs in the veins and arteries which results in heart strokes. The DASH diet ensures lesser and controlled intake of all such items, thus preventing all the heart-related diseases.

## **4. No Osteoporosis:**

It is rich in potassium, calcium and proteins hence it prevents the onset of osteoporosis. This disease is unfortunately quite prevalent among women of middle ages or older than that. With a constant intake of this diet plan, the balance of calcium and potassium remains in control.

## **5. Healthy Kidneys:**

It is also a known way to avoid kidney stones which are common due to food with high sodium content. It has no excessive minerals which could deposit in kidneys or dehydrate them. Moreover, better functioning kidneys require a critical balance of sodium and potassium for purification of blood. With lesser sodium intake, this equilibrium remains intact.

## **6. Diabetes:**

A diet which lacks empty carbohydrates can also reduce the number of simple sugars in the blood; resultantly it can help reduce the risk of diabetes. People suffering from type II diabetes suffer from lack of Insulin, the hormone which limits the amount of blood sugar level. This diet, therefore, helps such patients, as it is low on sugars.

### **7. Prevents Cancer:**

It is proven that no treatment can work better than dietary support for cancer patients. As the “DASH” diet is rich in vitamins, fibers, and antioxidants, it consequently helps to prevent the spread of cancer in the body.



# Breakfast Recipes



These DASH diet friendly breakfast recipes are easy to make and contain foods that are packed with low-fat dairy, whole grains, lean meats, and healthy vegetables. They are scrumptious and will help to get your day started strong since it is apparent that breakfast is the most important food of the day. Enjoy!

# Spinach Mushroom Omelette



This nutrient-rich breakfast completely delivers on flavor. It is filled with egg whites, creamy goat cheese, and healthy veggies for an easy nutritious breakfast. This DASH-friendly recipe is a healthy way to start your day. You can make spinach and mushroom the day before to reduce prep time.

**Servings:** 2

**Cooking Time:** 18 minutes

**Instructions:**

- 4 egg whites
- 2 eggs
- 2 oz. goat cheese
- 10 baby Bella mushrooms, sliced
- 3 c. fresh spinach
- 8 tbsps. sliced red onion
- 2 tbsps. olive oil

- cooking Spray

**Ingredients:**

1. Place a skillet over medium-high heat and add olive.
2. Add the sliced red onions to the pan and stir until translucent. Then, add your mushrooms to the pan and keep stirring until they are slightly brown.
3. Add spinach and stir until they wilted. Season with a tiny bit of pepper and salt. Remove from heat.
4. Spray a small pan with cooking spray and Place over medium heat.
5. Break 2 whole eggs in a small bowl. Add 4 egg whites and whisk to combine.
6. Pour the whisked eggs into the small skillet and allow the mixture to sit for a minute.
7. Use a spatula to gently work your way around the skillet's edges. Raise the skillet and tip it down and around in a circular style to allow the runny eggs to reach the center and cook around the edges of the skillet.
8. Add crumbled goat cheese to a side of the omelet top with your mushroom mixture.
9. Then, gently fold the other side of the omelet over the mushroom side with the spatula.
10. Allowing cooking for thirty seconds. Then, transfer the omelet to a plate and enjoy!

# Delectable Tofu Scramble



This recipe is perfect for breakfast or brunch. You can prepare this meal within 20 minutes in the morning; just make sure you press the tofu the night before, so that you only need to add the sauce and vegetables in the morning. This delicious dish is healthy and satisfying.

**Servings:** 4

**Cooking Time:** 30 minutes

**Instructions:**

**Scramble:**

- 4 c. chopped kale

- 1 red pepper, thinly sliced
- ½ red onion, thinly sliced
- 4 tbsps. olive oil
- 2 c. firm tofu

**Sauce:**

- ½ tsp. chili powder
- 1 tsp. cumin powder
- 1 tsp. garlic powder
- ½ tsp. sea salt
- ½ tsp. turmeric
- Water to thin

**For serving (optional):**

- Breakfast potatoes, fruits or toast
- Hot Sauce
- Cilantro
- Salsa

**Ingredients:**

1. Rinse your tofu and pat dry. Roll it in a clean towel and place a heavy object like a cast-iron skillet on it for about 15 minutes.
2. Start preparing your sauce. Add the dry spices to a bowl and add enough water to make the mixture thin.
3. Place a large skillet over medium heat and add the olive oil. Once hot, add red pepper and onion. Season with a pinch of pepper and salt and sauté for five minutes or until softened.
4. Add your kale to the sauce and season again with a tiny bit of pepper and

salt. Stir, cover and allow steaming for 3 minutes.

5. Unwrap your tofu and crush into bite-sized pieces with a fork.

6. Shift your vegetables to one side of the skillet and add the crumbled tofu.

7. Sauté for about two minutes. Pour most of your sauce over the tofu and a little over the vegetables.

8. Stir and distribute the sauce evenly. Allow cooking for 7 – 10 minutes until tofu gets slightly browned.

9. Serve hot with fruits, toast or breakfast potatoes. If you want, you can add more flavor with fresh cilantro, hot sauce or salsa



# Banana & Cinnamon Oatmeal



This oatmeal is an easy, quick and filling breakfast that is perfect for a DASH diet. This recipe uses bran cereal for more fiber and a hearty taste.

**Servings:** 6

**Cooking Time:** 15 minutes

**Instructions:**

- 1 tsp. cinnamon, ground
- 4 tsps. brown sugar
- 2 chopped ripe banana

- 2 c. quick-cooking oats
- 4 c. milk, fat-free
- Extra ground cinnamon and fat-free milk

**Ingredients:**

1. Place milk in a skillet and bring to boil. Add oats and cook over medium heat until thickened, for two to four minutes. Stir intermittently.
2. Add cinnamon, brown sugar and banana and stir to combine.
3. If you want, serve with the extra cinnamon and milk.
4. Enjoy!



# Dash Peach & Raspberry Pancakes



This simple satisfying breakfast is excellent for a DASH diet. It can also be served as dessert for other meals.

**Servings:** 2

**Cooking Time:** 35 minutes

**Instructions:**

- 2 tbsps. vanilla yogurt
- $\frac{1}{4}$  c. all-purpose flour
- $\frac{1}{2}$  c. fat-free milk
- 2 eggs, lightly beaten
- $\frac{1}{2}$  tbsp. butter

- ¼ c. fresh raspberries
- ¼ tsp. brown sugar
- 1 peach, peeled & chopped
- Pinch of salt

**Ingredients:**

1. Heat the oven to 400 degrees.
2. Mix the brown sugar and peaches in a small bowl. Add raspberries and mix gently to combine.
3. Put butter in a pie plate and melt in the oven for about two to three minutes.
4. Whisk eggs and a tiny bit of salt in a small bowl. Add flour bit by bit while stirring.
5. Tilt the pie plate carefully to coat the sides and bottom of the plate with butter. Stir in the remaining butter with the batter.
6. Bake the batter in the oven for about 15 to 20 minutes or until browned and puffed.
7. Serve right away with yogurt and fruits.

# Easy Breakfast Tacos



This DASH breakfast recipe is Mexican-inspired with egg-whites and turkey bacon. The tacos are really scrumptious and will keep you full all morning. Top them with a little cilantro and a sliced avocado. Enjoy!

**Servings:** 4

**Cooking Time:** 15 minutes

## **Instructions:**

- 8 white corn tortillas
- 1 avocado, cubed
- 1 c. cherry tomatoes, halved
- 4 tbsps. shredded cheddar cheese
- 8 pieces turkey or regular bacon

- 6 egg whites
- 2 whole eggs
- 1 tbsp. almond milk
- Salt & pepper
- Cilantro

### **Ingredients:**

1. Preheat the oven to 400 degrees Fahrenheit.
2. Use a tin foil to line your baking sheet and place the turkey bacon or regular bacon on the sheet.
3. Bake until crispy, about fifteen minutes and set it aside.
4. Add the whole eggs, egg whites, and almond to a bowl and whisk to combine.
5. Spray a large skillet with cooking spray and place over medium to high heat.
6. Stir in the egg mixture with a spatula and season with a little bit of pepper and salt, and then allow cooking.
7. Divide the scrambled eggs on the eight tortillas. Add bacon and top with cilantro, avocado, cheese, and cherry tomatoes.

# Dash Breakfast Sandwich



This DASH diet-friendly recipe can be taken as breakfast, lunch or dinner. The recipe is flexible and can be substituted with your favorite ingredients. For example; you can use sautéed mushrooms or spinach instead of arugula and you can add a variety of herbs to the ricotta if you do not have fresh thyme. When you are done with cooking, serve hot and enjoy!

**Servings:** 2

**Cooking Time:** 14 minutes

**Instructions:**

- ½ tsp. chopped fresh thyme
- 2 tbsps. fresh Parmigiano-Reggiano cheese, grated

- 6 tbsps. part-skim ricotta cheese
- 2 eggs
- ¼ tsp. ground black pepper
- ¼ tsp. salt
- ¾ tsp. fresh lemon juice
- ½ tbsp. olive oil
- 1 c. arugula
- 2 slices whole-wheat bread
- Cooking spray

### **Ingredients:**

1. Cover both sides of each slice of bread with cooking spray.
2. Toast until slightly golden. Set aside
3. Add ½ teaspoon olive oil to a nonstick pan over medium heat. Crack the egg into the skillet and cook for two minutes. Cover and cook until the egg whites are set. Set aside.
4. Place arugula in a bowl and add 1 teaspoon olive oil, ¼ teaspoon pepper, and ⅛ teaspoon salt. Toss tenderly and set aside
5. Mix up thyme, Parmigiano-Reggiano cheese, ricotta, and ⅛ teaspoon salt in another bowl.
6. Assemble the toast; place a layer of ricotta mixture and arugula salad on each toast. Top with egg and season with pepper.
7. Serve right away.



# Cashew Pumpkin Yogurt Parfait



This delicious recipe is perfect for breakfast and you can enjoy it as a snack during the day. The dish contains granola, pear, pumpkin, and yogurt, which are all packed with digestion-boosting fiber and probiotics. This is a healthy and hearty meal for a DASH diet.

**Servings:** 2

**Cooking Time:** 20 minutes

## **Instructions:**

- Pumpkin Pie Cashew Cream:
- ¼ ripe avocado, cored
- 1 tbsp. maple syrup
- 1 tsp. pumpkin pie spice

- 1 c. pure pumpkin puree
- ¼ c. water
- ¼ c. raw cashews
- pinch of salt

### **Parfaits:**

- the Pumpkin Pie Cashew Cream
- ¾ c. your favorite gluten-free granola
- 1 c. plain Greek yogurt or coconut yogurt

### **Ingredients:**

1. First of all, make your pumpkin pie cashew cream, by soaking cashews in ¼ cup of water for at least one hour.
2. Drain and add to a food processor or blender. Also add avocado, maple syrup, pumpkin pie spice, pumpkin puree, and salt to the blender. Process until smooth and pour into a bowl.
3. Get 2 small jars ready and place ¼ cup of yogurt into each jar.
4. Layer each yogurt in the jar with a ¼ cup of granola.
5. Divide the pumpkin pie cashew cream into two and layer over granola in each jar.
6. Divide the remaining yogurt into two and layer over the pumpkin cream.
7. Finally, top each jar with one tablespoon of granola and enjoy immediately.



# Peanut Butter with Chia Seeds Overnight Oats



This delightful breakfast recipe uses only five ingredients and five minutes cook time. The oats make a healthy breakfast to start your day strong. It is also a perfect post-workout meal.

**Servings:** 2

**Cooking Time:** 6 hrs. 5 minutes

**Instructions:**

**Oats:**

- 1 c. rolled oats, gluten-free
- 2 tbsps. maple syrup
- 4 tbsps. almond butter
- 1½ tbsps. chia seeds
- 1 c. plain almond milk, unsweetened

### **Optional toppings:**

- Granola
- Flaxseed meal or chia seed
- Raspberries, strawberries, or sliced banana

### **Ingredients:**

1. Add maple syrup, almond/peanut butter, chia seeds, and almond milk to a bowl. Stir to with a spoon until mixed.
2. Stir in the oats and press down with a spoon to make sure all the oats have been immersed in the milk.
3. Cover the mixture tightly and place in the refrigerator overnight or for a minimum of six hours.
4. Enjoy as it is in the morning or top with raspberries, strawberries, or sliced banana before eating.
5. You can refrigerate left over for about 24 hours.

# Hearty Almond Pancakes



These nutrient-rich pancakes are scrumptious and perfect for a DASH diet. This DASH-friendly recipe takes only a few minutes to prepare and it is a healthy way to start your day.

**Servings:** 1

**Cooking Time:** 40 minutes

**Instructions:**

- 1½ egg whites
- 1¼ c. almond milk
- ½ tbsp. coconut oil
- 1½ tbsp. raw honey
- ½ tsp. cinnamon
- 4 tbsp. rolled oats

- 1 tbsp. flaxseed, ground
- $\frac{3}{4}$  tsp. baking powder
- $\frac{3}{4}$  c. whole-wheat flour

**Ingredients:**

1. Combine all the dry ingredients in a large and mix well.
2. Mix the wet ingredients together in another bowl.
3. Add in the wet ingredients to the dry ingredients and mix until combined.
4. Set the mixture in the refrigerator and let it sit for 30 minutes.
5. Heat a skillet over medium heat. Place about  $\frac{1}{4}$  cup of the pancake mixture in the pan and cook until bubbles start forming on top.
6. Flip your pancake and continue cooking until browned.
7. Serve hot and top with your desired toppings – fresh fruit, sugar-free syrup, or almond butter.

# Cranberries Pumpkin Bars



These delicious bars completely deliver on flavor. The recipe contains healthy fats, good carbs, protein and fiber including anti-inflammatory properties. This DASH-friendly recipe is a healthy way to start your day.

**Servings:** 2

**Cooking Time:** 50 minutes

## **Instructions:**

- 1 tsp. vanilla extract
- ½ tbsp. coconut oil
- ¼ c. natural nut butter, no added salt
- ½ c. raw honey
- ¼ tsp. salt
- ¼ c. pumpkin seeds

- ¼ c. dried cranberries
- ¼ c. sliced nuts (walnuts, almonds)
- ¼ c. dry milk
- ¼ c. coconut flour
- 1 c. rolled oats

**Ingredients:**

1. Preheat oven to about 325°F.
2. Lightly coat a 9 by 13-inch baking pan with a little amount of coconut oil.
3. Mix up all the dry ingredients in a bowl. Set aside.
4. In a small skillet, warm coconut oil, nut butter, and honey over medium to low heat. Stir and don't let the mixture boil.
5. Add vanilla and remove the mixture from heat.
6. Add the warm ingredients to the dry ingredients and mix until combined. Make sure the consistency of the batter is sticky, not wet.
7. Transfer the batter to the baking pan and press down to get rid of air-bag pockets.
8. Bake in the oven until the edge starts turning brown, about 25 minutes.
9. Remove from oven and allow cooling on a wire rack for 10 minutes.
10. Cut into bars and serve warm.
11. Store leftover in an airtight container and place in the fridge.

# Golden Milk Overnight Oats



This easy-to-make DASH-diet breakfast recipe is super healthy and satisfying. The recipe contains healthy fats, good carbs, protein and fiber; it is packed with anti-inflammatory properties.

**Servings:** 4

**Cooking Time:** 6 hours

## **Instructions:**

- Golden Milk
- 1 tbsp. coconut oil
- ¼ tsp. black pepper
- ½ tsp. ginger
- ½ tsp. cardamom
- ½ tsp. cinnamon
- 1 tsp. turmeric



- 2 c. coconut milk, unsweetened
- 1 tbsp. honey

### **For the Oats:**

- 3 tbsps. chia seeds
- 1 c. steel cut oats
- Optional Add-Ins
- nut butter
- blueberries
- protein powder
- collagen peptides

### **Ingredients:**

1. Place a small saucepan over low-medium heat.
2. Add milk and spices and allow warming. Add coconut oil and honey.
3. Stir until honey dissolves but don't allow the mixture to boil before you remove from heat. Set it aside to cool for 10 minutes.
4. Add chia seeds, oats, and optional add-ins if you're using to a big jar.
5. Pour the honey milk mixture over the oats and chia seeds in the jar. Cover tightly with lid and shake the jar to mix up the ingredients.
6. Store in the refrigerator for six to eight hours prior to serving.
7. Serve with nut butter, cinnamon, flaked coconut or fresh fruit.

# Mouthwatering Cauliflower Mushroom Breakfast Bowl



This amazing breakfast bowl is perfect for anyone that needs a break from the regular bacon and egg or smoothie routine. The recipe is a healthy, gluten-free, flavorful, and high in antioxidants and DASH friendly.

**Servings:** 4

**Cooking Time:** 30 minutes

**Instructions:**

- 2 tbsps. olive oil
- 4 tbsps. cooking oil
- 6 tbsps. coconut aminos or bone broth

- 12 slices bacon
- 8 c. fresh arugula
- 3 c. whole baby portobello mushrooms, sliced
- 1 batch Ranch Mashed Cauliflower
- sea salt

### **Ingredients:**

#### For the Mushrooms

1. Heat olive oil in a saucepan over medium-low heat.
2. Add mushrooms and sauté on low heat to bring out the flavor
3. When the mushrooms are fully cooked, add coconut aminos or bone broth to deglaze the saucepan and to get the mushrooms caramelized on the outside.
4. Remove from heat and sprinkle a tiny bit of sea salt on the mushrooms while still wet.

#### **For the Bacon:**

1. Preheat oven to 375°F
2. Place your bacon on a rimmed, parched lined baking sheet and cook for about twelve minutes or until crisp.
3. Remove the bacon from the sheet and place on a paper towel to cool. This will help to absorb excess grease.
4. Remove the grease left on the baking sheet and store in an airtight container in the refrigerator to be used for cooking later.
5. When your bacon cools, rough chop and set aside.
6. Divide the Ranch Mashed Cauliflower among 4 bowls. Also, divide the

remaining ingredients into 4 and place inside each bowl.

7. Drizzle with avocado or olive oil and sprinkle with a bit of sea salt to taste.

8. You can prepare the ingredients a day before and reheat for a quick breakfast or eat straight out of the fridge.

# Mango Kefir Overnight Oats with Chia Seeds



This breakfast bliss is packed with nutrient-rich ingredients. The recipe contains anti-inflammatory turmeric and probiotic kefir. You can make them the previous day to be ready for breakfast on a busy morning.

**Servings:** 4

**Cooking Time:** 5 minutes

**Instructions:**

- 1 chopped fresh mango
- ½ tsp. ground cardamom

- ½ tsp. ground cinnamon
- ½ tsp. ground ginger
- ½ tsp. ground turmeric
- 4 tsps. maple syrup
- 2 tbsps. chia seeds
- 1 c. low-fat milk, dairy
- 1 c. milk kefir, or Greek yogurt
- 1 c. rolled oats, gluten-free

**Ingredients:**

1. Get 4 jars ready and place ¼ cup of rolled oats in each jar.
2. Pour ¼ milk kefir or Greek yogurt in each jar.
3. Add low-fat milk, chia seeds, and spices and stir to mix.
4. Top with your chopped mango and place in the fridge overnight.
5. Transfer to a bowl and heat in the microwave or eat straight out of the jar.



# Quick Turmeric Oatmeal



This DASH diet breakfast bowl helps you start your day strong. The recipe contains turmeric which is a great addition to your diet because of its anti-inflammatory qualities and helps detoxify the body.

**Servings:** 2

**Cooking Time:** 20 minutes

**Instructions:**

- 1 tsp. turmeric powder
- 2 splashes oat milk
- 2 c. water



- 1 c. whole rolled oats

**toppings:** mint leaves, desiccated coconut, dried cranberries, flaked almonds, mixed seeds, blueberries, raspberries, and maple syrup (optional)

**Ingredients:**

1. Place your rolled oats in a bowl.
2. Add turmeric powder, milk and water and stir to mix.
3. Add toppings and cover.
4. Place in the fridge overnight.
5. Enjoy a glowing breakfast bowl in the morning.

# Chocolate Turmeric Chia Seed Pudding



This delightful recipe is packed with antioxidants that help to boost the immune system and reduce the effects of stress. It is a filling breakfast and snack that will help to satisfy your chocolate cravings without sugar.

**Servings:** 4

**Cooking Time:** 4 hours 5 minutes

## **Instructions:**

- ½ tsp. vanilla extract
- ½ tsp. cinnamon
- 2 tbsps. raw honey or maple syrup
- 1 tsp. ground turmeric
- ¼ c. unsweetened cacao or cocoa powder

- 1/3 c. chia seeds
- 1 can full-fat coconut milk
- Toppings: shredded coconut, nuts, and fruits.

**Ingredients:**

1. Add all ingredients, except the toppings to a food processor or blender and run until smooth.
2. Cover and place in the refrigerator for about four hours to thicken it.
3. Serve into bowls and add toppings.

# Coconut Almond Chia Porridge



This delicious DASH diet porridge will warm your winter mornings and get you filled. This recipe contains turmeric which is a powerful adaptogen and bee pollen which has immune-boosting and anti-inflammatory properties. Therefore, start your morning strong with this healthy porridge.

**Servings:** 4

**Cooking Time:** 15 mins

**Instructions:**

- 1 tsp. cinnamon
- $\frac{3}{4}$  tsp. ground turmeric
- 2 tbsps. coconut oil
- $\frac{1}{2}$  c. almond butter, roasted

- ½ c. coconut milk
- 1½ c. almond milk, unsweetened
- 4 tbsps. whole chia seeds
- ½ c. toasted coconut, unsweetened
- ½ c. walnut or pecan halves
- 4 tbsps. hemp seeds
- 4 tbsps. Erythritol/Swerve
- Black pepper, ground

### **Ingredients:**

1. Start by chopping your walnuts roughly. Place in a saucepan, add flaked coconut and hemp seeds and roast until fragrant, about 1 to 2 minutes.
2. Toss a few times to prevent them from getting burnt. Then, place the roasted mixture in a bowl.
3. Pour almond milk and coconut milk in a pan and heat up over medium heat.
4. When hot (avoid boiling), set from heat. Mix in coconut oil, black pepper, almond butter, turmeric, chia seeds, and optional sweetener (if using). Mix well to combine and let it sit for five to ten minutes.
5. Add half the roasted walnut mixture and stir. If you want to use vanilla or cinnamon in place of bee pollen, mix it with the turmeric powder before adding.
6. Scoop the mixture into bowls and place the rest of the roasted mix on top. Sprinkle bee pollen on top of the porridge.
7. Eat immediately or refrigerate for up to three days.

# Coconut Honey Pancakes



These light and fluffy pancakes are DASH diet friendly and nutrient-rich. The recipe uses coconut milk and coconut flour which are gluten-free. The pancakes are so delicious and easy to make on a busy morning.

**Servings:** 16 pancakes

**Cooking Time:** 20 minutes

**Instructions:**

- 1 tsp. pure vanilla extract
- 4 tbsps. honey

- 6 eggs
- 4 tbsps. organic coconut oil
- ½ c. coconut milk
- ¼ tsp. baking soda
- ½ c. coconut flour
- Grass-fed butter
- Salt

### **Ingredients:**

1. Place your eggs, honey and coconut oil in a bowl and mix to combine.
2. Add vanilla extract and coconut milk.
3. Add baking soda, flour, and salt and mix. Don't mix the batter thoroughly as too much mixing would result in some flatter, rather listless pancakes. So, don't worry about lumps in your mix. Lumps are even good for this recipe.
4. Melt a dab of butter in a pan and scoop some batter into the pan with a measuring cup or ladle.
5. You may not see many bubbles forming on top of your pancakes while cooking like regular pancakes, so gently check the underside to see that it's browned before you flip. Carefully lift with a fork or spatula prior to flipping.
6. Serve immediately. If you want, drizzle your pancakes with a little maple syrup.



# Oatmeal Banana Pancakes with Walnuts



These nutritious pancakes contain less sodium and you can reduce sodium even further by increasing the mix with walnuts, oats, and banana. The recipe is perfect for a DASH diet breakfast on a busy morning.

**Servings:** 8

**Cooking Time:** 40 minutes

**Instructions:**

- 1/8 c. chopped walnuts
- 1/4 c. old-fashioned oats

- 1 small firm banana, diced
- 1 c. whole wheat pancake mix

**Ingredients:**

1. Make the pancake mix according to the directions on the package.
2. Add walnuts, oats, and chopped banana.
3. Coat a griddle with cooking spray. Add about  $\frac{1}{4}$  cup of the pancake batter onto the griddle when hot.
4. Turn pancake over when bubbles form on top. Cook until golden brown.
5. Serve immediately.

# Quinoa Goji Berries Breakfast Bowl



This lovely breakfast bowl for a DASH diet is not only deliciously satisfying but also highly nutritious and anti-inflammatory because it contains nutrient-rich quinoa and goji berries. This meal is a great way to start your day. Enjoy!

**Servings:** 2

**Cooking Time:** 30 minutes

**Instructions:**

- 2 tbsps. fresh pumpkin seeds
- 2 tbsps. slivered almonds

- 2 tbsps. chopped walnuts
- ½ c. fresh blueberries, unsweetened
- ¼ tsp. vanilla extract
- ¼ tsp. ground cinnamon
- 2 tbsps. maple syrup
- ½ c. almond milk, unsweetened
- 1 large banana
- 4 tbsps. dried cranberries or dried goji berries
- 1 c. rinsed tri-colored quinoa
- 1½ c. water, divided

**Optional:** extra maple syrup & unsweetened almond milk

**Ingredients:**

1. Start by soaking the berries in ½ cup water for about ten minutes.
2. Bring 1 cup of water to boil in a saucepan. Rinse and add quinoa to the water and reduce the heat.
3. Cover and simmer for about fifteen minutes or until liquid is absorbed. Set aside.
4. Drain your soaked berries and halve the banana crosswise. Mash one half and slice the other half.
5. Fluff your cooked quinoa with a fork. Add vanilla, cinnamon, maple syrup, almond milk, and mashed banana to the quinoa and mix to combine.
6. Serve in bowls and top with goji berries, banana slices, pumpkin seeds, almonds, walnuts, and berries.
7. If you want, you may serve with more almond milk or maple syrup

# Sweet Potatoes with Coconut Flakes



Baked potatoes are delectable. You can top with your breakfast favorites to fuel up your morning and keep you satisfied.

**Servings:** 2

**Cooking Time:** 1 hour

**Instructions:**

- ⅛ c. toasted coconut flakes, unsweetened
- 1 tbsp. maple syrup
- 1 chopped apple
- ¼ c. coconut Greek yogurt, fat-free
- 16 oz. sweet potatoes

**Ingredients:**

1. Preheat oven to 400 degrees.
2. Place your potatoes on a baking sheet. Bake them for 45 - 60 minutes or until soft.
3. Use a sharp knife to mark "X" on the potatoes and fluff pulp with a fork.
4. Top with coconut flakes, chopped apple, Greek yogurt, and maple syrup.
5. Serve immediately.



# Flaxseed & Banana Smoothie



This delicious smoothie is loaded with omega 3, minerals, and vitamins. It is very easy and cheap to make and it makes a nice after-work-out meal to start your day strong. This healthy smoothie can be made with milk, almond butter, flax seeds, and frozen banana. Enjoy the delectable, creamy treat!

**Servings:** 1

**Cooking Time:** 5 minutes

**Instructions:**

- 1 tsp. maple syrup or honey



- ½ c. almond milk
- 2 tbsps. flax seed
- 1 tbsp. almond/peanut butter
- 1 frozen banana
- A drop of almond/vanilla extract

**Ingredients:**

1. Add all your ingredients to a food processor or blender and run until smooth.
2. Pour the mixture into a glass and enjoy.

# Hearty Green Smoothie



Having a healthy smoothie for breakfast is one of the tastiest and easiest ways of enjoying veggies and fruits. This easy-to-make smoothie recipe is nutrient-rich and it is certainly a quenching treat for the taste buds. Enjoy!

**Servings:** 4

**Cooking Time:** 10 minutes

**Instructions:**

- 1 jalapeno pepper
- 2 tsps. ginger root
- 20 fresh peppermint leaves

- 4 tbsps. fresh lemon juice
- 1½ c. water or unsweetened iced green tea
- 2 c. baby spinach, fresh
- 2 c. English cucumber
- 4 c. frozen mango

**Ingredients:**

1. Cube your frozen mango and add into a blender.
2. Chop cucumber and add into the blender.
3. Add the remaining ingredients, cover, and blend.
4. Enjoy!

# Lunch



These DASH diet-friendly lunch recipes are easy to make and contain foods that are packed with low-fat dairy, whole grains, lean meats, and healthy vegetables. They are scrumptious and will keep you strong and healthy. Enjoy!

## Pasta & Vegetable Salad



For the recipe, you can make use of any shape of pasta which includes macaroni, rotini (spiral-shaped), farfalle (bow tie), or shells. To spice up your dish you can add, carrot, tomato, or spinach.

**Servings:** 4

**Cooking Time:** 1 hour 30 minutes

### **Instructions:**

- 4 romaine lettuce leaves
- $\frac{1}{4}$  tsp. oregano
- $\frac{1}{4}$  tsp. basil
- 1 medium zucchini, julienned

- 1 green bell pepper, julienned
- 1 red bell pepper, julienned
- ½ lb. mushrooms, julienned
- 12 oz. unsalted chopped tomatoes in juice
- 1 diced onion
- 1 diced clove garlic
- ⅛ c. chicken broth, reduced-sodium
- ½ tbsp. olive oil
- 6 oz. whole-wheat rotini (spiral-shaped) pasta or other pasta

**Ingredients:**

1. Cook your pasta according to the instructions on the package. Drain well and place in a serving bowl.
2. Add olive to the bowl of pasta and toss to coat. Then, set it aside.
3. Place the chicken broth in a pan and heat over medium heat. Add tomatoes, onions, and garlic.
4. Cook and stir the broth mixture for about five minutes or until onions become transparent.
5. Add the rest of the vegetables and sauté for about five minutes or until soft and crispy.
6. Add oregano and basil and stir to mix. Then, add the vegetable mix to your cooked pasta and toss to combine.
7. Cover and place in the fridge to chill for about one hour.
8. To serve, place lettuce leaves on plates and top with the pasta salad.



# Quinoa Potato Chickpea Bowl



This DASH diet recipe is quick and easy to make. It is filling and nourishing for lunch or dinner. The recipe includes avocado, paprika roasted chickpeas, turmeric roasted potatoes, and fresh kale. Enjoy!

**Servings:** 2

**Cooking Time:** 30 minutes

**Instructions:**

- ½ avocado
- ¼ tbsp. olive oil
- 1 kale leaf
- ⅛ c. quinoa
- ½ tbsp. coconut oil



- Salt
- Pepper
- ½ tsp. paprika
- 1 tsp. turmeric
- 15 oz. chickpeas
- 4 small yellow potatoes

### **Ingredients:**

1. Preheat your oven to 350°F.
2. Slice your potatoes into strips and place on half of a baking sheet.
3. Drizzle coconut oil on the potato strips and sprinkle with ½ teaspoon turmeric. Add a tiny bit of salt and pepper to taste.
4. Roast the potatoes for 5 minutes and set aside.
5. Rinse and drain the chickpeas and place them in a bowl.
6. Add the paprika to the chickpeas and toss to coat them evenly.
7. Place the chickpeas on the second half of the baking sheet and roast with the potatoes together for 20 minutes or until potatoes are slightly soft.
8. Cook your quinoa with ¼ cup water. When the quinoa is cooked, mix with half teaspoon turmeric and salt & pepper to taste and set aside.
9. Rinse your kale leaf and sprinkle with olive oil. Divide the leaf into two bowls.
10. Slice the avocado and place into each bowl add roasted potatoes/chickpeas and quinoa and serve immediately.

# Healing Turmeric Vegetable Soup



This DASH diet lunch recipe is nutrient-rich and flavorful. The vegetable soup is a great way to cleanse your body inside out. Enjoy!

**Servings:** 2

**Cooking Time:** 40 minutes

**Instructions:**

- ½ 7 oz. package shirataki noodles
- ½ bunch kale, diced
- ½ 15 oz. can Great Northern beans
- 1½ c. diced cauliflower florets
- ¼ tsp. black pepper
- ¼ tsp. salt

- 2 c. water
- 16 oz. vegetable broth
- 1/8 tsp. cayenne pepper, ground
- 1/4 tsp. ground ginger
- 1 tsp. minced garlic
- 1/2 tbsp. ground turmeric
- 1 stalk celery, diced
- 1/2 carrot, diced
- 1/2 onion, chopped
- 1/2 tbsp. olive oil

**Ingredients:**

1. Add to a skillet and place over medium-low heat. Add onion and sauté until browned.
2. Add celery and carrots and cook until soft.
3. Add cayenne, ginger, and garlic and turmeric and sauté until fragrant.
4. Add pepper, salt, broth, and water and bring to boil.
5. Lower the heat to low and add cauliflower. Cover with a lid and simmer until cauliflower softens about ten minutes.
6. Drain and rinse your beans and noodles and add to the pan. Add kale and cook until kale is bit wilted.
7. Serve immediately.

# Quinoa Butternut Chicken Salad



This is a great DASH diet recipe that is quick and easy to make. It is filling and nourishing for lunch or dinner. The recipe includes pomegranate seeds, white quinoa, scallions, butternut squash and so on. Enjoy!

**Servings:** 2

**Cooking Time:** 30 minutes

**Instructions:**

- cooking oil
- 1 c. water
- juice of 1 lime

- ¼ c. chopped pomegranate seeds
- 3 chopped scallions
- 2 chopped celery stalks
- ¼ butternut squash
- ¼ c. dry white quinoa
- 1.5 lb. chicken breast

**Ingredients:**

1. Rinse your chicken breast, cut into cubes and season with salt.
2. Place a non-stick pan over medium-high heat and spray with cooking oil.
3. Add the cubed chicken to the pan and cook for about five minutes on each side until golden brown.
4. Add a cup of water and quinoa to another skillet. Bring to boil over medium heat and cook until soft. Drain and set aside.
5. Preheat oven to 350 degrees. Cut the butternut squash into cubes and place them in an oven-safe tray. Sprinkle coconut oil on them, season with salt and bake for 15 minutes.
6. Place the cooked quinoa in a bowl; add chicken, pomegranate seeds, baked butternut squash, scallions, celery stalks.
7. Mix well, serve and sprinkle with lime juice.

# Turkey Barley Carrot Soup



This scrumptious soup is turkey and vegetable packed. It is a perfect lunch for a DASH diet. You can add celery, beans, and corn if you desire.

**Servings:** 3

**Cooking Time:** 30 minutes

**Instructions:**

- 1 c. baby spinach, fresh
- 1 c. cooked turkey breast, cubed
- 3 c. chicken broth, reduced-sodium
- $\frac{1}{3}$  c. quick-cooking barley
- $\frac{1}{2}$  diced onion
- 3 medium carrots, diced

- ½ tbsp. canola oil
- ¼ tsp. pepper

**Ingredients:**

1. Place a skillet over medium-high heat. Add oil, carrots, and onion and sauté until carrots become crisp-tender, about 4 to 5 minutes.
2. Stir in chicken broth and barley and bring to boil. Lower the heat; cover the pan with a lid and simmer until barley and carrots are tender about ten to fifteen minutes.
3. Stir in pepper, spinach, and turkey and cook through.



# Balsamic Chicken with Garlic



This DASH diet recipe uses balsamic vinegar which has a rich flavor. The vinegar makes a sauce that is healthier than typical high-fat gravy.

**Servings:** 4

**Cooking Time:** 50 minutes

## **Instructions:**

- ½ tsp. brown sugar
- ¼ c. balsamic vinegar
- 4 sprigs fresh rosemary
- ⅛ tsp. ground black pepper
- ½ tbsp. olive oil
- 1 clove garlic

- ½ tsp. dried rosemary
- 1 whole chicken, about 2 lbs.

**Ingredients:**

1. Crush the garlic and rosemary in a small bowl.
2. Loosen the skin of the chicken from its flesh and massage with olive oil as well as the garlic/rosemary mixture.
3. Sprinkle black pepper on the chicken and place one sprig of rosemary in the chicken's cavity. Then, bind the chicken.
4. Roast the seasoned chicken for about 40 minutes. Baste frequently with the juice in the baking pan.
5. When the chicken is brown and the juice run clear, place the chicken on a platter.
6. Place the brown sugar and balsamic vinegar in a small saucepan. Heat to dissolve sugar but don't boil.
7. Cut up the chicken and remove the skin. Top with the vinegar mix and garnish with the rest of the rosemary sprigs.
8. Serve right away.

## Quick Pizza with Tomato Sauce



You can customize your pizza with a variety of herbs like rosemary, oregano or cilantro. Veggies like asparagus tips, mushrooms, eggplant, sliced tomatoes, or green onions can be added too, but you need to roast the veggies first for best results. Enjoy this DASH diet friendly recipe.

**Servings:** 4

**Cooking Time:** 15 minutes

**Instructions:**

- 4 tbsps. diced basil, fresh
- ½ c. grated reduced-fat mozzarella
- 8 slices red bell pepper, ¼ inch wide
- 4 slices onion, ¼ inch wide

- 2 whole wheat flatbread, ready-made
- 1 c. tomato sauce (no added salt)

**Ingredients:**

1. Preheat oven to 350 degrees.
2. Spray a baking pan lightly with cooking spray. Then, spread your tomato sauce over the wheat flatbread.
3. Top with basil, mozzarella, pepper, and onion. Place the flatbread on the baking pan and bake for about five to seven minutes or until cheese is melted and golden brown.
4. Serve hot.

# Brown Rice with Puttanesca



This delightful DASH diet lunch is satisfying with a fresh taste. The delectable sauce is typically served with pasta however; it is served with brown rice in this recipe.

**Servings:** 2

**Cooking Time:** 35 minutes

**Instructions:**

- 1½ c. cooked brown rice
- 1/8 tsp. red pepper flakes
- ½ tbsp. crushed fresh parsley

- 1/8 c. diced fresh basil
- 1/2 tbsp. olive oil
- 1/2 tbsp. crushed garlic
- 3/4 tbsp. capers, washed & drained
- 2 green olives, pitted & chopped
- 2 Kalamata olives, pitted & chopped
- 2 c. ripe plum tomatoes, diced

**Ingredients:**

1. Place olive oil, garlic, capers, olives and tomatoes in a bowl.
2. Add red pepper flakes, parsley, and basil and stir until combined.
3. Cover the bowl with lid and let it sit for about twenty to thirty minutes at room temperature. Stir intermittently.
4. Serve over hot cooked brown rice and enjoy!



# Wild Rice & Baked Chicken with Tarragon



This DASH diet chicken dish is flavorful and succulent; the licorice flavor of the tarragon and delicate sage harmonize the chicken completely.

**Servings:** 3

**Cooking Time:** 1 hour 45 minutes

## **Instructions:**

- 6 tbsps. wild rice, uncooked
- 6 tbsps. long grain rice, uncooked
- $\frac{3}{4}$  c. dry white wine
- 1 c. chicken broth, unsalted
- $\frac{1}{2}$  tsp. fresh tarragon
- $\frac{3}{4}$  c. whole pearl onions



- $\frac{3}{4}$  c. diced celery
- $\frac{1}{2}$  lb. skinless and boneless chicken breast halves

**Ingredients:**

1. Preheat your oven to 300 degrees.
2. Chop the chicken breasts into half to one-inch pieces.
3. Place  $\frac{1}{2}$  cup of the chicken broth, tarragon, pearl onions, celery, and chicken in a nonstick skillet.
4. Stir and cook over medium heat for about ten minutes or until the veggies and chicken gets soft. Set aside to cool.
5. Pour the remaining broth and wine in a baking dish. Add rice and soak for about thirty minutes.
6. Add the cooked veggies and chicken to the baking dish. Stir, cover and bake in the oven for about 1 hour. Check occasionally and add more chicken broth if the rice gets too dry.
7. Serve hot.

# Grilled Chicken Salad with Black Olives



The grilled chicken complements the tangy dressing on the salad perfectly. The chicken can be grilled in advance, sliced into strips and stored in the fridge for a few days if preferred. Enjoy the DASH diet friendly meal.

**Servings:** 2

**Cooking Time:** 30 minutes

**Instructions:**

**For the salad :**

- 1 navel orange
- 8 ripe olives (black)

- 4 c. lettuce leaves
- 1 garlic clove
- 2 (4 oz. each) skinless, boneless chicken breasts

**For the dressing:**

- ½ tbsp. thinly diced celery
- ½ tbsp. thinly diced red onion
- ½ tbsp. extra-virgin olive oil
- 2 cloves garlic, crushed
- ¼ c. red wine vinegar
- Ground black pepper

**Ingredients:**

1. Peel and slice the navel orange and set aside. Wash and pat dry the lettuce leaves and also set aside.
2. Place all the dressing ingredients in a bowl and mix until combined. Cover and store in the refrigerator until needed.
3. Heat a gas broiler or grill or make a hot fire in a charcoal grill. Move away from the heat source and lightly spray the broiler pan or grill rack with cooking spray.
4. Set the cooking rack about four to six inches from your source of heat. Rub garlic all over the chicken and get rid of the remaining garlic.
5. Broil or grill your chicken breast until just cooked through and browned, about five minutes each side.
6. Place the chicken on a cutting board and allow sitting for about five minutes before you slice into strips.
7. Divide the lettuce, olives and the sliced orange among two plates. Top with

the chicken and drizzle the dressing you kept in the fridge on the salad.

8. Serve right away!

# Herb-Coated Baked Cod with Honey



This recipe uses cod which is excellent for grilling. Use aluminum foil to wrap the herb-coated and grill to make opaque and firm. It is a quick and easy way to enjoy a nutrient rich DASH diet lunch.

**Servings:** 2

**Cooking Time:** 20 minutes

**Instructions:**

- 2 tbsps. honey
- 2 cod fillets (4 oz. each)
- 6 tbsps. stuffing, herb-flavored

**Ingredients:**

1. Set your oven to about 375 degrees.
2. Use a cooking spray to lightly spray a baking pan.
3. Put the herb-flavored stuffing inside a clean bag and close. Squash the stuffing until it gets crumbly.
4. Coat the fishes with honey and get rid of the remaining honey. Add one fillet to the bag and shake to allow completely coat the fish.
5. Transfer the cod to the baking pan and repeat the process for the second fish.
6. Wrap the fillets with foil and bake until firm and opaque all through when you test with a toothpick, about ten minutes.
7. Serve hot.



# Grilled Salmon with Soy Sauce



This quick and healthy DASH diet recipe is fresh and tasty. It is healthy and nutritious since salmon is a great source of heart-healthy omega-3 fatty acids. Enjoy!

**Servings:** 2

**Cooking Time:** 1 hour 10 minutes

## **Instructions:**

- 2 salmon fillets
- ½ tbsp. rice wine vinegar
- ½ tbsp. fresh ginger, crushed
- ½ tbsp. soy sauce, reduced-sodium
- ½ tbsp. sesame oil

## **Ingredients:**

1. Combine vinegar, ginger, soy sauce, and sesame oil in a bowl and mix.
2. Add salmon to the mixture and coat well. Place in the fridge to sit for about 40 to 60 minutes. Turn intermittently.
3. Next, lightly coat the grill with oil and heat to medium-high heat. Set your salmon on the grill and roast for about five minutes on each side.
4. Insert a knife into the middle of the salmon to see if the pink flesh is almost opaque.
5. Remove from the grill and serve warm.

# Salsa and Cauliflower Bowls



This delightful DASH diet lunch is satisfying with a fresh and delicious taste. You can try any combo of veggies.

**Cooking Time:** 10 minutes

**Servings:** 4

## **Instructions:**

- 1 tbsp. avocado oil
- 1 c. red bell peppers, cubed
- 1 lb. cauliflower florets
- 1 chopped red onion
- 3 tbsps. salsa
- 2 tbsps. shredded low-fat cheddar
- 2 tbsps. coconut cream

## **Ingredients:**

1. Heat up a pan with the oil over medium-high heat, add the onion and peppers, and sauté for 2 minutes.
2. Add the cauliflower and the other ingredients, toss, cook for 8 minutes more, divide into bowls and serve.

## Chicken and Kale Mix



This DASH diet chicken and kale dish is very delicious; the mozzarella adds in more flavor.

**Cooking Time:** 20 minutes

**Servings:** 4

**Instructions:**

- 1 tbsp. olive oil
- 1 lb. cubed chicken breast, skinless and boneless
- ½ lb. torn kale
- 2 cherry tomatoes, halved
- 1 yellow onion, chopped
- ½ c. low-sodium chicken stock

- ¼ c. low-fat mozzarella, shredded

**Ingredients:**

1. Heat up a pan with the oil over medium heat, add the chicken and the onion and brown for 5 minutes.
2. Add the kale and the other ingredients except the mozzarella, toss, and cook for 12 minutes more.
3. Sprinkle the cheese on top, cook the mix for 2-3 minutes, divide between plates and serve for lunch.



# Dinner



These DASH diet friendly dinner recipes are easy to make and contain foods that are packed with low-fat dairy, whole grains, lean meats, and healthy vegetables. They are scrumptious, light, and excellent for supper. Enjoy!

# Fried Cauliflower with King Crab



This amazing dish is super easy to make. You can use pre-cut or frozen riced cauliflower or you can simply “rice” the cauliflower in a food processor. This is a healthy DASH diet dinner you will enjoy!

**Servings:** 2

**Cooking Time:** 20 minutes

## **Instructions:**

- 1½ tbsps. soy sauce or coconut aminos
- 3 diced scallions, whites & greens separated
- 1 minced garlic cloves
- ¼ onion, diced
- 1 egg
- ½ tbsp. sesame oil
- 12 oz. riced cauliflower
- 1 frozen King crab legs

- cooking spray
- salt

**Ingredients:**

1. Rice your cauliflower by pulsing in a food processor. Set aside.
2. Pour 2 inches water into a pot and bring to boil. Add the crab leg, cover and cook for about ten minutes or until cooked.
3. Remove the crab from the shell and flake lightly. Set aside.
4. Break the egg into a bowl, season with salt and whisk.
5. Place a skillet over medium heat. Spray with cooking oil and add egg. Cook and turn a few times until cooked through. Transfer to a bowl.
6. Lower heat to medium-low. Add sesame oil, garlic, onions, and scallions and sauté until soft.
7. Turn heat to medium-high and add your “riced” cauliflower and soy sauce to the pan of garlic and onion.
8. Stir to mix, cover the pan with a lid and cook for about three to five minutes or until the cauliflower gets a bit crispy outside and soft inside.
9. Add crab and egg to the mixture and stir through. Remove from heat and stir in the scallion greens.

# White Wine Mushroom Chicken



This is a flavorful and nourishing meal. You can enjoy the garlic chicken over pasta or brown rice. And you can also sprinkle with Parmesan cheese while serving. Enjoy this nutritious DASH diet dinner.

**Servings:** 2

**Cooking Time:** 30 minutes

**Instructions:**

- ¼ c. chicken broth (reduced-sodium)
- 1 crushed garlic clove
- ½ diced onion
- 2 (6 oz.) skinless boneless chicken breast halves
- 1 c. sliced baby portobello mushrooms
- ½ tbsp. olive oil

- Salt
- Pepper

**Ingredients:**

1. Start by pounding the chicken breast with a meat mallet to about ½-inch thick. Season with pepper and salt.
2. Place a pan over medium heat. Add oil and cook each side of chicken for five to six minutes or until lightly browned. Remove from the skillet and set aside.
3. Place onion and mushrooms in the pan and sauté until lightly browned and soft. Stir in garlic and cook for 30 seconds.
4. Add white wine or chicken broth and bring to boil. Stir to loosen the brown bits from the skillet.
5. Continue cooking for about one to two minutes or until liquid is reduced. Serve over the chicken.



## Pasta with Shrimp & Cheese



This delicious DASH diet dish is so flavorful, tender and hearty. A splash of lemon and garlic add to the nutritious benefits and fresh taste of the meal. Enjoy!

**Servings:** 2

**Cooking Time:** 25 minutes

### **Instructions:**

- ¼ c. crumbled feta cheese
- 1 tbsp. fresh cilantro, minced
- ¾ lb. uncooked shrimp, deveined & peeled



- 1 tbsp. lemon juice
- 1 diced tomato
- 1 minced garlic clove
- 1 tbsp. olive oil
- $\frac{3}{4}$  c. whole wheat orzo pasta, uncooked
- Pepper

**Ingredients:**

1. Cook your orzo pasta according to the directions on the package.
2. Place a pan over medium heat and add oil. Add garlic and sauté for one minute.
3. Add lemon juice and tomatoes to the pan and bring to boil. Stir in shrimps and lower the heat.
4. Simmer until shrimp become pink, about four to five minutes. Drain orzo and add pepper and cilantro. Allow cooking through.
5. Serve hot and sprinkle with feta cheese.

# Black Bean Pasta with Vegetables



This quick and healthy DASH diet recipe is fresh and tasty. You can easily make it in a few minutes with less effort. Enjoy!

**Servings:** 6

**Cooking Time:** 25 minutes

**Instructions:**

- 2 c. fresh baby spinach
- ½ tsp. oregano, dried
- 1 tsp. minced dried rosemary
- 14½ oz. diced tomatoes

- 15 oz. black beans
- 1 crushed garlic clove
- 1¾ c. sliced baby portobello mushrooms
- 1 tbsp. olive oil
- 9 oz. whole wheat fettuccine, uncooked

**Ingredients:**

1. Rinse and drain the black beans and set aside.
2. Cook your fettuccine according to the directions on the package.
3. Place olive oil in a larger pan and heat over medium-high heat. Stir in mushrooms and cook until soft, about four to six minutes. Stir in garlic and cook for one more minute.
4. Add oregano, rosemary, tomatoes, and black beans. Allow cooking through.
5. Add spinach and cook until wilted. Drain the fettuccine and add to the black beans mixture. Toss to combine and serve warm.

# Linguine with Roasted Butternut



This quick and healthy DASH diet recipe is fresh and tasty. It is gluten-free and packed with vitamins, raw enzymes and phytonutrients. Enjoy a DASH-friendly dinner.

**Servings:** 2

**Cooking Time:** 1 hour 5 minutes

**Instructions:**

- ½ tbsp. fresh sage, crushed
- 1 c. thinly sliced Swiss chard
- ¼ lb. uncooked linguine

- 1/8 tsp. minced red pepper flakes
- 1 1/2 tbsp. olive oil
- 1 small red onion, diced
- 2 c. peeled butternut squash, cubed
- 1/8 tsp. pepper
- 1/4 tsp. salt
- Cooking spray

**Directions:**

1. Preheat oven to 350 degrees.
2. Coat a baking pan with cooking spray. Set your butternut squash and onion in the pan.
3. Mix pepper flakes with olive oil and sprinkle over the veggies. Toss to combine.
4. Bake uncovered until soft, about 45 to 50 minutes. Stir occasionally.
5. Cook the linguine according to the instructions on the package. Drain and transfer to a bowl.
6. Add the baked squash, sage, Swiss chard, pepper, and salt and toss to mix.
7. Serve immediately.



# Broccoli & Turkey with Crepe



In this recipe, broccoli, which is rich in fiber, calcium, potassium, folate, and vitamins A and C is paired with turkey breast and then rolled into a crepe. This scrumptious DASH diet dish is perfect for lunch and can also be taken as a light dinner.

**Servings:** 2

**Cooking Time:** 15 minutes

## **Instructions:**

- ¼ c. grated low-fat Colby jack cheese
- 2 oz. sliced turkey breast, low-sodium
- 2 prepackaged crepes (8 inches each)
- 1 c. sliced broccoli

## **Ingredients:**

1. Preheat your oven to 350 degrees.



2. Spray a baking dish lightly with cooking spray.
3. Place about one-inch water in a pot fitted with a steamer basket. Bring the water to boil and add broccoli to the steamer basket.
4. Cover with a lid and steam broccoli five minutes or until tender-crisp.
5. Cook your crepes according to the instructions on the package.
6. Divide the turkey, steamed broccoli and grated cheese into two and set on each crepe.
7. Roll the crepes up and set seam-side down in the coated baking dish.
8. Bake in the oven for about five minutes until the cheese melts.
9. Serve hot.

# Wild Rice with Cranberry & Roasted Squash



This quick and healthy DASH diet recipe is fresh and tasty. You can keep winter squashes in a cool, dry place and it can be kept for months. Enjoy!

**Servings:** 4

**Cooking Time:** 50 minutes

## **Instructions:**

- ¼ tbsp. diced Italian parsley
- ⅛ tsp. thyme
- ½ small orange, peeled & sectioned
- ⅛ c. diced walnuts
- 2 c. wild rice, cooked
- ½ c. fresh cranberries

- ½ c. chopped onion
- 1 tsp. canola oil, divided
- 2 c. chopped winter squash, peeled & sliced
- Ground black pepper

**Ingredients:**

1. Heat oven to 400 degrees.
2. Set the squash on a roasting pan and coat with half tsp of oil.
3. Roast the squash until browned, about 30 to 40 minutes.
4. Sauté the onions with the remaining oil in a separate pan. Add cranberries and cook for about one minute.
5. Stir in the rest of the ingredients and sauté until heated through about four minutes.
6. Serve immediately.

# Black Currant Jam Pork Chops



These pork loin chops are so delectable since they are pan-fried and topped with a light sauce.

**Servings:** 3

**Cooking Time:** 15 minutes

**Instructions:**

- 3 orange slices
- 3 tbsps. wine vinegar
- 3 (4 oz. each) center cut pork loin chops

- 1 tsp. olive oil
- 1 tbsp. Dijon mustard
- ¼ c. blackcurrant jam
- Ground black pepper

**Ingredients:**

1. Mix up the mustard and jam in a bowl. Set aside.
2. Heat olive oil in a nonstick skillet over the medium-high heat.
3. Add in the pork chops, cook for about five minutes on each side, until browned.
4. Place one tbsp of the mustard/jam mixture on each pork chop. Cover the pan and cook for two minutes longer. Then, place the pork chops in plates.
5. Allow the skillet to cool to a warm temperature. Then, add the wine vinegar to the pan and stir to deglaze the browned bits.
6. Add the vinegar sauce to each plate of pork chop. Sprinkle black pepper on it and garnish with slices of orange.
7. Serve right away.



# Fried Vegetable Rice



This quick and healthy DASH diet recipe is fresh and tasty. You can easily make it with minimal effort in less than 20 minutes. Enjoy!

**Servings:** 2

**Cooking Time:** 20 minutes

**Instructions:**

- 1/8 c. diced parsley
- 1/2 tbsp. sesame oil
- 1 tbsp. soy sauce, reduced-sodium
- 1/4 c. frozen peas



- 1 egg
- ¼ c. diced green bell pepper
- 1 carrot, diced
- 2 green onions with tops, diced
- 1½ tbsps. peanut oil
- 1 c. brown rice, cooked

**Ingredients:**

1. Heat the peanut oil over medium-high heat in a nonstick pan.
2. Add the cooked brown rice and sauté until lightly golden. Then, add onion, peas, green pepper, and carrots and keep stirring for about five minutes or until the veggies become tender-crisp.
3. Push the rice and veggies to the side of the pan to hollow out a circle in the middle of the pan.
4. Then, break the egg into the space created and cook. Scramble the egg lightly while cooking.
5. Mix up the scrambled egg with the rice and veggies. Sprinkle with parsley, sesame oil, and soy sauce.
6. Serve hot.

# Dessert Recipes



The dessert recipes in this book are unique. Most recipes derive most of their sweetness from fruit. The goal of eating healthy is to live a longer, healthier and more enjoyable life. What would that be without a little sweetness?

# Compote a la mode



This is a wonderful recipe that brings the coolness and sweetness from the fruits.

**Cooking Time:** 15 minutes

**Servings:** 2

**Instructions:**

- 1¼ c. water
- ½ c. orange juice
- 12 oz. mixed dried fruit
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- ¼ tsp. ground ginger
- 4 c. fat-free vanilla frozen yogurt

**Ingredients:**

1. Mix water, dried fruit, nutmeg, cinnamon, ginger, and orange juice in a saucepan.
2. Cover and cook for 10 minutes on medium heat.
3. Remove the lid and cook for another 10 minutes.
4. Add frozen yogurt to the serving cups.
5. Divide the dried fruit mixture on top.
6. Serve.



# Apricot and Almond Crisp



This is a simple delicious and satisfying dessert. You will enjoy the taste of almonds alongside the sweetness of honey.

**Cooking Time:** 25 minutes

**Servings:** 4

**Instructions:**

- 1 tsp. olive oil
- 1 lb. apricots, halved with pits removed
- ½ c. chopped almonds
- 1 tbsp. oats, gluten-free

- 1 tsp. anise seeds
- 2 tbsps. honey

**Ingredients:**

1. Switch on the oven and set it to 350 degrees F to preheat.
2. Grease a 9inch pie plate with olive oil.
3. Add chopped apricots to the plate and spread evenly.
4. Top them with almonds, anise seeds, and oats.
5. Pour honey on top and bake for 25 minutes until golden brown.
6. Serve.



# Apple-blueberry Cobbler



Blueberries and apples are fruits that you can't afford to miss. Prepare this wonderful dessert and you won't regret.

**Cooking Time:** 40 minutes

**Servings:** 4

**Instructions:**

- 2 apples, peeled, cored and sliced
- 1 tbsp. lemon juice
- 2 tbsps. sugar
- 2 tbsps. cornstarch

- 1 tsp. ground cinnamon
- 12 oz. fresh blueberries

### **For the topping**

- $\frac{3}{4}$  c. all-purpose flour
- $\frac{3}{4}$  c. whole-wheat flour
- 2 tbsps. sugar
- $1\frac{1}{2}$  tsps. baking powder
- $\frac{1}{4}$  tsp. salt
- 4 tbsps. cold margarine, cut into pieces
- $\frac{1}{2}$  c. fat-free milk
- 1 tsp. vanilla extract

### **Ingredients:**

1. Switch on the oven and set it to 400 degrees F to preheat.
2. Grease a 9-inch baking pan with cooking spray.
3. Mix apples with lemon juice in a glass bowl.
4. Stir in cinnamon, sugar, and corn-starch. Mix well to coat evenly.
5. Toss in blueberries then spread the mixture in the baking dish.
6. Mix both the flours, salt, baking powder and sugar in a bowl.
7. Cut in margarine and mix until it forms a crumbly mixture.
8. Stir in vanilla and milk. Mix well to form a moist dough.
9. Knead this dough well with floured hands.
10. Roll it into a  $\frac{1}{2}$  inch thick rectangle.
11. Cut out your favorite shapes using a cookie cutter.

12. Use the remaining scraps to cut more cookies.

13. Place the cookie dough on top of the apple mixture in the dish and completely cover it.

14. Bake for 30 minutes.

15. Serve.

## Ambrosia with Toasted Almonds



Fruits are the wonders to a healthy living. Add more taste to the dessert with a topping of mint.

**Cooking Time:** 20 minutes

**Servings:** 2

**Instructions:**

- ½ c. almonds, slivered

- ½ c. unsweetened coconut, shredded
- 3 c. cubed pineapple
- 5 oranges, segmented
- 2 red apples, cored and diced
- 1 banana, halved lengthwise, peeled and sliced
- 2 tbsps. cream sherry
- Fresh mint leaves

**Ingredients:**

1. Switch on the oven and set it to 325 degrees F to preheat.
2. Spread almonds in a baking sheet and roast for 10 minutes in the oven.
3. Transfer the almonds to a plate and toast coconut on the same baking sheet for 10 minutes.
4. Mix oranges, banana, sherry, apples, and pineapple in a bowl.
5. Divide the fruit mixture into the serving bowls.
6. Top the mixture with almonds and coconut.
7. Garnish with mint and serve.

# Almond Apricot Biscotti



With such a wonderful and fresh homemade apricot biscotti, you will enjoy your morning or afternoon coffee.

**Cooking Time:** 40 minutes

**Servings:** 4

## **Instructions:**

- $\frac{3}{4}$  c. whole-wheat flour
- $\frac{3}{4}$  c. all-purpose (plain) flour
- $\frac{1}{4}$  c. firmly packed brown sugar
- 1 tsp. baking powder
- 2 lightly beaten eggs
- 2 tbsps. 1 percent low-fat milk
- 2 tbsps. canola oil



- 2 tbsps. dark honey
- ½ tsp. almond extract
- 2/3 c. chopped dried apricots
- ¼ c. chopped almonds

**Ingredients:**

1. Switch on the oven and set it to 350 degrees F to preheat.
2. Mix flours, baking powder and brown sugar in a bowl.
3. Whisk in milk, canola oil, eggs, almond extract, and honey.
4. Stir well to make a smooth dough.
5. Fold in chopped almonds and apricots.
6. Place the dough on a plastic wrap and spread it into a 12-inch-long and 3-inch-wide rectangle.
7. Place the biscotti dough on a baking sheet and bake for 25 minutes or more until golden brown.
8. Allow the bread to cool then slice into ½ inch thick slices.
9. Spread the slice on the baking sheet and bake again for 15 minutes until crispy.
10. Serve.

# Berry Apple Cobbler



This is a wonderful dessert where you will enjoy the teaming up of the fresh berries and apples. It will easily scoop out.

**Cooking Time:** 40 minutes

**Servings:** 4

**Instructions:**

**For the filling:**

- 1 c. fresh blueberries
- 2 c. chopped apples
- 1 c. fresh raspberries
- 2 tbsps. brown sugar
- ½ tsp. ground cinnamon

- 1 tsp. lemon zest
- 2 tsps. lemon juice
- 1½ tbsps. corn-starch

**For the topping:**

- 1 egg white
- ¼ c. soy milk
- ¼ tsp. salt
- ½ tsp. vanilla
- 1 ½ tbsps. turbinado or brown sugar
- ¾ c. whole-wheat pastry flour

**Ingredients:**

1. Switch on the oven and set it to 350 degrees F to preheat.
2. Layer 6 small ramekin with cooking spray.
3. Mix raspberries with apples, sugar, cinnamon, lemon zest, lemon juice, and blueberries in a bowl.
4. Stir in cornstarch and mix until dissolved.
5. Beat egg white in another bowl then whisk in soy milk, sugar, vanilla, and pastry flour.
6. First, divide the berry mix in the ramekins and top it with the vanilla topping.
7. Place the ramekins in a baking sheet.
8. Bake for 30 minutes until golden brown from top.
9. Serve.

# Conclusion

Well you made it to the end. I hope this book helped in your quest to live a healthy lifestyle by incorporating A DASH diet. Hopefully, it helps achieve your weight loss goal, lower your blood pressure and really will have a better lifestyle!

Try out all the recipes. Good luck!

# About the Author

Angel Burns learned to cook when she worked in the local seafood restaurant near her home in Hyannis Port in Massachusetts as a teenager. The head chef took Angel under his wing and taught the young woman the tricks of the trade for cooking seafood. The skills she had learned at a young age helped her get accepted into Boston University's Culinary Program where she also minored in business administration.

Summers off from school meant working at the same restaurant but when Angel's mentor and friend retired as head chef, she took over after graduation and created classic and new dishes that delighted the diners. The restaurant flourished under Angel's culinary creativity and one customer developed more than an appreciation for Angel's food. Several months after taking over the position, the young woman met her future husband at work and they have been inseparable ever since. They still live in Hyannis Port with their two children and a cocker spaniel named Buddy.

Angel Burns turned her passion for cooking and her business acumen into a thriving e-book business. She has authored several successful books on cooking different types of dishes using simple ingredients for novices and experienced chefs alike. She is still head chef in Hyannis Port and says she will probably never leave!



# Author's Afterthoughts



With so many books out there to choose from, I want to thank you for choosing this one and taking precious time out of your life to buy and read my work. Readers like you are the reason I take such passion in creating these books.

It is with gratitude and humility that I express how honored I am to become a part of your life and I hope that you take the same pleasure in reading this book as I did in writing it.

Can I ask one small favour? I ask that you write an honest and open review on Amazon of what you thought of the book. This will help other readers make an informed choice on whether to buy this book.

***My sincerest thanks,***

***Angel Burns***



If you want to be the first to know about news, new books, events and giveaways, subscribe to my newsletter by clicking the link below

<https://angel-burns.gr8.com>

**or Scan QR-code**

