

Delicious DASH Diet Recipes!

Tropical Green Smoothie

Serves 2

Ingredients

- 2 cups fresh spinach
- 1 cup cucumber, chopped
- 1 cup peaches, chopped
- 1 cup mango, chopped
- 1 cup fresh pineapple, chopped
- 1 cup unsweetened coconut milk
- 1 cup ice

Directions

1. Place all ingredients in a blender and blend until smooth.
2. Serve immediately in well chilled glasses.

Mediterranean Chicken Tacos

Serves 4-6

Ingredients

- 1 pound boneless, skinless chicken breast, cut into strips
- 1 tablespoon olive oil
- 2 cloves garlic, crushed and minced
- 1 jalapeno pepper, diced
- ½ teaspoon cardamom
- ½ teaspoon coriander
- ½ teaspoon cumin
- 1 cup tomatoes, diced
- ½ cup red onion
- ½ cup feta cheese
- ¼ cup fresh parsley
- ¼ cup fresh mint
- Low fat plain yogurt, for garnish
- Large lettuce leaves to use as taco shells

Directions

1. Heat the olive oil in a skillet over medium heat. Add the chicken and sauté for 5 minutes.
2. Add the garlic, jalapeno, cardamom, coriander, and cumin. Cook until chicken is cooked through, approximately 2-3 additional minutes.
3. In a bowl, combine the tomatoes, red onion, feta cheese, parsley, and mint. Toss to mix.
4. Spoon the chicken mixture into lettuce leaves and top with the tomato salsa and plain yogurt, if desired.

Mini Chicken Pot Pies

Servings: 4-6

Ingredients:

- 2 tablespoons olive oil
- ¼ cup yellow onion, chopped
- ½ cup carrots, shredded
- ½ cup fresh peas
- 2 tablespoons flour
- 1 cup low fat milk
- 1 cup chicken, cooked and shredded
- 1 teaspoon thyme
- ½ teaspoon sage
- 1 teaspoon white pepper
- ¼ cup freshly grated Parmesan cheese
- 2 premade refrigerated whole wheat pie crust doughs

Directions:

1. Preheat oven to 400°F, and lightly oil 12 muffin tins.
2. In a skillet, heat the olive oil over medium.
3. Add the onions and carrots. Sauté for 2-3 minutes before adding the peas and cooking for an additional 1-2 minutes.
4. Add the flour and stir to coat the vegetables. Slowly add the milk, stirring constantly until a sauce forms. If the sauce is too thick, add additional milk or low sodium chicken stock. Reduce heat to low and let simmer for 5 minutes.
5. Meanwhile, lightly flour a work surface and place one pie dough onto the counter. Using a round cookie cutter, approximately 3 inches in diameter, cut 12 circles, gathering the dough and re-rolling as necessary.
6. Use a slightly smaller cookie cutter to cut out 12 more circles, out of the second pie dough, that will be used for the top crusts.
7. Place one of the larger circles into each of the muffin tins. Fill with chicken and the vegetable/sauce mixture. Top with a smaller circle and gently crimp the edges to seal.
8. Repeat until all ingredients have been used.
9. Using a fork or the tip of a sharp knife, poke several small holes into the top of each crust.
10. Place in the oven and bake for 17-20 minutes, or until golden brown.
11. Serve warm.

Broccoli Fritters

Servings: 4 as a snack

Ingredients:

- 3 cups broccoli, chopped
- 1 cup fresh spinach, chopped
- 2 cloves garlic, crushed and minced
- 1 egg beaten
- ½ cup flour
- 1 teaspoon nutmeg
- ½ cup fresh grated Parmesan cheese
- ¼ cup olive oil

Directions:

1. Heat 1 tablespoon of the olive oil in a skillet and heat over medium heat.
2. Add the spinach, broccoli, and garlic, and sauté for 3 minutes. Remove from the pan and set aside. Heat the remaining oil in the skillet.
3. In a bowl, combine the egg, flour, nutmeg, and Parmesan cheese.
4. Combine the vegetable mixture with the egg mixture and mix well.
5. Form into 3-inch patties and place in the hot oil.
6. Cook until browned and crispy, approximately 3 minutes per side.
7. Serve warm.

Tunisian Pot Roast

Serves: 8

Ingredients:

- 1 beef roast, 2 pounds
- 2 tablespoons olive oil
- 1 teaspoon black pepper
- 1 teaspoon oregano
- 4 cups potatoes, sliced
- 3 cloves garlic, crushed and minced
- 1 cup low sodium beef stock
- 2 teaspoons turmeric
- 2 tablespoon lemon juice
- 1 cup sliced lemon

Directions:

1. In a large skillet, heat the olive oil over medium high heat. Season the roast with black pepper and oregano. Place the roast in the pan and sear on all sides.
2. Arrange the potatoes and garlic in the bottom of a slow cooker.
3. Place the roast on top and pour the beef stock around it.
4. Season the roast with turmeric and lemon juice, and arrange the sliced lemon on top.
5. Cover and cook on low for 6 hours, or until tender.
6. Let rest 10 minutes before serving.

****These recipes and more can be found in Madison Miller's *DASH Diet Cookbook 4 Books in 1 Book Set*. To get your own copy, click on the cover or [here](#).**

