

Delicious and Easy Dash Diet Recipes

Tomato Stuffed with Walnut Chicken Salad

Serves 4

Ingredients

- 4 large tomatoes
- 1 pound boneless, skinless chicken breast, cooked and shredded
- 1 cup low fat plain yogurt
- 1 tablespoon Dijon mustard
- 1 clove garlic, crushed and minced
- 1 tablespoon fresh tarragon
- 1 tablespoon fresh chives, chopped
- ½ cup walnuts chopped
- 1 cup fresh peas
- 1 cup celery, diced

Directions

1. Cut the tops off of the tomatoes and gently scoop out the insides.
2. In a bowl combine low fat yogurt, Dijon mustard, garlic, tarragon, and chives. Mix well.
3. In a separate bowl combine the chicken, walnuts, peas, and celery. Add the dressing mixture and toss to coat.
4. Spoon the chicken mixture into each of the tomatoes.
5. Serve immediately, or chill for up to two hours.

Spaghetti Squash with Herbs and Creamy Goat Cheese

Serves 4

Ingredients

- 2 medium spaghetti squash, cut in half
- 2 tablespoons canola oil
- 2 cloves garlic, crushed and minced
- ¼ cup dry white wine
- ½ cup low sodium chicken stock
- 1 tablespoon fresh chives, chopped
- 1 tablespoon fresh thyme, chopped
- 1 teaspoon black pepper
- ½ cup goat cheese crumbles

Directions

1. Preheat the oven to 400°F.
2. Place the squash halves on a baking sheet and brush each with canola oil. Place in the oven and bake to 45 minutes. Remove from the oven and let cool slightly before scooping out the insides and setting aside.
3. Heat the remaining oil in a skillet over medium heat. Add the garlic and sauté 1 minute.
4. Add the white wine and deglaze the pan until most of the wine has evaporated.
5. Add the spaghetti squash, chicken stock, chives, thyme, and black pepper. Let cook for 3 minutes, tossing occasionally.
6. Turn off heat and add goat cheese. Toss well and serve immediately.

Root Vegetable Beef Stew

Serves 6

Ingredients

- 2 pounds beef stew meat
- 1 cup red onion, sliced thick
- 1 cup celery, sliced
- 2 cups carrots, sliced
- 1 cup sweet potato, cubed
- 1 cup beets, cubed
- 3 cloves garlic, crushed and minced
- 2 cups low sodium beef broth
- 1 cup vegetable or tomato juice
- 1 teaspoon sage
- 1 teaspoon rosemary
- 1 teaspoon black pepper
- 1 tablespoon prepared ground horseradish

Directions

1. Place the red onion, celery, carrots, sweet potato, and beets in the bottom of a slow cooker.
2. Place the stew meat on top of the vegetables, followed by the garlic, beef broth, vegetable juice, sage, rosemary, black pepper, and horseradish.
3. Cover and cook on low for 6 hours, or until meat is cooked through and vegetables are tender.

Chicken Pesto with Zucchini Noodles

Serves 4

Ingredients

- 2 cups fresh basil, chopped
- ½ cup fresh parsley, chopped
- 2 cloves garlic, crushed and minced
- ½ cup fresh grated Parmesan cheese
- 1 teaspoon lemon zest
- ¼ cup + 1 tablespoon olive oil
- 1 pound boneless skinless chicken breast, chopped
- ¼ cup red onion, diced
- 1 cup baby tomatoes, cut in half
- 6 cups zucchini, julienned into thin “noodles”

Directions

1. Place the basil, parsley, garlic, Parmesan cheese, and lemon zest together in a food processor or blender.
2. Pulse while slowly adding ¼ cup olive oil until a pesto paste is formed. Set aside.
3. Add the remaining olive oil to a skillet over medium heat.
4. Add the chicken and cook until no longer pink in the center, approximately 5-7 minutes.
5. Add the tomatoes and cook for an additional 2 minutes before adding the zucchini noodles.
6. Add the pesto to the pan and toss while cooking, until heated through.
7. Serve immediately.

Easy Tomato Soup

Serves 2-4

Ingredients

- 2 teaspoons olive oil
- 2 cloves garlic, crushed and minced
- 4 cups low sodium chicken stock
- 1 14 ounce can reduced sodium crushed tomatoes
- 2 cups fresh tomatoes, diced
- 1 cup low fat milk
- ¼ cup fresh basil, chopped
- ¼ cup fresh parsley, chopped
- 1 teaspoon black pepper

Directions

1. In a large saucepan heat the olive oil over medium.
2. Add the garlic and sauté for 1 minute before adding the chicken stock, canned tomatoes and fresh tomatoes. Cook for 5 minutes, stirring occasionally.
3. Add the milk, basil, parsley, and black pepper.
4. Continue to cook, stirring occasionally, until heated through.
5. Serve immediately.

Salmon Patties over Fresh Greens

Serves 2-3

Ingredients

- 3 cups cooked salmon
- 1 tablespoon olive oil
- ¼ cup shallots, diced
- 1 clove garlic, crushed and minced
- 1 tablespoon fresh chives, chopped
- ½ cup ground almonds
- 2 teaspoons lemon zest
- 1 teaspoon old bay seasoning
- 1 teaspoon black pepper
- 6 cups spinach or other salad greens
- 1 tablespoon balsamic vinegar

Directions

1. In a sauté pan, heat the olive oil over medium heat. Add the shallots and garlic. Sauté until tender, approximately 2-3 minutes.
2. Shred the cooked salmon with a fork and place it in a large bowl. Using a slotted spoon, remove the shallots and garlic from the pan and add to the salmon.
3. Mix in the chives, almonds, old bay seasoning, and black pepper. Mix well.
4. Form into approximately 6 patties.
5. Return the pan to medium high heat and add the salmon patties. Cook for approximately 3 minutes on each side, or until nicely browned.
6. Place the spinach or salad greens on serving plates, drizzles with balsamic vinegar, and place the salmon patties on top to serve.

These recipes and more are found in Madison Miller's *DASH DIET: Guidelines and Recipes: 14-Day Heart Healthy Eating Plan to Jump Start Your Diet, Lose Weight, and Gain Control of Your Health*. To get your copy, click on the cover below or click [here](#).

