

DASH DIET Recipe Booklet



Diet has been modified to provide 2,300mg and 1,500mg/day.

If this sample meal plan was to be eaten in a single day a person will be consuming: approximately 1,212mg of sodium.

FRUIT & YOGURT PARFAIT

Yields: 1 servings

Ingredients:

- 1 cup vanilla low-fat yogurt*
- ½ cup mixed berries (raspberries blueberries)
- ½ banana*
- ¼ cup granola

*** Can use a flavor other than vanilla, but make sure yogurt is low-fat.*

*** Feel free to get creative with fruit toppings.*

Directions:

1. Place ¼ cup of the yogurt at the bottom of a bowl, large mug or mason jar.
2. Add in alternating layers of fruit, then granola, & yogurt.

Nutrition Facts: for 1 serving

Calories 238 cal

Total Fat 5g

Cholesterol 5mg

Sodium 46mg

Total Carbohydrates 34g

Dietary Fiber 5g



Protein 16g

BAKED AVOCADO & EGG

Yields: 2 servings

Ingredients:

- 1 avocado

- 2 eggs
- Herbs & spices (garlic powder, black pepper, onion powder, etc)

Directions:

1. Preheat the oven to 450 F.
2. Cut avocado in half and carefully remove the pit.
3. Crack egg into the bowl, one at a time and use a spook to slide the egg into each pit-hole of the avocado halves.
4. Place on a baking sheet and bake for 12-15 minutes.

Nutrition Facts: for 1 serving

Calories 207 cal

Total Fat 18g

Cholesterol 185mg

Sodium 100mg

Total Carbohydrates 7g

Dietary Fiber 5g

Protein 8g



SAUTEED GREEN BEANS

Yields: 4 servings

Ingredients:

- 1 lb of frozen or fresh green beans, cut up
- 3 Tbsp olive oil
- 1 15 oz. can no-salt-added tomatoes, chopped
- 3 cloves garlic
- ¼ tsp black pepper

Directions:

1. In a large skillet, heat oil over medium-high heat until hot enough to make green beans sizzle.
2. Saute the green beans until soft.
3. Remove green beans from the pan to a plate with a slotted spoon, leaving the oil in the skillet.
4. Reduce the heat to low
5. Crush garlic and then stir in the garlic and cook for 30 seconds.
6. Stir in the tomatoes and cook for 5 minutes.
7. Return the green beans to the skillet and season with pepper.

Nutrition Facts: for 1 serving

Calories 142 cal

Total Fat 11g

Cholesterol 0mg

Sodium 12mg

Total Carbohydrate 12g

Dietary Fiber 6g

Protein 3g

CHICKEN

Yields: 4

**TACOS**

servings

Ingredients:

- ½ red bell pepper
- ½ small onion
- ½ Tbsp canola oil
- 2 5 Oz cans of chicken, no-salt-added (do not drain)
- ½ Tbsp chilli powder
- ½ tbsp cumin (optional)
- ½ cup chopped tomato
- 1 cup shredded lettuce
- 4 soft taco shells

Directions:

1. Wash vegetables
2. Dice the pepper, onion, and bell pepper
3. In a large skillet over medium-high heat, saute the pepper and onion in the oil until starting to brown, about 3-5 minutes.
4. Stir in the chicken with the liquid and chili powder.
5. Break up the chicken into small pieces. Simmer the chicken for 5 minutes.

6. Stir in the tomatoes and season.

**can use whole wheat tacos

Nutrition Facts: for 1 serving

Calories 221 cal

Total Fat 10g

Cholesterol 36mg

Sodium 600mg

Total Carbohydrates 13g

Dietary Fiber 2g

Protein 20g



**SAUTEED COLLARDS WITH TURKEY &
WHITE BEANS**

Yields: 4 servings

Ingredients:

- 2 Tbsp olive oil
- 5 cloves garlic, minced
- ¼ lb slice of low sodium smoked turkey, chopped
- 1 bunch fresh or frozen collard greens, trimmed and chopped
- 1 15-oz can no-salt-added white beans
- 1 Tbsp apple cider vinegar
- Ground black pepper
- Hot sauce

Directions:

1. Heat the oil in a large pot over medium heat
2. Saute the garlic for 1 minute.
3. Add the turkey and cook for 1 minute
4. Stir in the collard greens, white beans and 1 cup of water
5. Simmer, stirring often, until collards are tender, to your taste, 10-30 minutes.
6. Season with vinegar, pepper and hot sauce to taste

Nutrition Facts: for 1 serving

Calories 205 cal

Total Fat 8g

Cholesterol 10mg

Sodium 437mg

Total Carbohydrates 21g

Dietary fiber 6g

Protein 12g

**CHOCOLATE PEANUT BUTTER FUDGE**

Yields: 6 servings

Ingredients:

- 3 large ripe bananas, chopped and frozen
- 2 Tbsp unsweetened cocoa powder
- 3 Tbsp natural peanut butter
- 1-2 packets of stevia

Directions:

1. Add bananas, cocoa powder, stevia and 2 tablespoons of peanut butter into a food processor
2. Process until all bananas are completely mashed. You may need to scrape down the sides occasionally but this should only take 1-3 minutes.
3. Stir in 1 other tablespoon of peanut butter to create *chunks*.
4. Eat immediately or store in the freezer until ready to eat.

Nutrition Facts: for 1 serving

Calories 112 cal

Total Fat 4g

Cholesterol 0mg

Sodium 17mg

Total Carbohydrates 19g

Dietary Fiber 3g

Protein 3g

