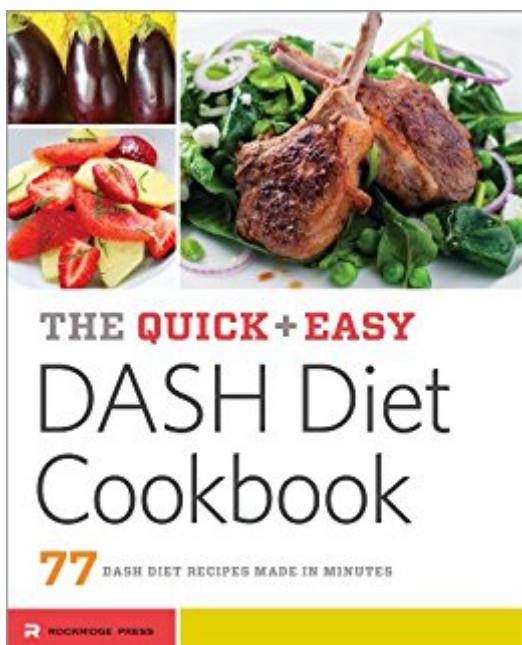


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# The Quick & Easy DASH Diet Cookbook: 77 DASH Diet Recipes Made In Minutes



## **Synopsis**

Easily add fresh DASH diet meals to your daily life with The Quick & Easy DASH Diet Cookbook. If you're among the 50 million Americans who suffer from hypertension, then the DASH diet, rated #1 Best Diet Overall by U.S. News & World Report, can help you lower your blood pressure, lose weight, and prevent disease. The Quick & Easy DASH Diet Cookbook will show you how to create fast and simple DASH diet recipes, packed with hearty vegetables, lean meats, and whole grains, and low in salt and cholesterol. Each recipe in The Quick & Easy DASH Diet Cookbook is delicious and healthy, and can be made in under 30 minutes. The Quick & Easy DASH Diet Cookbook will show you how to make fast and tasty meals that can improve your heart health, with: 77 easy DASH diet recipes, such as Lemon-Blueberry Muffins, Fruit Salad with Fresh Mint, and White Chicken Chili; 9 money- and time-saving tips for eating on the DASH diet; Grocery shopping guide; Advice on cooking your favorite foods with less sodium; Instructions for creating a DASH diet meal plan. With wholesome recipes and clear-cut advice, The Quick & Easy DASH Diet Cookbook makes heart-healthy eating simple and fast.

## **Book Information**

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## Customer Reviews

Wasabi cream cheese inside snow peas? Yum! That sounds awesome, and something my kids could make with me. And Thai Chicken Coconut Milk soup? This is the EASIEST recipe for Tom Ka Gai that I've seen. And since it's one of my favorites, I like the short cuts (no galangal or lemongrass stalks). And I'll be bringing the warm Sweet Potato Salad to our next cook out. I did feel like this book had a few contradictions: The start of the book suggests avoiding canned foods, because you can't control the sodium content, and then a recipe later call for canned salmon. And lots of canned chickpeas.. At the beginning of each recipe, there is usually a mention of why a particular ingredient is healthy or helpful for your body. For example, *Low in fat and high in protein, shrimp makes a great appetizer for anyone watching their calories.* I wish the authors had reviewed more ingredients like they did the fennel, and spinach and other spices. For example, cumin is useful for digestion and to fight off illness, but the authors don't rave about that. I have already made three recipes and will refer to this book more often.

If you want an expansive or extensive account of the DASH diet, hypertension or detailed nutritional information, this probably isn't the book you need. In fact *The Dash Diet* Cookbook even says in its opening chapters that you want to complement this book with additional resources. What this cookbook does offer the reader is a solid definition of the Dash Diet and how to plan menus, shop smart, and cook good nutritious food. Here are some positive and negative aspects of the book:  
A lot of the ingredients are used for breakfast, lunch and dinner, snacks and dessert, so you won't have to go out and buy a cart full of unique ingredients.  
The collection of breakfast recipes are tasty, and aside from the goat cheese, call for ingredients that I may have in my refrigerator and pantry.  
The snacks and recipes offered didn't seem all that appealing. Roasted Plums with Greek Yogurt or Wasabi and Cream Cheese-filled Snow Peas? No thanks, though I might give the Southwestern-style Cocktail meatballs a try.  
Soup and salad had a fairly good selection. Simple choices like Spinach, apples, pecan and maple vinaigrette sounds tasty.  
For dinner there is a lot of fish. I'm a seafood fan, so that's okay. I'd like to try the Grilled Halibut with Tropical Fruit salsa or the Pecan-crusted Honey-Dijon Salmon.  
For dessert, who wouldn't want a triple-decker ice cream sundae? Unfortunately, that's not in the book. How about a peanut butter and

flaxseed cookie? I'd pass. Chocolate cheesecake sounds good, though. It's difficult to find a cookbook that can appeal to everyone, but the selections are pretty good, especially for breakfast and dinner.

DASH Diet Cookbook seeks to prevent or manage hypertension. Serious health problems connect to high blood pressure tendencies. Millions of dollars in research performed by the best possible minds give folks who seize the day simple, easy, smart, nutritious food suggestions. Isn't it wise to try and prevent disease with foods based on rock solid science? 77 delicious, simple, quick and nutritious recipes are provided in this content. Many more smart suggestions help you to plan, organize, and launch your lifestyle improvements quickly. The Warm Sweet Potato Salad with Balsamic Vinaigrette recipe offers a colorful, delicious, tasty dish. Your relentless involvement in managing this critical facet of living well is all that's missing.

This cookbook is great for everyone! It encourages new healthier eating habits. I loved the fact that it focuses on the many health problems that many people face in this day and age. There are a variety of recipes that makes cooking more interesting. Even if you don't like to cook, you will enjoy experimenting with these delightful recipes. There are quick and short recipes as well as longer recipes for those who don't mind the longer preparation time and cooking time. I was so surprised that the time range on these recipes are from one minute to thirty minutes tops including preparation time! I also found many resources at the end of the e-book with more tips on living a healthy lifestyle just by changing your diet and exercise habits.

In terms of nutritional intake, the DASH (Dietary Approaches to Stop Hypertension) healthy lifestyle endorses low sodium and fat consumption coupled with increased incorporations of potassium-rich, whole grain and lean protein foods. Essentially: all of the fruits, vegetables and fish you can get your hands on with moderate bouts of alcohol and sweets. Authors immediately underscore the diet's credibility by citing studies performed by mainstream, reputable organizations and institutions essentially approving of the aforementioned DASH diet's aims and results. In terms of accessibility to DASH-oriented foods for the average reader, the authors fail to take into account the increased financial burden accompanying a full-fledged DASH lifestyle. However, the book also notes the importance of reasonable portion sizes which may offset the increased price by extending the availability of foods over time (eat less, have more for later). Detailed recipes, noting caloric content and required ingredients,

include healthier alternatives to common go-to meals (i.e. “Lemon Blueberry Muffins” in lieu of donuts, “Lighter Cobb Salad” excluding rich and fatty dressings, and “Greek Turkey Burgers” instead of grease and fat drenched fast-food). Ultimately, if you have the money to afford quality produce, select ingredients and have a little extra time on your hands to experiment “ selections like The Quick and Easy DASH Diet Cookbook are right up your alley. If you’re a starving college student, person or family on a tight budget “ don’t buy this book for routine guidance “ stick with common sense approaches the book redundantly provides: up the fruits, veggies and protein intake “ monitor and lessen the fats, sweets and booze.

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