



# **The DASH Diet 30-Minute Cookbook: 175 Quick and Easy Recipes to Help You Lower Your Blood Pressure and Lose Weight**

*Christy Ellingsworth*

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Delicious DASH diet meals in 30 minutes or fewer!

The #1 diet in the United States, the DASH (Dietary Approaches to Stop Hypertension) diet is one of the healthiest ways to lose weight, lower blood pressure, and curb diabetes risk--all without the use of medications. Packed with flavorful, easy-to-make recipes, this cookbook shows you how to create dozens of DASH diet--approved meals in just 30 minutes. Featuring step-by-step instructions and a variety of cuisines to choose from, each page is bursting with tantalizing plates like:

- Brown Sugar Cinnamon Oatmeal
- Stovetop Barbecued Chicken Bites
- Quick and Easy Shepherd's Pie
- Mushroom and Eggplant Curry
- Peanut Butter Chocolate Chip Blondies

Filled with 175 mouthwatering meals, *The DASH Diet 30-Minute Cookbook* won't leave you feeling deprived--of taste or time.

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