



# **Delicious Unofficial Dash Diet Cookbook: 60 Mouth-Watering Dash Diet Recipes**

*Conny Barrinos*

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I love to eat and I'm a fan of Marla Heller's work. But I quickly learned I needed a lot more recipes to satisfy my hungry belly! So I've created a collection of delicious recipes to share with fellow hungry fans who might be in same predicament I'm in.

In this book you will find 60 recipes for breakfast, lunch and dessert.

Sample Recipe (check inside the book for more sample recipes):

### LAMBURGER

There comes a time in every burger-eater's life where the traditional burger patty no longer works for their taste buds. That's why we have this Lamb "plus" burger recipe.

You'll Need

- \* 1 lb of ground lamb (lean)
- \* 1/4 cup of fresh cilantro (chopped)
- \* 1/4 cup of rolled oats
- \* 1/4 cup of low-fat plain Greek yogurt
- \* 1 tsp of salt
- \* 1 tsp of cumin (ground)
- \* 1/4 tsp of ground black pepper
- \* Olive oil cooking spray (in case you choose to use a portable grill)
- \* Whole wheat buns
- \* Fresh lettuce and tomato
- \* Portable grill, gas grill, or charcoal grill

\*\*\*\*For the rolled oats, try to get organic. Whole wheat bun, lettuce, and slice of tomato are optional. The nutritional facts of this recipe pertains to just the patty.\*\*\*\*

If you choose to use a gas grill or charcoal grill, then start the grill first before reading further. If you have a portable grill and wish to use that, then grab a large empty and clean bowl and put all of the ingredients into it. Mix them well. Mold four (4) burger patties whose diameter's about 3 in. and thickness is about 1/2 in. Place patties onto the grill of choice. Remember to spray olive oil cooking spray on the portable grill before putting the patties on it! Spray lightly. Grill patties for about 5 minutes on each side. Remove patties from grill and place onto an empty and clean plate.

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