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Top-Rated Recipes

Looking for a fan favorite?
You'll find many here.



Garlic Shrimp Linguini

INGREDIENTS

- 12 ounces uncooked linguini
- 2 tablespoons extra virgin olive oil
- ½ pound medium raw shrimp, peeled and deveined
- ½ cup grated Parmesan cheese
- 2 tablespoons MRS. DASH® Garlic & Herb Seasoning Blend

DIRECTIONS

Cook pasta according to package directions; drain. Set aside.

Heat olive oil in large skillet. Add shrimp; cook and stir until tender and shrimp are opaque. Remove to large bowl.

Add pasta, cheese and MRS. DASH® Garlic & Herb Seasoning Blend to shrimp; toss to combine. Serve immediately.

MAKES:

6 SERVINGS

PREP TIME:

5 MINUTES

COOK TIME:

10–12 MINUTES

Nutrients per Serving

Calories: 321

Total Fat: 8g

Trans Fat: 0g

Sodium: 184mg

Potassium: 170mg

Total Carbohydrate: 43g

Protein: 18g

Spice It Up



For super quick and delicious garlic bread, spray bread with olive oil spray, sprinkle generously with MRS. DASH® Garlic & Herb Seasoning Blend and heat under grill until toasted.

Main Dishes

There's nothing like a delicious hot meal. So no matter what you or your family is craving, there's a MRS. DASH® recipe bursting with flavor.



Salmon Fillets WITH RASPBERRY CITRUS SAUCE

INGREDIENTS

- 1 cup water
- $\frac{2}{3}$ cup uncooked couscous
- $\frac{1}{2}$ cup chopped green onions
- 1 cup minced shallots
- $\frac{3}{4}$ cup fresh squeezed orange juice
- 2 tablespoons raspberry preserves
- 2 tablespoons raspberry vinegar
- 2 teaspoons grated fresh ginger
- 1 pound skinless salmon fillets (about 1 inch thick)
- 2 tablespoons MRS. DASH® Garlic & Herb Seasoning Blend
- $\frac{1}{4}$ cup sliced almonds, toasted*
- $\frac{1}{4}$ cup fresh raspberries (optional)

**To toast almonds, spread in single layer in heavy-bottomed skillet. Cook over medium heat 1 to 2 minutes, stirring frequently, until nuts are lightly browned. Remove from skillet immediately. Cool before using.*

DIRECTIONS

Bring water to a boil in medium saucepan; remove from heat. Stir in couscous and green onions; cover and let stand 15 minutes.

Bring shallots and orange juice just to a boil over medium heat. Reduce heat to low; stir in preserves, vinegar and ginger. Cover and keep warm.

Preheat broiler. Spray broiler pan with nonstick cooking spray.

Rinse and pat dry salmon fillets; sprinkle both sides of each fillet with MRS. DASH® Garlic & Herb Seasoning Blend. Broil 5 to 6 inches from heat source 5 minutes; turn over. Broil 5 minutes.

Fluff couscous with fork; divide evenly among 4 plates. Top each plate with 1 salmon fillet; drizzle with citrus sauce. Top evenly with almonds and garnish with raspberries.

MAKES:

4 SERVINGS

PREP TIME:

10 MINUTES

COOK TIME:

10–11 MINUTES

Nutrients per Serving

Calories: 388
 Total Fat: 11g
 Trans Fat: 0g
 Sodium: 61mg
 Potassium: 916mg
 Total Carbohydrate: 44g
 Protein: 29g

Sweet Carrots

MAKES:
4 SERVINGS

PREP TIME:
5 MINUTES

COOK TIME:
17–18 MINUTES

Nutrients per Serving

Calories: 119

Total Fat: 6g

Trans Fat: 0g

Sodium: 43mg

Potassium: 342mg

Total Carbohydrate: 16g

Protein: 1g

INGREDIENTS

- 1 pound baby carrots
- 2 tablespoons unsalted butter
- 2 tablespoons packed brown sugar
- 1 tablespoon MRS. DASH® Garlic & Herb Seasoning Blend

DIRECTIONS

Place carrots in medium saucepan. Cover with water; bring to a boil. Reduce heat and cook 12 to 15 minutes or until tender. Drain; set aside.

Heat butter, brown sugar and MRS. DASH® Garlic & Herb Seasoning Blend in small saucepan over low heat; stir until butter is melted and sugar is dissolved.

Add carrots; gently stir until lightly coated and glazed. Serve immediately.



Cauliflower Popcorn

INGREDIENTS

- 1 head cauliflower
- 3 tablespoons olive oil
- 2 tablespoons MRS. DASH® Table Blend

DIRECTIONS

Preheat oven to 450°F.

Cut out and discard cauliflower core and thick stems. Trim remaining cauliflower into bite-size florets.

Combine cauliflower, oil and MRS. DASH® Table Blend in medium bowl; toss to coat evenly. Arrange cauliflower on baking sheet.

Roast 1 hour* or until well browned, turning every 10 to 15 minutes. Serve immediately.

**Roasting the cauliflower causes caramelization of the natural sugars. As the florets brown, they produce a sweeter flavor.*

MAKES:
8 SERVINGS

PREP TIME:
10 MINUTES

COOK TIME:
55–60 MINUTES

Nutrients per Serving

Calories: 71

Total Fat: 5g

Trans Fat: 0g

Sodium: 32mg

Potassium: 318mg

Total Carbohydrate: 5g

Protein: 2g