

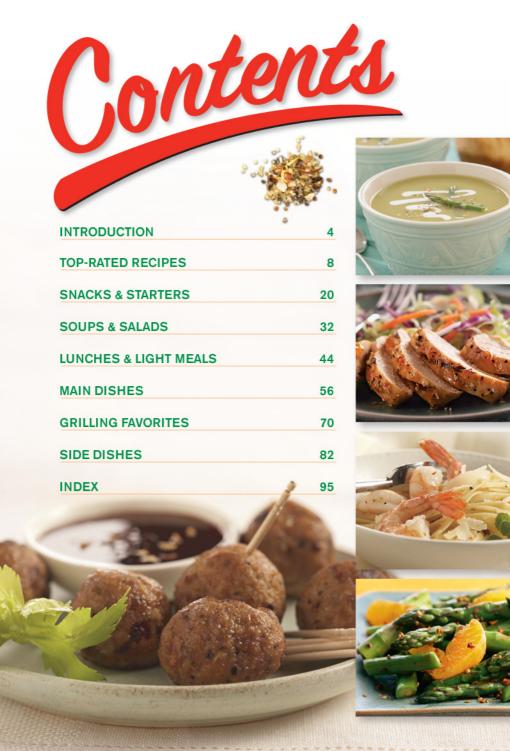
The *salt-fr*ee flavor statement.™

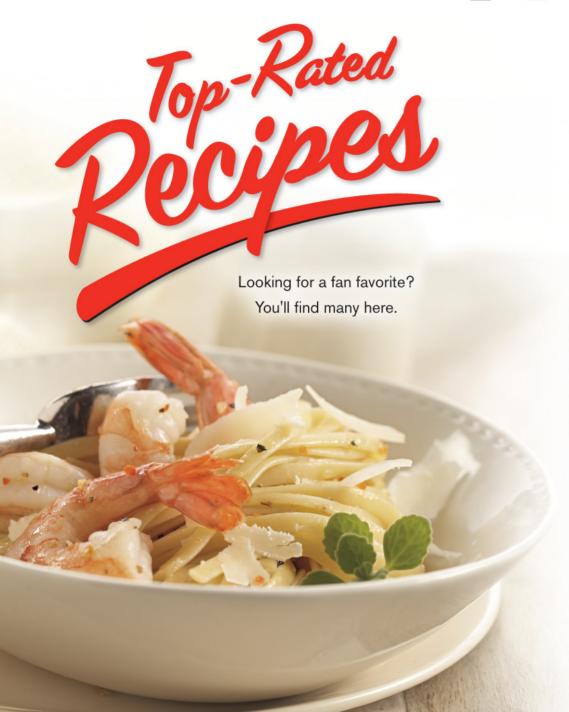




Recipes for: Entrées • Salads Sides • Appetizers and more

**Delicious** 





# Garlic Shrimp Linguini

# INGREDIENTS

12 ounces uncooked linguini

2 tablespoons extra virgin olive oil

½ pound medium raw shrimp, peeled and deveined

1/2 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

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.

# 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
- 3 cup uncooked couscous
- ½ cup chopped green onions
- 1 cup minced shallots
- 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
- 1/4 cup sliced almonds, toasted\*
- 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: 1a

# 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