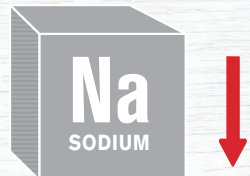


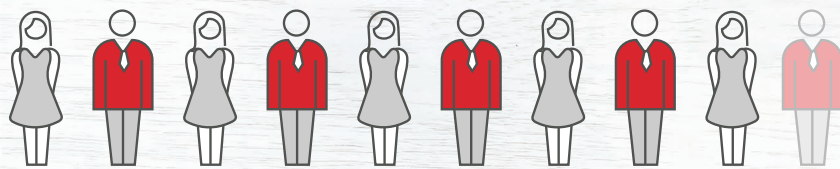
Less Salt, More Flavor

How to Eat Less Sodium



Why Reduce Sodium?

Sodium is an important mineral. It helps your body's nerves and muscles and also helps your body maintain fluid balance.¹ However, people have too much sodium in their diets, taking in 3,393 mg every day.² Too much sodium can increase blood pressure and risk for heart disease and stroke. Together, heart disease and stroke kill more Americans each year than any other cause.³ Too much sodium increases your risk for kidney disease, osteoporosis, stomach cancer and more.⁴



9 out of 10

**adults expected to develop hypertension,
it's important to cut down on sodium.³**

How Much Sodium?

According to the National Academy of Medicine, staying below these levels may help reduce blood pressure, risk of hypertension and cardiovascular disease^{2,4,5}:



New Flavor on the Block—Everything But the Salt



Everything But the Salt is the newest Dash™ salt-free seasoning blend that has the delicious flavor of everything bagels. This blend will shake up your cooking routine and make every dish you prepare with it even more exciting. With a blend of onion, garlic, sesame and poppy seeds this seasoning blend pairs nicely with avocado toast, grain bowls, hummus, eggs, chicken or tuna salad, baked potatoes and popcorn. This blend can be used to top almost anything without adding salt!

Where can I find Dash™ in the supermarket?

Find Dash™ products with the spices and seasonings. Look for the bottle with the yellow and red colors. Can't find it? Ask your store manager to start carrying Dash products. Visit mrsdash.com/locate to find Dash™ products near you.

Where can I buy Dash™ and how much does it cost?

Find Dash™ products at your local supermarket, grocery store or online. Visit mrsdash.com/locate to find retailers carrying Dash™ products near you. Dash™ seasoning blends cost about \$3 per bottle.

Your Questions,

Answered

*For over
30 years,*

the Mrs. Dash® brand has been a trusted salt-free seasoning staple in American homes. Now under the new name, Dash™, you will continue to find the same favorite salt-free flavors and mealtime solutions in a *dash*.



References

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4. About 20% of 2010 blood pressure during their lifetime. Heart Disease. Available at: <https://www.cdc.gov/heartdisease/index.htm>. Stroke. <https://www.cdc.gov/stroke/index.htm>, Salt Index. Available at: <https://www.cdc.gov/salt/index.htm>, accessed 4/16/2021.
5. Oregon State University. Linus Pauling Institute. Sodium (Chloride). Available at: <https://pi.oregonstate.edu/mic/minerals/sodium>, accessed 4/8/2021.
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The Top 5 Dash™ Seasoning Blends for Flavor

DASH™ SEASONING BLENDS

Dash helps season your food with absolutely no salt. Ever. Each blend is a flavorful multitasker in the kitchen.



Dash Original Seasoning Blend



Dash Table Blend Seasoning Blend



Dash Garlic & Herb Seasoning Blend



Dash Onion & Herb Seasoning Blend



Dash Lemon Pepper Seasoning Blend

TASTE

The very first Dash salt-free seasoning blend has a peppery medley of flavors that adds a full-bodied taste to heighten the enjoyment of food.

More than 20 different spices, including garlic, tomato, red pepper and orange come together in this highly versatile, finely ground blend to add rich flavor to any food.

This handy blend is designed to make bland dishes come alive with garlic flavor. It can be used on a wide variety of foods.

The burst of herbal seasoning and the sweet, crisp taste of onion go hand in hand to add flavor to any meal.

A hint of citrus, cracked black pepper and oregano combine with other spices to add a delicious zing to meals.

BEST WITH...

Roasted vegetables and potatoes, macaroni or tuna salad, whole grain dishes, burgers and scallops. Whisk into vinegar, olive oil, honey and orange juice for a dressing.

Vegetable, chicken or pasta. Pairs nicely with sweet and savory dishes alike. Sprinkle atop roasted vegetables or mix into a breading mix for chicken cutlets, eggplant or zucchini fries.

Pizza, pasta sauces, chili, shellfish, soups and dips. Mix with white beans and tomatoes for a bruschetta topping. Use to season chicken or fish for flavorful tacos.

Casseroles, meatloaf, soups, and spreads. Mix into stuffing for your favorite stuffed mushroom or pepper recipe, or whisk into an egg frittata with a variety of vegetables.

Poultry or seafood, barbecue marinades, summer salads with fruits and vegetables and dipping sauces. Try stirred into plain Greek yogurt for a home-made dip, sauce or dressing.

Seasoning for Every Season Menu Guide

Dash products add delicious salt-free flavor to every meal year-round. Whether you're enjoying fresh fruits and vegetables or cooking with your stove, oven, grill or microwave, there is a seasoning for every occasion. Not sure what flavors to combine? *Dash* seasoning blends take the guesswork out of cooking and give you perfectly paired flavors to complement every dish. Try these recipes to slash salt and enjoy *Dash* products any time of year! For more inspiration, visit mrsdash.com/recipes!



Spring

A zesty, fresh, lime flavor is a great way to welcome spring into your kitchen. The lime makes the popcorn bright, but you still get a spicy finish from the flavorful seasoning blend. This is a perfect snack to satisfy cravings or pack for a picnic.

Directions

1. Spread popcorn out on a baking sheet and mist with olive oil spray until well coated. Sprinkle *Dash* seasoning evenly over the popcorn. Mist the popcorn again, and sprinkle with cheese and optional lime zest. Serve immediately.

Fiesta Lime Popcorn

Yield: 4 servings (about 3 cups per serving)

Ingredients

- 12 cups air-popped or store-bought light popcorn
- 2 to 3 tbsp. pecorino or cotija, finely grated
- 4 to 6 tsp. *Dash* Fiesta Lime Seasoning Blend or *Dash* Spicy Jalapeno Seasoning Blend
- Freshly grated lime zest (optional)



Summer

The ease of firing up the grill to cook dinner is a summertime treat. The kitchen stays cool, the days are longer, and you can enjoy your meal outdoors. This delicious steak recipe can easily be adapted and made outdoors on your grill!

Steak with Caramelized Balsamic Onions

Yield: 4-6 servings

Ingredients

- 4 tsp. grapeseed or canola oil
- 5 lb. flat iron, flank or sirloin steak, trimmed of fat
- 4 tsp. *Dash* Table Blend Seasoning Blend or *Dash* Onion & Herb Seasoning Blend, divided
- Ground black pepper to taste
- 2 medium onions, halved and thinly sliced (about 4 cups)
- 1 to 1 ¼ cup reduced-sodium beef broth
- 5 tbsp. balsamic vinegar
- 2 tbsp. Worcestershire sauce, or more to taste



Directions

1. Preheat oven to 400°F.
2. Season steak all over with 3 tsp. *Dash* seasoning blend and ground black pepper to taste. Set aside and allow it to come to room temperature while preparing the onions.
3. Warm a large heavy-bottom skillet over medium-high heat. Add 2 tsp. of oil and sear the steak for 2 to 3 minutes on the first side until well browned. Then flip with tongs and sear the other side for about 2 minutes or until well browned. Remove pan from the heat and transfer steak to a baking sheet.
4. Wipe off any residual burnt oil on the skillet with a paper towel. Warm the same skillet over medium heat, add the remaining oil and sliced onions. Sauté 2 to 3 minutes or until they begin to soften slightly. Add 1 cup of the broth, the balsamic vinegar and Worcestershire sauce, scraping the bottom of pan with a wooden spoon or spatula to incorporate any brown bits. Cook over medium heat for 20 to 25 minutes, stirring frequently, until the onions are soft and the liquid has reduced to 2/3. Add additional broth if needed.
5. When the onions are halfway cooked, place steak (on the baking sheet) in the preheated oven for 6 to 8 minutes, or until the steak reaches the desired temperature. (You can remove the steak at about 135 to 140 degrees for medium doneness, allowing for carryover cooking time.) Once steak is cooked to your liking, remove it from the pan, tent with foil, and allow to rest for 10 minutes.
6. Add any reserved juice on the baking sheet that was generated from the steak to the cooked onion mixture. Slice steak thinly against the grain and serve with balsamic onions on top or on the side.



Fall

Chilly fall days call for a comforting, fragrant meal. This savory chicken and vegetable soup is family-friendly, easy to make and will fill your home with the scent of autumn.

Directions

1. Liberally coat a Dutch oven or large heavy bottom pot with olive oil spray and warm over medium heat. Add the onions, celery, and carrots sauté until soft, about 5 to 6 minutes. Add the mushrooms and bell peppers. Cook another 2 to 3 minutes until mushrooms start to release some of their liquid. Add tomato paste and stir until vegetables are evenly coated.
2. Add the *Dash* Garlic & Herb Seasoning Blend, white beans, chicken broth, and cooked chicken. Stir to combine. Bring to boil, then reduce heat and simmer uncovered for about 15 minutes, or until the vegetables are tender.
3. Add the kale or spinach, stir, then simmer for another 5 minutes, or until kale/spinach is soft. Finish soup with fresh parsley (or other preferred fresh herbs) before serving.
4. *Optional:* Add your cooked/drained pasta to the finished soup at the end with your greens. Add more *Dash* salt-free seasoning blend to taste.

Chicken & Vegetable Soup

Yield: 6 servings

Ingredients

- 1 medium onion, chopped
- 3 stalks celery, chopped
- 2 large carrots, chopped
- 8 oz. baby bella or white button mushrooms with stems removed, tops quartered
- 1 large red, orange or yellow bell pepper, chopped
- 2 tbsp. tomato paste
- 4 tsp. *Dash* Garlic & Herb Seasoning Blend
- 7 to 8 cups reduced-sodium broth or stock, vegetable or chicken
- 1 can (15 ounce) cannellini beans, rinsed and drained
- 3 cups cooked, shredded white meat chicken
- 3 cups fresh kale or spinach leaves, roughly chopped
- 1 tbsp. fresh parsley, finely chopped
- 2 cups cooked orzo or small pasta, preferably whole grain (optional)



Winter

Shorter days and cold winter nights call for the comforting warmth of soups, casseroles, roasted vegetables and pasta dishes. *Dash* seasoning blends add flavor to nearly any wintertime dish. Sprinkle it over roasted potatoes, carrots and winter squash, or add to your favorite stew.

Roasted Vegetables with Chickpeas

Yield: 3 cups (4 servings as a side or salad topping, 2 servings as a vegetarian entrée)

Ingredients

- 1 tbsp. extra-virgin olive oil
- 5 cups diced butternut squash, 1-inch small cubes (about 20 oz)
- 1 (15 oz.) can of chickpeas, drained and rinsed.
- 2 to 3 tsp. *Dash* Onion & Herb Seasoning Blend
- Optional Garnish:* Feta cheese crumbles, goat cheese crumbles, fresh lemon wedges, fresh chopped parsley

Directions

1. Preheat oven to 425°F. Mist a baking sheet with oil spray and set aside.
2. Place chickpeas on paper towels and pat dry to remove any extra moisture.
3. In a large mixing bowl, add diced butternut squash, patted-dry chickpeas, olive oil, and spice blend. Toss to evenly coat. Spread everything on the prepared baking sheet in a single layer and roast in the oven for about 40 to 45 minutes, or until some of the edges start to brown. The vegetables will be tender and caramelized. The chickpeas will be golden, split open, and become crisp as they cool.

