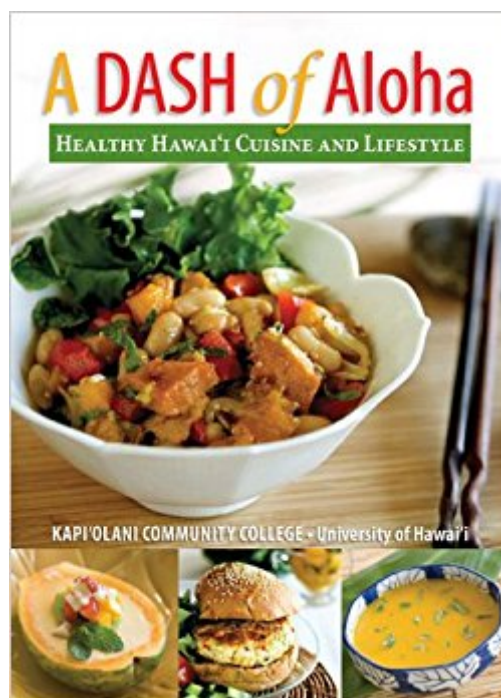


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# A DASH Of Aloha - Healthy Hawaiian Cuisine And Lifestyle



## Synopsis

Introducing a unique - and delicious - way to eat right and live healthier! Created by experts in diet, nutrition and healthcare, the DASH program - Dietary Approach to Stop Hypertension - has guided people all over the country to better nutrition and weight loss. Now DASH has been tailored to the Island palate and lifestyle, with creative Hawaii regional cuisine and the freshest local ingredients. Here's how to eat better and live longer - with a DASH of Aloha!

## Book Information

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## Customer Reviews

The best parts of A DASH of Aloha occur after page 47. That's when this new Hawaii-centric guide to healthy eating habits and physical activity put together by Kapiolani Community College's much-lauded Culinary Arts Department steps out of its brief educational mode and into some very tasty-looking recipes. Macadamia nut butter and lehua honey muffins. Tofu lemongrass curry. Shiso pesto-marinated opakapaka. Molokai sweet potato-lemongrass bisque. Loco moco fried rice. (For the uninitiated, loco moco is a favorite Hawaii dish--typically, white sticky rice, topped with a homemade hamburger patty, fried egg and brown gravy. Good stuff.) There are more than 70 recipes in all. Each emphasizing cooking with low fat, farm fresh, locally-grown ingredients, for a healthier diet. DASH, or Dietary Approach to Stop Hypertension, is an eating plan designed by the National Heart, Lung and Blood Institute. The plan encourages reduced fat cooking using more fruits, vegetables, whole-grain products, fish, poultry, nuts and low-fat dairy. Lean red meats and sugar are copacetic, but only in moderation. The book starts out with an easily digestible

description of the DASH eating and exercise plan, before digging into its collection of recipes. Created by the instructors and students of KCC's culinary school--which has graduated many of the state's top chefs--the recipes match the DASH ethos with ideas, ingredients and tastes largely familiar to Hawaii palates. (See loco moco fried rice, above.) Each recipe even carries a nutritional label--yes, just like the one on every box of Pop Tarts--for an accurate reading of calories, fat, cholesterol, sodium, etc. therein. --Derek Paiva, HawaiiMagazine.com

I read this from front to back and compared it to the original Dash diet book. I was good but some of the dishes were more ingredient challenged. Less common and more specialty shopping.

Dishes presented are more for adults and not necessarily kid friendly in that some of the items do not appeal to their taste. Difficult to substitute some items as well as seasonings if not familiar with taste of various spices.

My wife is a cookbook collector and has looked through this book, but has not actually made any of the recipes as she feels that the ingredients called for are not things we normally stock in our pantry.

A showcase compendium of recipes from the islands of Hawaii, "A Dash Of Aloha: Healthy Hawai'i Cuisine And Lifestyle" is a collaborative project of the University of Hawai'i's Kapi'olani Community College and based on the DASH (Dietary Approach to Stop Hypertension) program. Beautifully illustrated with full-color photography, "A Dash Of Aloha" has a spiral binding enabling it to be laid open on a kitchen counter, and features healthy eating tips from the American Heart Association, food nutrition and seasonality charts, as well as exercise and lifestyle advice. The seventy 'kitchen cook' recipes are 'kitchen cook friendly' as they are delicious and nutritious. Ranging from Ginger-Bran Cake; Spanish Rice with Napa Cabbage Rolls; and Loco Moco Fried Rice; to Tofu Burgers with Mango Chutney; Curried Sweet Potato Chowder; and Forbidden Black Rice Salad, every recipe comprising this outstanding collection comes with serving size information, a brief commentary and a Nutrition Facts chart about the dish. Especially recommended for personal and community ethnic cookbook collections, "A Dash Of Aloha" is particularly appropriate as a culinary reference for anyone having to deal with weight loss, cardiopulmonary, or general health and fitness improvement issues.

This is now my favorite cook book! Everything I've tried has come out great. The tofu burgers are

the best I've ever eaten. They're full of chopped veggies and subtly seasoned with mustard and curry powder. They hold together while cooking very well also. I've even used the recipe to make appetizers by making them meatball sized and baking them then serving with the mango chutney. The chicken luau chowder is another favorite. Although the seasonings (creole spice!) are not what would be normally used in this dish it came out tasting just like a traditional version would. The smoky turkey chili--also great. Some familiarity with the wonderful ethnic foods of Hawaii (and access to some of the more unusual ingredients) would probably be helpful to appreciate the recipes but every one I've tried (and I've tried a lot of them) has been a joy.

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