

# MARINATE IN MINUTES

## Add Flavor To Meals Without The Wait

(NAPSA)—In the rush to eat, time-starved Americans rarely have the luxury to wait for a healthy, flavorful meal.

Busy mom, writer and author of “Desperation Dinners,” Alicia Ross knows that quick and easy dinners are important, and has made a career out of developing recipes that are fast and healthy.

“As a mother of two, I understand that not everyone has hours to spend in the kitchen preparing a meal,” said Alicia Ross. “Marinades are a great time-saver that anyone can use for added flavor.”

One of Ross’s new finds is Mrs. Dash® 10-Minute Marinades that are salt-free with no MSG. They are available in four tasty flavors, including Zesty Garlic Herb, Lemon Herb Peppercorn, Mesquite Grille and Southwestern Chipotle.

With the new marinades, you can add flavor to any meal with only a moment’s notice. By the time you bring the water to boil for your side dish, your favorite meat, poultry or fish is ready to be baked, broiled or grilled. In addition to spicing up your favorite entrée, side dishes like dips, sauces and vegetables can also benefit from marinades.

Ross suggests the following recipe, which adds new flavor to an everyday dish:

### ZESTY GARLIC CHEESEBURGERS

Start to finish: 27 minutes

Serves 4

- 1 pound extra-lean (96% lean) ground beef
- 1/3 cup Mrs. Dash® Zesty Garlic Herb 10-Minute Marinade
- 4 thin slices (2 ounces total) provolone cheese
- 4 large tomato slices



- 4 lettuce leaves
- 4 multigrain buns
- 1/4 cup (60mL) Zippy Aioli (recipe follows)

#### Directions:

In large bowl, add Mrs. Dash Zesty Garlic Herb 10-Minute Marinade to ground beef; work through well using a large spoon. Form 4 equal hamburger patties; cover and place in refrigerator; marinate for 10 minutes. Prepare the aioli, if desired. (Recipe follows.) Grill burgers on high heat to desired doneness. Grill buns, if desired. In last minute of grilling, cover each hamburger with the cheese. Serve on rolls with lettuce, tomato and Zippy Aioli.

**Nutritional Information Per Serving:** Cal. 405; Total Fat 20g; Saturated Fat 7g; Unsaturated Fat 5g; Trans Fat 1g; Cholesterol 95mg; Sodium 446 mg; Potassium 570mg; Protein 40g; Carbohydrates 26g; Fiber 2g.

**Zippy Aioli:** 1/4 cup low-fat mayonnaise, 1 Tbsp. Mrs. Dash Zesty Garlic Herb 10-Minute Marinade. In a small bowl, stir together. Cover and refrigerate until ready to use, up to 2 days.

Visit [mrsdash.com](http://mrsdash.com) for hundreds of delicious low-salt recipes.