



Low Sodium Cooking



Low sodium cooking does not have to be bland. Learning to use new flavors other than salt can spice up your meals!

Tips For Herbs & Spice Use:

- ❑ Use $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon of dried herbs or 1 teaspoon of chopped fresh herbs for 4 servings
- ❑ In stews, soups, and sauces, add fresh herbs during the last half hour of cooking
- ❑ To save money, grow your own herb garden
- ❑ Use the herbs to flavor pasta, vegetables, salads, meats, omelets and breads



Tips To Make Fresh Salsas:

- ❑ Make salsas with tomatoes, onions, garlic, fresh cilantro and lime juice
- ❑ Try a fruit based salsa using crushed pineapple, fresh cilantro and onions
- ❑ Add the salsa to rice dishes or to flavor meat, fish, or poultry

Tips For Vegetables:

- ❑ Roast or grill vegetables to bring out the natural flavor
- ❑ Asparagus with balsamic vinegar, garlic, lemon, or red wine vinegar
- ❑ Beets with caraway seeds or cloves
- ❑ Broccoli with minced garlic or garlic powder, or lemon juice
- ❑ Cabbage with caraway seeds, curry powder, or marjoram
- ❑ Carrots with caraway seeds, nutmeg, cinnamon, cloves, or rosemary
- ❑ Corn with cumin, curry powder, onion, paprika or parsley
- ❑ Green beans with dill, lemon, thyme, oregano, rosemary, or tarragon
- ❑ Greens with cumin, onion, pepper, or red wine vinegar
- ❑ Peas with ginger, marjoram, onion, parsley or sage
- ❑ Peppers with garlic or ginger
- ❑ Potatoes with chives, garlic powder, oregano, parsley, or thyme
- ❑ Tomatoes with basil, bay leaf, dill, marjoram, onion, oregano, or parsley
- ❑ Limit cured or smoked meats such as bacon or ham. Try liquid smoke flavoring or vinegars instead

Tips For Entrees:

- ❑ Beef with bay leaf, garlic, horseradish root, onion, sage, or thyme
- ❑ Chicken with ginger, oregano, paprika, rosemary, sage, or tarragon. Serve with cranberry sauce
- ❑ Pork with garlic, onion, sage, rosemary, or thyme. Serve with applesauce or spiced apples
- ❑ Fish with dill, dry mustard, lemon juice, paprika or pepper
- ❑ Eggs with black pepper, onion or chives, parsley, thyme, green pepper, mushrooms or tomatoes
- ❑ Use low sodium marinades

Tips For Rice, Pasta or Hot Cereal:

- ❑ Instead of salt added to the water, try using garlic or onion powder along with your favorite herbs
- ❑ Add minced onion, basil, pepper, cumin, chili powder, curry, or cinnamon to your rice
- ❑ Try fresh chopped tomatoes with basil instead of canned tomato sauce
- ❑ Toss the seasoning packets that come with rice and noodle dishes and make your own sodium free seasoning blend or try fresh salsas instead
- ❑ Try cinnamon or nutmeg in your oatmeal. Serve with dried fruit

Tips For Salads:

- ❑ When using herbs, let them stand in a little lemon juice or vinegar for an hour before mixing with the other ingredients
- ❑ Use low sodium salad dressings
- ❑ Use flavored vinegars like balsamic, red wine, cider or fruit flavored
- ❑ Try sun dried tomatoes in pasta salads and vegetable dips



Tips For Making Herb Blends:

- ❑ Try mixing herbs to create your favorite blend. Put the dried herbs and spices in a blender and grind at high speed for a few seconds
- ❑ Try mixing onion powder (not onion salt) with garlic powder, oregano, and basil for an Italian blend
- ❑ For an oriental taste, try mixing onion powder, garlic powder, ground ginger, and black pepper
- ❑ For a general all purpose blend, mix garlic and onion powders, with basil, thyme, parsley, sage savory, mace, and black pepper
- ❑ Try cinnamon and sugar (or sugar substitute) with air popped popcorn for a snack