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# Low Sodium Cooking

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

## Tips for Herbs & Spice Use:

- ❑ Use dried or fresh herbs to flavor pasta, vegetables, salads, meats, omelets and breads
- ❑ Add fresh herbs towards the end of cooking so they don't overcook
- ❑ Add dried herbs toward the beginning of cooking for the most flavor
- ❑ To save money, grow your own herb garden



## Tips To Make Fresh Salsas:

- ❑ Use tomatoes, onions, garlic, fresh cilantro and lime juice to make low sodium salsa instead of using jarred varieties
- ❑ Try a fruit based salsa using crushed pineapple or mangos, fresh cilantro and onions
- ❑ Add the salsa to flavor any dish

## Tips for Vegetables:

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

### Tips for Entrees:

- ❑ Beef – flavor with bay leaf, garlic, horseradish root, onion, sage, or thyme
- ❑ Chicken – season with ginger, oregano, paprika, rosemary, sage, or tarragon
- ❑ Pork – great with garlic, onion, sage, rosemary, or thyme
- ❑ Fish – season with dill, dry mustard, lemon juice, paprika or pepper
- ❑ Eggs – add black pepper, onion or chives, parsley, thyme, fresh vegetables or salsa
- ❑ Use low sodium marinades
- ❑ Try adding fruit such as cranberry or apple sauce

### 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 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, nutmeg or dried fruit in your oatmeal

### Tips for Making Herb Blends:

- ❑ Try mixing herbs to create your favorite blend.
- ❑ Try mixing onion powder with garlic powder, oregano, and basil for an Italian blend
- ❑ Try mixing onion powder, garlic powder, ground ginger, and black pepper for a stir-fry blend
- ❑ 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