

Tips to Add Flavour to Your Meals

Bread, Rice and Cereals

- Whole grain breads and brown rice have more flavour than white bread or rice.
- Try sour dough bread; it is more flavourful than white bread.
- Add fresh or dried fruits to hot cooked cereals. A sprinkle of cinnamon or nutmeg will also add interest.
- Add nuts or seeds to cooked rice, pasta or cereal to add crunch and flavour.
- Cook rice with fruit juice, such as pineapple or orange to add flavour.
- Cook rice with spices or herbs such as curry, basil, garlic or tumeric to add flavour.

Vegetables

- Use herbed or flavoured oils or vinegars for salads (examples: walnut oil, chili oil, raspberry vinegar).
- Add herbs to cooked vegetables. Add mint to peas, parsley to potatoes, garlic to green beans, ginger to carrots. Learn more about using herbs and spices for flavour.
- Cook your potatoes with garlic cloves and mash them together.
- Use chives, lemon or lime wedges or Tabasco to liven up any dish.

Meat and Meat Alternates

- Add herbs (basil, curry, parsley, chives or green onions) or vegetables (onion, tomato) to cooked eggs.
- Use salt-free marinades or herb mixtures for meat, fish or poultry (see recipes). Wine, lemon or lime juice and vinegar help tenderize meat, fish and poultry.
- Add lots of vegetables to meat sandwiches. Try adding basil, parsley, mint, pesto, wasabi or prepared hot mustard to add flavour to your sandwich.
- Toast raw nuts or seeds to enhance their flavour.
- Add fruit to meat (cranberry sauce to poultry, applesauce or pineapple with pork).

Soups, Stews, Sauces and Gravies

- Sauté onions and garlic until brown to add rich flavour and a brown colour to soups, stews and gravies.
- Brown meat before adding to soups or stews.
- Use cooking liquid from vegetables to make soups, sauces and gravies.
- Add red wine to beef gravy or white wine to chicken gravy.

Indian Yogurt Marinade

500 mL	(2 cups)	Non-fat plain yogurt
20 mL	(1 1/2 tsp)	Minced fresh ginger
4	Cloves	Garlic, minced
2		Jalapeno chilies or other hot chilies, seeded and minced
50 mL	(1/4 cup)	Fresh lemon juice
2		Bay leaves
10 mL	(2 tsp)	Paprika
7 mL	(1 1/2 tsp)	Ground cumin
7 mL	(1 1/2 tsp)	Ground ginger
5 mL	(1 tsp)	Ground tumeric
2 mL	(1/2 tsp)	Ground cinnamon
2 mL	(1/2 tsp)	Freshly ground black pepper
1/2 mL	(1/8 tsp)	Ground cardamom

Drain the yogurt in a colander lined with cheese cloth for two hours. Place the ginger, garlic and chilies in a bowl and whisk in the yogurt, lemon juice, bay leaves and spices. Marinate for at least six hours. Discard bay leaves before cooking. Serves 6. Each serving of marinade contains 60 calories and 73 mg sodium.

Seasonings

Low Sodium Seasoned Flour

125 mL	(1/2 cup)	Flour
10 mL	(2 tsp)	Basil
10 mL	(2 tsp)	Thyme
5 mL	(1 tsp)	Oregano
5 mL	(1 tsp)	Tarragon
5 mL	(1 tsp)	Paprika
2 mL	(1/2 tsp)	Pepper

Mix seasonings well. Coat chicken pieces, pork chops or fish - then bake or fry in a non-stick pan.

Low Sodium Seasoning

60 mL	(4 tbsp)	Dry mustard
60 mL	(4 tbsp)	Onion powder
30 mL	(2 tbsp)	White pepper
15 mL	(1 tbsp)	Garlic powder
15 mL	(1 tbsp)	Hungarian paprika
15 mL	(1 tbsp)	Ground thyme
5 mL	(1 tsp)	Ground basil

Combine all ingredients and mix well to blend seasonings. Store in a shaker.

Mushroom Sauce

50 mL	(1/4 cup)	Chopped onion	Cook onion and mushrooms in margarine until tender.
250 g	(1/2 lb)	Fresh mushrooms, sliced	Add flour, pepper and garlic powder. Mix well.
50 mL	(1/4 cup)	Margarine	Gradually add milk, stirring constantly. Cook over
15 mL	(1 tbsp)	All purpose flour	medium heat, stirring until thickened. Stir in wine.
1/2 mL	(1/8 tsp)	Pepper	Makes 500 mL (2 cups). 50 mL (1/4 cup) contains
1/2 mL	(1/8 tsp)	Garlic powder	20 calories and 108 mg of sodium.
500 mL	(2 cups)	Skim milk	
15 mL	(1 tbsp)	Dry white table wine (optional)	

Fresh Tomato Sauce

4 to 6		Tomatoes	Puree tomatoes in blender, add garlic cloves. Pour
1 to 2		Cloves garlic, minced	into saucepan and add butter. Heat. Low sodium
15 mL	(1 tbsp)	Butter	canned tomatoes can be used instead of fresh
			tomatoes. Dried basil and/or oregano can be added if
			desired, use 2 mL (1/2 tsp).

Tip for sauces: Freeze extra sauce in ice cube trays. Remove the cubes of frozen sauce and store in a plastic freezer bag for later use.

Marinades

The following marinade recipes are suitable to marinate about 500 grams (1 pound) of fish, skinless chicken breast, eye of round steak, vegetables or tofu. Let sit in the fridge for 2 to 24 hours, then broil or grill until done. Baste occasionally with cooked leftover marinade. (The per serving numbers for calories and sodium will be lower if the food doesn't absorb all the marinade)

Cuban Lime Marinade

6		Garlic, minced	Place the garlic in a mortar and pestle and mash into
10 mL	(2 tsp)	Ground cumin	a smooth paste (or mash in a shallow bowl with a
15 mL	(1 tbsp)	Fresh oregano or	fork). Work in the cumin, oregano, pepper and lime
		5 mL (1 tsp) dried	juice. Marinate for at least six hours, stirring
2 mL	(1/2 tsp)	Ground black pepper	occasionally. Serves 5. Each serving of marinade
125 mL	(1/2 cup)	Lime juice	contains 15 calories and 5 mg sodium.

Ginger Soy Marinade

50 mL	(1/4 cup)	Apple cider vinegar	Mix all ingredients together in a small bowl.
10 mL	(2 tsp)	Reduced-sodium soy sauce	Marinate for a least six hours, stirring occasionally.
2		Green onions, chopped	Serves 6. Each serving of marinade contains 30
15 mL	(1 tbsp)	Grated ginger root	calories and 170 mg sodium.
50 mL	(1/4 cup)	Frozen orange juice concentrate	
30 mL	(2 tbsp)	Fresh lemon juice	

Low Sodium Cookbooks

Choose recipes that provide 200 mg or less sodium per serving.

* Conason, E., Metz, E., The Original Salt-Free Diet, Perigee Books, 1986.

This book contains 60 menus, 36 are for 400 to 500 mg sodium per day diets. 24 are for less than 350 mg sodium per day diets. The menus are designed at various caloric levels which may be of interest to those wishing to reduce calories as well as sodium.

* Gazzaniga, D., No-Salt, Lowest-Sodium Cookbook, Thomas Dunn Books, St. Martin's Press, New York, 2001.

This book contains a wide variety of recipes from appetizers to desserts. The sodium content and serving size are listed for each recipe. If you eat a larger portion, you will increase your sodium intake.

* Gotto, A., Roe, H., The Living Heart Cookbook, Simon & Shuster, Toronto, 1991.

Gourmet low fat recipes which are low in sodium (entrees less than 150 mg). A few recipes contain ingredients which are high in sodium content (examples, sodium reduced soy sauce and low-sodium chicken broth) but these could be reduced in sodium by omitting or making substitutions for these ingredients.

Heart Healthy Cooking Delicious Everyday Recipes, Key Porter Books, Toronto, Ontario, 2000.

* Hollands, M. and Howard, M., Choice Menus, Macmillan Canada, Toronto, Ontario, 1993.

* Hollands, M. and Howard, M., More Choice Menus, Macmillan Canada, Toronto, Ontario, 1993.

* Hollands, M. and Howard, M., Choice Menu Presents Meal Planning With Recipes For One or Two People, Macmillan Canada, Toronto, Ontario, 1993.

* Levine, Heidi, Good Health Low Fat Low Sodium Clay Pot Cooking, 1996.

* Lindsay, A., Anne Lindsay's New Light Cooking, Ballantine Books, Toronto, Ontario, 1994.

* Lindsay, A., Anne Lindsay's Light Kitchen, Key Porter Books Ltd., Toronto, Ontario, 1994.

* MacGregor, G., The Low-Salt Diet Book, MacDonald Optima, London, 1984.

A small cookbook which contains a variety of recipes.

Nakow, A., Hesani, J., The Sodium Counter, Distican Incorporated, 1993.

* The New American Heart Association Cookbook, Times Books, 1998.

* Reader, D., Franz, M., Pass the Pepper Please! Healthy Meal Planning for People on Sodium Restricted Diets, International Diabetes Centre, 1988.

This book provides excellent information on the sodium content of foods, reading labels, dining out and low sodium cooking. It also contains information for people with high blood pressure. The low sodium information applies to anyone needing to follow a low sodium diet.

* Rodman, D., Starke, R., Winston, M., American Heart Association Low Salt Cookbook, 1995.

* Stern, B., Simply Heart Smart Cooking, Random House, Toronto, Ontario, 1994.

* Stern, B., More Heart Smart Cooking, Random House, Toronto, Ontario, 1997.

Stern, B., Heart Smart Cooking For Family & Friends, Random House, Toronto, Ontario, 2000.

The American Heart Association Low Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet, Random House, 1995.

Winston, M., The American Heart Association Low Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in Your Diet, 2nd Edition, Random House, Toronto, Ontario, 2001.

* Available at the Calgary Public Library

Spices & Herbs: Books and Cookbooks

* Huston, L., The Herb Garden Cookbook, The Texas Monthly Press Inc., 1987.

This book contains information about a number of herbs, including growing varieties of each herb and recipes. Although some recipes use salt or high-sodium ingredients or are high in fat content, many recipes are suitable or can be modified for people following a low-salt diet.

* Oster, M., Mixtures and Spicy Blends, Storey Communications Inc., 1996.

This book contains mostly recipes for herb and spice blends and includes suggested uses. For the few recipes that contain salt, the salt can be left out.

* Trewby, Mary, Gourmet Guide to Herbs and Spices, Salamander Books, Los Angeles, 1989.

* Available at the Calgary Public Library

Websites For Low Sodium Recipes & Menu Ideas

National Institute of Health, National Heart, Lung, Blood Institute
www.nhlbi.nih.gov/health/public/heart/hbp/dash/dashing.htm

Club House Seasonings and Recipes www.mccormick.com

Mrs. Dash Seasonings www.mrsdash.com (214 recipes/has Registered Dietitian and consumer registration)

American Heart Association www.americanheart.org/catalog/health

Point of Choice Website www.mealsforyou.com/mfy

Searchable online archives of recipes (SOAR) www.recipesource.com (151 recipes - sodium values not included)

Baked Beans

250 mL	(1 cup)	Dried navy beans	Place beans in water in saucepan. Bring to a boil and cook 2 minutes. Set aside for one hour. Return to heat and simmer for one hour or until beans are tender, drain beans. Place beans in a casserole dish sprayed with oil. Set aside. Brown pork chop in a small skillet. Cut into small cubes and add to beans. Add remaining ingredients plus 250 mL (1 cup) of water. Mix well. Cover casserole and bake in 350°F oven for four hours. If needed, add additional water. Makes 6 servings. Each serving contains 180 calories and 20 mg sodium.
1 L	(4 cups)	Water	
1		Loin end pork chop, very lean, well trimmed	
60 mL	(1/4 cup)	Unsalted tomato paste	
15 mL	(1 tbsp)	Vinegar	
175 mL	(3/4 cup)	Chopped onion	
30 mL	(2 tbsp)	Molasses	
15 mL	(1 tbsp)	Packed brown sugar	
7 mL	(1 1/2 tsp)	Dry mustard powder	
1 mL	(1/4 tsp)	Garlic powder	

Sauces

Salt Free Catsup

5 mL	(1 tsp)	Oregano	Blend dry ingredients. Combine with liquids, tomatoes, onion and brown sugar. Bring to a boil. Reduce heat and simmer for 30 minutes. Press through sieve or blend until smooth. Store in a jar in the refrigerator. Makes 500 mL (2 cups).
10 mL	(2 tsp)	Chili powder	
2 mL	(1/2 tsp)	Dry mustard	
10 mL	(2 tsp)	Paprika	
5 mL	(1 tsp)	Black pepper	
50 mL	(1/4 cup)	Cider vinegar	
125 mL	(1/2 cup)	Water	
45 mL	(3 tbsp)	Chopped fresh tomatoes or 1 tbsp unsalted tomato paste	
125 mL	(1/2 cup)	Finely chopped onion	
250 mL	(1 cup)	Brown sugar	

Salt Free Mustard

250 mL	(1 cup)	Cider vinegar	Dissolve cornstarch in part of vinegar. Heat remaining vinegar and add mustard, sugar and pepper. When hot, add cornstarch and cook until thick. Cover mixture and let stand at room temperature for 24 hours to develop flavour.
10 mL	(2 tsp)	Cornstarch	
125 mL	(1/2 cup)	Dry mustard	
125 mL	(1/2 cup)	Brown sugar	
2 mL	(1/2 tsp)	Pepper	

BBQ Sauce

500 mL	(2 cups)	Diced tomatoes	Combine all ingredients in saucepan, bring to a boil and simmer. When cooked, thicken with 30 mL (2 tbsp) cornstarch mixed with 30 mL (2 tbsp) cold water. Add slowly to sauce while stirring.
75 mL	(1/3 cup)	Pineapple juice	
125 mL	(1/2 cup)	White sugar	
15 mL	(1 tbsp)	Finely chopped celery	
1		Bay leaf	
pinch		Pepper	
pinch		Dry mustard	
1 clove		Garlic	
1/2		Diced onion	

Onion Soup

45 mL 2	(3 tbsp)	Oil Medium onions, sliced
15 mL	(1 tbsp)	All purpose flour
625 mL 2	(2 1/2 cups)	Water Unsalted beef bouillon cubes
30 mL	(2 tbsp)	Vermouth or dry white table wine
1/2 mL 1 slice	(1/8 tsp)	Pepper Bread toasted, cut into cubes

Heat margarine and oil in saucepan. Add onions, cover and cook over low heat for 15 minutes. Add sugar and cook uncovered for 10 minutes, stirring occasionally until the onions are a deep golden brown. Mix in flour. Stir in water. Add bouillon cubes, vermouth and pepper. Simmer 15 to 30 minutes. Place soup in cups and top with seasoned croutons or cubes of toast. Makes 3 servings. One serving contains 185 calories and 157 mg sodium.

Stews

Beef Bourguignon

1 kg	(2 lb)	Lean beef chuck, well trimmed, cut into cubes
50 mL	(1/4 cup)	All purpose flour
1/2 mL	(1/8 tsp)	Pepper
30 mL	(2 tbsp)	Oil
125 mL	(1/2 cup)	Chopped onion
1		Garlic clove, minced
1 mL	(1/4 tsp)	Thyme
1 mL	(1/4 tsp)	Basil
1 mL	(1/4 tsp)	Oregano
1/2 mL	(1/8 tsp)	Rosemary
1/2 mL	(1/8 tsp)	Marjoram
15 mL	(1 tbsp)	Chopped parsley
125 mL	(1/2 cup)	Dry red table wine
250 mL	(1 cup)	Water
500 mL	(2 cups)	Finely chopped fresh tomatoes
500 mL	(2 cups)	Diced raw carrots
500 mL	(2 cups)	Diced raw potatoes

Coat beef with flour and pepper. Brown meat in oil. Add onion and garlic, cook until tender. Pour off fat. Add thyme, basil, oregano, rosemary, marjoram, parsley, wine and water. Cover and simmer for one hour, stirring occasionally, adding more water if necessary. Add tomatoes and simmer one additional hour. Add carrots and potatoes. Simmer 30 minutes. Makes 9 servings. One serving contains 210 calories and 50 mg sodium.

Low Sodium Recipes

Salad Dressings

Basic Salad Dressing

175 mL	(2/3 cup)	Oil
75 mL	(1/3 cup)	Vinegar
1 mL	(1/4 tsp)	Dry mustard powder
1 mL	(1/4 tsp)	Sugar
1/2 mL	(1/8 tsp)	Pepper
1/2 mL	(1/8 tsp)	Garlic powder

Place all ingredients in a jar. Shake well. Chill. Makes 250 mL (1 cup). 15 mL (1 tbsp) contains 80 calories and 0 mg sodium. Reduce calories by decreasing oil to 75 mL (1/3 cup) and adding 75 mL (1/3 cup) water or apple juice.

Tomato French Dressing

1	Recipe -	Basic Salad Dressing, see above
50 mL	(1/4 cup)	Unsalted tomato paste
10 mL	(2 tsp)	Sugar
1 mL	(1/4 tsp)	Dry mustard powder
1 mL	(1/4 tsp)	Onion powder
dash		Tobasco sauce

Place all ingredients in a jar. Shake well. Chill. Makes 300 mL (1 1/4 cups). 15 mL (1 tbsp) contains 70 calories and 1 mg sodium.

Italian Dressing

1	Recipe -	Basic Salad Dressing, see above
50 mL	(1/4 cup)	Lemon juice
1 mL	(1/4 tsp)	Basil
1/2 mL	(1/8 tsp)	Garlic powder
1/2 mL	(1/8 tsp)	Oregano

Place all ingredients in a jar. Shake well. Chill. Makes 300 mL (1 1/4 cups). 15 mL (1 tbsp) contains 65 calories and 0 mg sodium.

Russian Dressing

1	Recipe -	Basic Salad Dressing, see above
30 mL	(1/4 cup)	Unsalted tomato paste
15 mL	(2 tsp)	Finely chopped green pepper
1 mL	(1/4 tsp)	Low sodium chili powder
1/2 mL	(1/4 tsp)	Onion powder
dash		Tabasco sauce

Place all ingredients in a jar. Shake well. Chill. Makes 300 mL (1 1/4 cups). 15 mL (1 tbsp) contains 65 calories and 1 mg sodium.

Lemon Poppy Seed Dressing

125 mL	(1/2 cup)	Frozen lemonade concentrate, undiluted
30 mL	(2 tbsp)	Honey
30 mL	(2 tbsp)	Oil
5 mL	(1 tsp)	Poppy seeds

Combine all ingredients in a small mixing bowl. Whisk or shake until smooth. Makes 175 mL (3/4 cup). 15 mL (1 tbsp) contains 54 calories and 1 mg sodium.

Vinaigrette Dressing

75 mL	(1/3 cup)	Oil
30 mL	(2 tbsp)	Lemon juice
30 mL	(2 tbsp)	Cider vinegar
15 mL	(1 tbsp)	Chopped fresh parsley or 2 mL (1/2 tsp) dry parsley flakes
2 mL	(1/2 tsp)	Pepper
1 mL	(1/4 tsp)	Dry mustard powder
1/2 mL	(1/8 tsp)	Garlic powder
15 mL	(1 tbsp)	Low fat plain yogurt (optional)

Place all ingredients in a jar. Shake vigorously. Chill. Serve with cooked or raw chilled vegetables or fresh tomato slices. Makes 250 mL (1 cup). 15 mL (1 tbsp) contains 55 calories and 5 mg sodium.

Soups

Beef Broth

15 mL	(1 tbsp)	Oil
500 g	(1 lb)	Boneless, lean beef shank, well trimmed
1 L	(1 quart)	Water
1		Small onion, chopped
1		Bay leaf
4		Peppercorns
4		Whole cloves
2 mL	(1/2 tsp)	Garlic powder
1/2 mL	(1/8 tsp)	Thyme
1/2 mL	(1/8 tsp)	Marjoram

Heat oil in a large saucepan. Brown meat lightly and pour off fat. Add remaining ingredients. Bring to a boil. Cover, reduce heat and simmer 2 to 2 1/2 hours or until meat is tender. Remove meat from broth, refrigerate and use in another recipe. Adjust the amount of broth to make 750 mL (3 cups) either by adding water or boiling down excess broth. Refrigerate broth. When ready to use, remove and discard hardened fat from surface of broth. Heat. **Variation: Beef Vegetable Soup:** Add 125 mL (1/2 cup) of any or all of the following chopped, fresh vegetables to broth: cabbage, carrots, celery, onion, green beans and tomatoes. Simmer 20 to 30 minutes. Cut half of meat into bite size pieces and add to vegetable soup. Broth only makes 750 mL (3 cups). 250 mL (1 cup) broth contains 10 calories and 34 mg sodium.

Chicken Broth

1.25 kg	(2 1/2 lb)	Frying chicken, cut
1 L	(1 quart)	Water
1		Medium onion, chopped
8		Whole cloves
2		Bay leaves
2 mL	(1/2 tsp)	Pepper
1 mL	(1/4 tsp)	Marjoram
1 mL	(1/4 tsp)	Rosemary
1/2 mL	(1/8 tsp)	Basil
1/2 mL	(1/8 tsp)	Garlic powder

Place chicken in large, deep pan. Add remaining ingredients. Bring to a boil. Cover and reduce heat and simmer 2 1/2 hours or until chicken is tender. Remove chicken from broth, refrigerate and use in another recipe. Strain and measure broth. Adjust the amount of broth to make 750 mL (3 cups) either by adding water or boiling down excess broth. Refrigerate broth. When ready to use, remove and discard hardened fat from surface of broth. Heat. **Variations: Turkey Broth** - 750 g (1 1/2 lb) raw turkey may be substituted for chicken. **Chicken Rice Soup** - Cut half of chicken into bite size pieces and add to broth with 125 mL (1/2 cup) cooked rice. Broth only makes 750 mL (3 cups). 250 mL (1 cup) broth contains 15 calories and 6 mg sodium.

Easy Tomato Soup

3		Ripe tomatoes (not Roma tomatoes)
175 mL	(3/4 cup)	Cup of milk
15 mL	(1 tbsp)	Sugar
		Pepper to taste

Place tomatoes in a bowl & microwave until soft (about 4 minutes). Remove skin from tomatoes crush with a fork. Place crushed tomatoes and milk in a saucepan and bring to a simmer. Add sugar & pepper. Serve immediately. Makes 2 servings.

Split Pea Soup

250 mL	(1 cup)	Dried split peas
2 L	(2 quarts)	Water
1		Carrot, chopped
1		Medium onion
15 mL	(1 tbsp)	Chopped fresh parsley or 5 mL (1 tsp) dry parsley flakes
1 mL	(1/4 tsp)	Onion powder
1/2 mL	(1/8 tsp)	Garlic powder
1/2 mL	(1/8 tsp)	Pepper

Place all ingredients in large pan. Cover and simmer 2 1/2 to 3 hours. If soup becomes too thick, add more water. If a smooth soup is desired, mix in a blender or force through a sieve. Makes 6 servings. One serving contains 75 calories and 24 mg sodium.

Hamburger Vegetable Soup

750 g	(1 1/2 lb)	Lean ground beef
284 mL	(19 oz)	Low sodium tomatoes (canned)
or		
500 mL	(2 cups)	Fresh tomatoes - puréed
250 mL	(1 cup)	Chopped onion
50 mL	(1/4 cup)	Sliced carrots
250 mL	(1 cup)	Diced raw potato
250 mL	(1 cup)	Chopped cabbage
250 mL	(1 cup)	Diced green pepper
250 g	(8 oz)	Frozen cut green beans
250 g	(8 oz)	Frozen whole kernel corn
1		Bay leaf
2 mL	(1/2 tsp)	Basil
1 mL	(1/4 tsp)	Dill weed
1 mL	(1/4 tsp)	Pepper
1 mL	(1/4 tsp)	Thyme
2 mL	(1/2 tsp)	Garlic powder
1.5 L	(6 cups)	Water

Brown meat in large skillet. Pour off fat. Add remaining ingredients. Bring mixture to a boil. Reduce heat, cover and simmer one hour or until vegetables are tender. Stir occasionally. Remove bay leaf before serving. Makes 8 servings. One serving contains 170 calories and 87 mg sodium.