Cooking Suggestions and Recipes for a Low Sodium Diet

A good way to reduce the sodium in your diet is to cook your own food. This way, you control what goes into the food you eat. Below are tips for lowering the sodium when you cook. This is important for people with kidney or liver disease and for people following a heart healthy diet.

Tips for reducing sodium in recipes

- Eliminate salt in recipes except when making baked goods as this will change the chemical reaction.
- Use herbs and spices in place of salt for added flavor. In general, use a 1/4 teaspoon dried herbs for 4 servings of food. Gently crush fresh herbs between your fingers to bring out their flavors. Add herbs during the last hour of cooking when used in long cooking recipes, such as soups and stews.
- Season meat by rubbing uncooked meat with garlic and/or other spices. Refrigerate rubbed meat for 1 to 2 hours before cooking to allow meat to absorb the flavors.
- Use onion, garlic or low sodium bouillon in place of bouillon cubes or instant packaged canned soups. Boil chicken or beef and use broth for cooking.
- In sandwiches, use lettuce, cucumbers or tomatoes for moisture instead of prepared mayonnaise or ketchup. Some condiments, like prepared mustards, may be low in sodium. Read the label for the sodium content.
- Before broiling or roasting chicken, rub with lemon juice or vinegar, herbs and a bit of oil. You also can use this mixture to marinate meat poultry or fish, or use low calorie / low sodium salad dressing. Marinate meats for at least 2 hours and fish for ½ hour.

Spice shaker herb blends

Instead of salt or salt substitute, you may use a Mrs. Dash product or one of these herb blends.

Directions:

In each blend, mix the ground form of the herbs together and put into a labeled shaker. If ground form is not available, pulverize the seasoning blend in a blender or food processor before filling the shaker.

Blend 1

2 teaspoons thyme
2 teaspoons marjoram

2 teaspoons rosemary
2 teaspoons sage
Blend 2
1 3/4 teaspoon marjoram
1 3/4 teaspoon savory
1 3/4 teaspoon rosemary
1 3/4 teaspoon thyme
1 teaspoon sage

Try one of these herb recipes from the American Heart Association:

Salt-free Herb Seasoning
6 tablespoons instant minced onion
6 tablespoons dill weed
1 tablespoon oregano
1 tablespoon celery seed
1/2 tablespoon lemon peel
1 teaspoon ground black pepper

Salt-free Zesty Onion Herb Seasoning
1/2 cup dried chopped onion
2 tablespoons sweet basil
2 tablespoons ground cumin
2 tablespoons garlic powder
2 tablespoons cracked black pepper

Salt-free All Purpose Blend
1/4 cup dried chopped onion
3 tablespoons garlic powder
3 tablespoons paprika
3 tablespoons ground mustard
1 tablespoon leaf thyme
1/2 teaspoon cracked black pepper
1/2 teaspoon celery seed

Seasoning ideas for meats and eggs:

<table>
<thead>
<tr>
<th>Meat</th>
<th>Seasoning Ingredients</th>
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</thead>
<tbody>
<tr>
<td>Beef</td>
<td>Basil, bay leaf, curry, dill, dry mustard, green pepper, horseradish, Marjoram, fresh mushrooms, nutmeg, onion, pepper, thyme</td>
</tr>
<tr>
<td>Chicken</td>
<td>Fresh mushrooms, paprika, parsley, thyme, sage, lemon pepper</td>
</tr>
<tr>
<td>Lamb</td>
<td>Curry, dill, garlic, mint, mint jelly, rosemary</td>
</tr>
<tr>
<td>Pork</td>
<td>Apples, unsweetened applesauce, garlic, onion, sage</td>
</tr>
<tr>
<td>Veal</td>
<td>Bay leaf, curry, ginger, marjoram, oregano</td>
</tr>
<tr>
<td>Fish</td>
<td>Bay leaf, dill, dry mustard, green pepper, lemon juice, lemon slices, Marjoram, fresh mushrooms, paprika, unsweetened orange juice, fresh dill</td>
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<tr>
<td>Egg or Egg Substitute</td>
<td>Curry, dry mustard, green pepper, onion, fresh mushrooms, paprika, parsley, tomato, basil</td>
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</tbody>
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Low sodium recipes

Salt-free Gravy

2 tablespoons unsalted butter or margarine  1/4 teaspoon pepper
1/4 teaspoon onion powder (not salt)  2 low sodium bouillon cubes (beef or chicken)
3 tablespoons flour  3/4 cup boiling water

Melt butter or margarine in skillet. Add flour and brown. Combine crumbled bouillon cube, onion powder and boiling water. Add liquid mixture slowly to browned flour mixture stirring constantly.
Yield: 1 cup.
Sodium per 1 cup: 2 mg

Spicy Sandwich Spread (a spicy blend for turkey or beef)

1/2 cup dry white wine  1/2 cup packed brown sugar
1 tablespoon olive oil  1/2 teaspoon tarragon
1/2 cup water  5 tablespoons ground mustard
2 teaspoons onion powder  1/4 teaspoon ground ginger
1/2 cup white vinegar  1/4 teaspoon mustard seed
1 teaspoon garlic powder  1/8 teaspoon ground red pepper

Combine all ingredients in blender container; blend for 1 minute. Pour into the top of a double boiler and cook stirring frequently, until mixture thickens; about 30 to 40 minutes. Pour into sterilized jars, cover, and refrigerate.
Makes 1 1/2 cups.

Herb Salad Dressing or Marinade

1 1/2 teaspoon oregano  1/4 teaspoon garlic powder
1/4 teaspoon dill weed  1 tablespoon lemon juice
1/2 teaspoon sweet basil  1/4 teaspoon ground black pepper
1/4 cup water  1/2 teaspoon sugar
1/4 teaspoon tarragon  1/4 teaspoon onion powder
1/4 cup vinegar  1 cup olive oil

Put oregano, basil, tarragon, garlic powder, pepper, and onion powder into blender and blend for 1 minute. Add remaining ingredients and blend another minute.
**Mushroom-Barley Soup**

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 tablespoons canola oil</td>
<td>1/4 to 1/2 teaspoon ground black pepper</td>
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<tr>
<td>1/3 cup sherry cooking wine</td>
<td>12 ounces sliced fresh mushrooms</td>
</tr>
<tr>
<td>1 large onion, chopped (1 cup)</td>
<td>1/4 teaspoon dried thyme</td>
</tr>
<tr>
<td>2 garlic cloves, minced</td>
<td>6 cups water</td>
</tr>
<tr>
<td>1 medium parsnip, peeled, and chopped (4 ounces)</td>
<td>1/4 cup chopped fresh parsley</td>
</tr>
<tr>
<td>1 1/2 tablespoon low-sodium soy sauce</td>
<td>4 packets low-sodium beef broth and seasoning mix</td>
</tr>
<tr>
<td>1 bay leaf</td>
<td>1/2 cup uncooked barley</td>
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<tr>
<td>1 1/2 cups sliced carrots (3 medium)</td>
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</tbody>
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In 3 or 4 quart saucepan over medium-high heat, heat oil. Add onion and garlic and cook, stirring 1 minute. Add parsnip and carrots and cook, stirring, 1 minute. Add mushrooms and cook, stirring, 2 to 3 minutes or until tender. Add water, barley, wine, broth and seasoning mix, soy sauce, bay leaf, pepper and thyme. Stir to blend. Bring to a boil. Reduce heat, cover and simmer 50 to 55 minutes or until barley is tender. Remove bay leaf. Garnish with parsley.

Makes 8 servings, about 1 cup each.

Nutrients per 1 cup serving: 125 calories, 0 mg cholesterol, 4 g fat, 3 g protein, 125 mg sodium.

**Vegetable Pizza**

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 1/2 cups whole-wheat flour, divided</td>
<td>1/2 cup warm water (120 to 130 degrees F)</td>
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<tr>
<td>1/3 cup chopped onion</td>
<td>4 ounces shredded part-skim mozzarella cheese</td>
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<tr>
<td>1 teaspoon active dry yeast</td>
<td>1 tablespoon olive oil, divided</td>
</tr>
<tr>
<td>1 (8-ounce) can low-sodium tomato sauce</td>
<td>1 tablespoon freshly grated Parmesan cheese</td>
</tr>
<tr>
<td>1 teaspoon sugar</td>
<td>1/2 pound mushrooms, sliced (about 2 3/4 cups)</td>
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<tr>
<td>1 small green pepper, cut into rings</td>
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1. In medium-size bowl, combine 3/4 cup flour, yeast and sugar; add water and 2 teaspoons oil. With mixer at low speed, beat until flour is just moistened. Gradually stir in remaining flour to make a soft dough.

2. On lightly floured surface, knead dough 5 minutes or until smooth and elastic. Place dough in greased bowl, turning to expose greased portion. Cover with towel; set aside in warm place to rise 45 minutes or until doubled.

3. Meanwhile, in large nonstick skillet over medium-high heat, heat remaining oil. Add mushrooms and onion and cook, stirring occasionally, 5 minutes or until tender.

4. Punch down dough. Spray 12-inch round pizza pan with nonstick cooking spray. Form dough to fit pan. Spread tomato sauce over dough. Arrange green pepper rings. Sprinkle with mushroom-onion mixture. Sprinkle with mozzarella and Parmesan cheeses. Bake 15 to 20 minutes or until crust is browned.

Makes 8 servings.

Nutrients per serving: 155 calories, 9 mg cholesterol, 8 g protein, 90 mg sodium, 5 g fat.
Cream of Potato Soup

2 tablespoons unsalted butter or margarine 1/4 teaspoon celery seed
1/4 cup chopped fresh parsley 1 1/2 cups peeled diced potato (1 large)
1/2 cup chopped onion 1/8 teaspoon ground black pepper
1/4 teaspoon dried thyme 1 cup low-sodium chicken broth
1/4 cup chopped celery 1 1/2 cups fat free skim milk

1. In medium-size saucepan over medium-high heat, melt butter or margarine. Add onion and celery and cook, stirring frequently, 4 minutes or until soft. Add potatoes, chicken broth, parsley, thyme, celery seed and pepper; bring to a boil. Reduce heat, cover and simmer 15 minutes or until potatoes are almost tender. Add milk; simmer uncovered, stirring occasionally, 5 minutes.

2. In blender at medium speed, blend about a quarter of the mixture at a time until smooth. Return to saucepan; heat about 1 minute.

Makes 4 servings, about 1 cup each.

Nutrients per serving: 130 calories, 2 mg cholesterol, 6 g fat, 7 g protein, 90 mg sodium.

Chicken Honey Nut Stir-Fry

1 pound boneless chicken breasts 1/4 teaspoon ground ginger
3/4 cup orange juice 2 tablespoons canola oil, divided
1/3 cup honey 2 large carrots, diagonally cut
2 tablespoons lite soy sauce 1 cup broccoli florets
1 tablespoon cornstarch 1/2 cup cashews or peanuts, unsalted

1. Cut chicken into thin strips and set aside.
2. In a small bowl, combine orange juice, honey, soy sauce, cornstarch, and ginger; mix well.
3. Heat 1 tablespoon oil in a large skillet over medium heat. Add carrots and broccoli; stir-fry about 3 minutes. Remove vegetables and set aside.
4. Add remaining 1 tablespoon oil into skillet. Add meat, stir-fry about 3 minutes.
5. Return vegetables to skillet; add sauce mixture and nuts. Cook and stir over medium high heat until sauce is thickened. Serve over hot rice.

Makes 4 to 6 servings.

Nutrients per serving: 548 calories, 95.6 mg cholesterol, total fat = 95.6 mg, 326 mg sodium, 3.6 g saturated fat.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at 614-293-3707 or e-mail health-info@osu.edu.