

DON'T PASS THE SALT!

Recipes for Success

by

American Association for Heart Failure Nurses

Forward

The American Association of Heart Failure Nurses (AAHFN) was founded in 2003, with a mission of uniting professionals, patients and caregivers in the advancement of heart failure practice, education and research. Heart failure is a complex condition that often requires patients to modify their dietary habits. Changes in dietary lifestyle can be challenging. Patient and family education is a key component in facilitating these changes.

The AAHFN Patient Education Committee recognized the need for a dietary resource that could be utilized by providers, patients and families, to facilitate understanding of hidden sodium, offer helpful tips and low sodium recipes. An interdisciplinary approach was used to develop the cookbook which included, a dietician, nurses, student nurses, patients and their families. The collaborative work of each volunteer brought a wide variety of perspectives that strengthened and enriched the cookbook.

We would like to thank the Patient Education Committee for their vision and unwavering commitment to the development, coordination and completion of this important patient resource. We also thank the graduate student nurses, Kelsey Farrell and Stacey Zak, for their review and entry of recipes. It is our hope that this experience deepened their knowledge and expanded their appreciation for patient education as they begin their journey in the nursing profession. Next, we extend our thanks to Marsha Krall, Registered Dietician, who unselfishly devoted her time as a volunteer on this project. Her expert knowledge and contributions facilitated the completion of a quality patient resource.

Finally, we would like to recognize and extend a very special thanks to Kaywin and Topper Davis, Jeffrey E. Jones, heart failure patients and their families who greatly contributed to this cookbook. Their personal insight, experience and recommendations were invaluable. They inspired everyone involved in the project and serve as an example that heart failure success is attainable.

The fundamental purpose of this book is to serve as a resource to patients, families and caregivers. It is our hope they find this cookbook helpful as they continue their personal journey living with heart failure.

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Acknowledgement

This recipe book was created to help you, our patients and your families prepare low sodium meals to keep you healthy.

The Patient Education Committee of the American Association of Heart Failure Nurses and the people listed below have taken time out of their busy days to find recipes and review them to ensure they were truly low sodium.

A special thank you to, Marsha Krall RD, Jeffrey E. Jones, Kaywin and Topper Davis for the extra time they spent on the recipe book.

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Recipe Name

Asparagus Frittata

Recipe catagory : Appetizers

Submitted By : Denise Petersen (dpetersen@llu.edu)

Number of servings : 8

Prep. Time : 20 min

Cook Time : 35 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1.5 lb asparagus, trimmed
2.5 cup nonfat cottage cheese*
1 green onion, coarsely chopped
1/2 cup chopped parsley
1 whole egg plus 3 egg whites
1 tsp. Dijon mustard
2 oz. part-skim mozzarella cheese
1.5 tsp grated Parmesan cheese



Directions

1. Preheat oven to 350 degrees. Lightly coat a 10-inch quiche pan with non-stick cooking spray.
2. In a steamer, steam asparagus until just tender, about 5 minutes. Remove from steamer and allow to cool. Reserve asparagus tips; chop remainder.
3. In a blender or food processor, puree cottage cheese, green onion, parsley, egg, egg whites, mustard and mozzarella. Fold in chopped asparagus.
4. Pour mixture into prepared quiche pan. Arrange reserved asparagus tips on top. Sprinkle with Parmesan cheese.
5. Bake for 35 minutes, or until set.

Nutritional Info.

Serving Size: 1 slice, 1/8 of recipe
Serving per Recipe: 8
Calories: 98
Total Fat: 3g
Saturated Fat: 1g
Potassium: 206mg
Cholesterol: 33mg
Sodium: 363mg
Total Carbohydrates:4g
Protein: 14g

*Regular non-fat cottage cheese was used for nutritional analysis (~480mg sodium per ½ cup serving). To reduce sodium content even more, look for 50% reduced low-fat cottage cheese. This will reduce sodium content of recipe to 286mg per serving.

Recipe Name

Daisy's Chips

Recipe catagory : Appetizers

Submitted By : Mary Hunter (mary.hunter@baycare.org)

Number of servings : 8

Prep. Time : 1 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 8-ounce bag Wise Unsalted Potato Chips
1 Tablespoon Paprika or no-sodium seasoning of your choice.

Directions

1. Open bag of potato chips, add paprika or no-sodium seasoning of your choice.
2. Fold top of bag and gently shake to evenly coat

Nutritional Info.

Serving Size: 1 oz, about 16 chips
Serving per Recipe: 8
Calories: 153
Total Fat: 10g
Saturated Fat: 3g
Cholesterol: 0
Sodium: 3mg
Total Carbohydrates: 15g
Protein: 2g
Potassium: 549mg



Recipe Name

Hamburger Vegetable Soup

Recipe catagory : Soups & Salads

Submitted By : Marsha Krall (krall.marsha@mhsil.com)

Number of servings : 8

Prep. Time : 15 min

Cook Time : 1 hr

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 lb lean, ground beef
1 medium onion, chopped
1 can (28 oz) No added salt diced tomatoes, undrained
1 container (32 oz) Kitchen Basics Unsalted Beef Stock,,
or other low sodium beef broth
1 cup water
4 celery ribs, thinly sliced
4 large carrots, halved and thinly sliced
1 tsp thyme
1/2 tsp ground pepper
1/2 tsp table salt (optional)*
1/2 cup quick cooking barley
1/4 cup fresh parsley, minced



Directions

1. In a large saucepan, cook ground beef and onion over medium heat until meat is no longer pink. Drain grease.
2. Stir in tomatoes, broth, and water. Add celery and carrots.
3. Stir in pepper, thyme, and salt. Bring to a boil.
4. Reduce heat, cover, and simmer for 45 minutes or until vegetables are tender.
5. Return to boil. Stir in barley.
6. Reduce heat, cover, and simmer for 10 - 12 minutes or until barley is tender.
7. Remove from heat. Stir in parsley.
8. Let stand for 5 minutes before serving.

Nutritional Info.

Serving Size:1 1/2 cups
Serving per Recipe: 8
Calories: 201
Total Fat: 7 g
Saturated Fat: 3 g
Cholesterol: 37 mg
Sodium: 255 mg
Total Carbohydrates: 21 g
Protein: 15 g
Potassium: 627 mg

*85% lean ground beef and optional table salt used for nutrition analysis
Recipe modified from: *www.tasteofhome.com*

Recipe Name

Broccoli Cauliflower Soup

Recipe catagory : Soups & Salads

Submitted By : Marsha Krall (krall.marsha@mhsil.com)

Number of servings : 6

Prep. Time : 15 min

Cook Time : 30 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour



Ingredients

16 oz frozen broccoli and cauliflower
2 cups water
1 tsp "Better than Bouillon" reduced sodium chicken stock
2 cups skim or low fat milk
4 tbsp flour
2 tbsp unsalted butter
1 clove garlic, chopped
2 tbsp onion, chopped
1 tsp stone ground mustard or Dijon mustard
4 oz shredded Swiss cheese

Directions

1. In medium saucepan combine broccoli, cauliflower, 2 cups water, and chicken stock .
2. Bring content to a boil, cook for 10 minutes, remove from heat, and set aside.
3. In 4 quart stock pot, sauté garlic and onion in butter until onions are translucent, about 10 minutes.
4. Stir in flour, add milk all at once, stirring continuously until white sauce comes to a boil and thickened.
5. Add broccoli and cauliflower with liquid to white sauce in stock pot. Stir over low heat.
6. Add mustard and Swiss cheese, if smooth, creamy texture of soup is desired.
7. Blend soup with immersion blender or blend in small batches in blender.

Nutritional Info.

Serving Size: 8 ounces
Serving per Recipe: 6
Calories: 174
Total Fat: 9 g
Saturated Fat: 6 g
Cholesterol: 29 mg
Sodium: 89 mg
Total Carbohydrates: 13 g
Protein: 10 g
Potassium: 272 mg

*Skim milk and dry mustard used for nutrition analysis

Recipe Name

Zesty Avocado Salad

Recipe catagory : Soups & Salads

Submitted By : Kathleen Giobbi RN, MS (giobbk@mmc.org)

Number of servings : 4

Prep. Time : 12 min

Cook Time : 2 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 tablespoons rice vinegar, unseasoned
1 tablespoon chives, finely chopped.
2 cups frozen broccoli florets
1 large ripe avocado, chopped
1 large tomato or 2 small tomatoes, chopped

Directions

1. Microwave the frozen broccoli florets until cooked, about 2 minutes, and let cool to room temperature.
2. Mix all ingredients in a medium bowl.
3. Season with pepper.
4. Almost any number of substitutions can be made for this tasty salad with no added salt.

For example: use lime juice in place of the vinegar and cilantro in place of the chives.

Nutritional Info.

Serving Size: ¼ recipe, ~ 1 cup
Serving per Recipe: 4
Calories: 145
Total Fat: 11g
Saturated Fat: 1g
Cholesterol: 0
Sodium: 14mg
Total Carbohydrates: 11g
Protein: 4g



Recipe Name

Cauliflower Roasted Red Pepper Soup

Recipe catagory : Soups & Salads

Submitted By : Amy Padbury (amypadbury@gmail.com)
RN, MSN, CRNP

Number of servings : 4

Prep. Time : 12 min

Cook Time : 2 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

4 medium sized red bell peppers
1 head of cauliflower, diced into florets
2 tbsp. olive oil
1 medium-sized onion, diced
3 garlic cloves, minced
4 cups low sodium chicken broth*
1 tsp. fresh thyme
1 tsp. smoked paprika pepper and Mrs. Dash or other seasoning to taste

Directions

1. Cut the red bell peppers in half, scoop out the seeds and lay face-down on a baking sheet lined with parchment paper. Broil in the oven on high until the skin has become black. Remove from the oven and place into a sealed container and allow the peppers to cool down and steam. This step makes it easier to remove the skin from the pepper.

2. Broil the cauliflower florets in the oven on high until they are tender and crisp, making sure to turn them over halfway. Takes about 20-25 minutes.

3. While the cauliflower is roasting, place the oil in a large pot, add in the diced onion and garlic cloves. Sauté over medium-to-low heat until the onions are tender and caramelized.

4. Add the chicken stock, thyme, and smoked paprika into the pot and mix everything together. Allow the mixture to simmer on medium- heat.

5. Remove the skins from the peppers, dice the peppers and add them into the pot; mix together. Do the same with the cauliflower. Allow the soup to simmer on medium-heat for 20 minutes.

6. Add the soup into the blender 2 cups at a time and blend until the mixture is creamy and pureed. Do the same with the rest of the soup.

7. Add the pureed soup into the same pot, add Mrs. Dash and pepper to taste; allow it to simmer on low-heat until ready to serve. (Serve with unsalted crackers or low-sodium bread. Garnish with parsley, optional.)

Nutritional Info.

Serving Size:1 cup
Serving per Recipe: 8
Calories: 87
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 0
Sodium:60mg
Total Carbohydrates: 9g
Protein: 4g
Potassium: 437mg



*Nutritional analysis based on using a low sodium chicken broth with 72mg sodium and 206mg potassium per 1 cup serving

Recipe Name

Cucumber & Avocado Summer Salad

Recipe catagory : Soups & Salads

Submitted By : Kelly Wilson (justazim@hotmail.com)

Number of servings : 8

Prep. Time : 20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients



2 c. chopped cucumber
1-2 ripe avocados, peeled and chopped into 1/2 inch pieces
1-2 tsp. fresh lime juice to toss with avocado
1/2 c. finely chopped fresh mint (measure after chopping)
1/2 c. Feta cheese (crumbly kind)

Dressing

2 tbs. extra-virgin olive oil
1 tbsp. fresh lime juice

Directions

1. Peel cucumbers, and scrape out seeds if they are large. Cut cucumber into 1/2 inch pieces and put in colander. Use paper towels to blot the cucumbers to remove the water.
2. While cucumber is draining, peel avocado and chop into 1/2 inch pieces.
3. Put avocado into large salad bowl and toss with the 1 or 2 tsp. lime juice.
4. Wash and chop mint.
5. Whisk together olive oil and lime juice to make dressing.
6. Add drained cucumbers, mint, and dressing to avocado and combine. Gently stir the crumbled feta into salad ingredi ents. Serve immediately.

Nutritional Info.

Serving Size: ½ cup
Serving per Recipe: 8
Calories: 114
Total Fat: 10g
Saturated Fat: 3g
Cholesterol: 8mg
Sodium: 108mg
Total Carbohydrates: 4g
Protein: 2g
Potassium: 218mg

Suggest serving salad over a bed of lettuce with fresh garden tomato slices.

Recipe Name

Tropical Lime Salad

Recipe catagory : Soups & Salads
Submitted By : Dianne Johnson
Number of servings : 18
Prep. Time : 10 min
Cook Time : chill x 45 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients



2 small pkgs. lime jello (regular or sugar free or one of each)
20 oz. can crushed pineapple
3 cups 1% or fat free cottage cheese
1.5 cups lite or fat free whipped topping
1/2 cup chopped nuts

Directions

1. Add 2 cups hot water to lime jello and stir until dissolved.
2. Add juice from pineapple. Chill until thickened to applesauce consistency.
3. Beat until frothy, approximately 5 minutes.
4. Blend in pineapple, cottage cheese, whipped topping, and nuts.
5. Chill in 9 x13 inch pan.

Nutritional Info.

Reg. fat-free, sodium cottage cheese

Serving Size: one ~3 x 2 inch piece
Calories: 112
Total Fat: 3gm
Saturated Fat: 1g
Protein: 7g
Carbohydrates: 15g
Cholesterol: 2mg
Sodium: 208mg
Potassium: 101mg

w/sugar-free jello

Serving Size: one ~3 x 2 inch piece
Calories: 80
Total Fat: 4gm
Protein: 7gm
Cholesterol: 1.2mg
Sodium: 130mg
Fiber: 0.4gm

Nutrient analysis used sugar-free jello and regular fat-free sodium cottage cheese (not reduced sodium).

Recipe Name

Cold Noodle Salad with Spicy Peanut Sauce

Recipe catagory : Soups & Salads

Submitted By : Marsha Krall (krall.marsha@mhsil.com)

Number of servings : 6

Prep. Time : 20 min

Cook Time : 8 min for pasta

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1/2 cup creamy Peanut Butter
1 tablespoon reduced sodium soy sauce
2 tablespoons rice wine vinegar
1/4 teaspoon ground cayenne or red pepper
2 cloves garlic, minced
1 teaspoon ground ginger
1/2 Cup water
8 ounces linguine or spaghetti
1 tablespooons toasted sesame seed oil
1 carrot, shredded
1 red bell pepper, julienne sliced
2 scallions, thinnly sliced
1 cup red or green seedless grapes, halved
1 bunch or about 1 Cup each: cilantro, mint, and Thai basil leaves and chopped lime wedges

Directions

1. In a medium bowl, combine peanut butter, soy sauce, vinegar, cayenne, garlic and ginger, stirring until well blended. Stir in water gradually to make a thick peanut sauce. Set aside.
2. Cook linguine in a large pot of boiling unsalted water until al dente, about 10 minutes
3. Drain and rinse past under cold water, transfer to large bowl. Toss linguine with sesame seed oil.
4. Add carrots, bell pepper, scallions, grapes and reserved peanut sauce to linguine. Toss gently to combine ingredients and evenly coat with peanut sauce.
5. Refrigerate for 30 minutes. Serve with herbs and lime wedge. Add chicken or shrimp, if desired.

Nutritional Info.

Serving Size: about 1½ Cup, or 1/6 recipe
Serving per Recipe: 6
Calories: 313
Total Fat: 13g
Saturated Fat: 3g
Cholesterol: 0mg
Sodium: 167mg



Recipe Name

Lower Sodium Baking Mix

Recipe catagory : Breads & Rolls

Submitted By : Marsha Krall (krall.marsha@mhsil.com)

Number of servings : 6

Prep. Time : 15 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

5 cups all purpose flour or 3 cups all purpose flour and 2 cups whole wheat flour
2 1/2 tbsp Rumford's Reduced Sodium Baking Powder
2 tbsp sugar
1 cup shortening

Directions

1. In a bowl, stir together flour, baking powder, and sugar. Cut in shortening until mixture resembles coarse crumbs.
2. To use, spoon mixture lightly into a measuring cup and level off with a straight edged spatula. (If frozen, bring mix to room temperature)

Makes about 6 cups Store in airtight container for up to 6 weeks at room temperature or for up to 6 months in the freezer. Use to make Easy Biscuits, Easy Muffins, and Easy Pancakes

Nutritional Info.

Serving Size:1 cup
Serving per Recipe: 6 cups
Calories: 699
Total Fat: 35 g
Saturated Fat: 9 g
Cholesterol: 0 mg
Sodium: 247 mg
Total Carbohydrates: 84 g
Protein: 11 g
Potassium:112 mg



*5 cups all-purpose flour used for nutrition analysis

Recipe Name

Easy Drop Biscuits

Recipe catagory : Breads & Rolls
Submitted By : Marsha Krall (krall.marsha@mhsil.com)
Number of servings : 4
Prep. Time : 10 min
Cook Time : 10 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 cup Lower Sodium Easy Baking Mix
1/3 cup low fat milk

Directions

1. Place 1 cup of Lower Sodium Easy Baking Mix in a bowl. Make a well in the center. Add milk and stir until moistened (should be lumpy).
2. Drop by heaping spoonfuls onto ungreased baking sheet.
3. Bake in a 450 degree oven for 8 - 10 minutes or until golden brown. Makes 4 drop biscuits.

Nutritional Info.

Serving Size:1 biscuit
Serving per Recipe: 4
Calories: 184
Total Fat: 9 g
Saturated Fat: 2 g
Cholesterol: 0 mg
Sodium: 35 mg
Total Carbohydrates: 22 g
Protein: 5 g
Potassium: 58 mg



*2% milk used for nutrition analysis

Recipe Name

Drop Biscuits

Recipe catagory : Breads & Rolls
Submitted By : Kaywin and Topper Davis
Number of servings : 12
Prep. Time : 15 min
Cook Time : 20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 cups flour
1 tbsp Rumford's Reduced Sodium Baking Powder
2 tsp sugar
1/2 cup unsalted butter or shortening*
1 cup milk



Directions

1. Preheat oven to 450 degrees.
2. Stir together dry ingredients.
3. Cut in margarine or butter until mixture resembles bread crumbs.
4. Add milk. Stir until just mixed.
5. Drop spoonfuls onto ungreased baking sheet.
6. Bake at 450 degrees for 10 - 12 minutes or until golden brown.

Nutritional Info.

Serving Size: 1 biscuit
Serving per Recipe: 12
Calories:146
Total Fat: 9 g
Saturated Fat: 2 g
Cholesterol: 21 mg
Sodium: 80 mg

Total Carbohydrates: 18 g
Protein: 3 g
Potassium: 22 mg

* Unsalted butter and skim milk used for nutritional analysis
Tip: Do not over-manipulate batter, it should be quite lumpy.
Rolled biscuits can also be made with above recipe.
This recipe can be used for shortcake, sprinkling tops with sugar before baking. Add your favorite herbs and spices to the mix to make biscuits more savory.
Extra biscuits can be frozen for later use. For best results, heat defrosted biscuits in a 350 degree oven for 5 - 10 minutes to return crisp texture to tops of biscuits

Recipe Name

Easy Rolled Biscuits

Recipe catagory : Breads & Rolls
Submitted By : Marsha Krall (krall.marsha@mhsil.com)
Number of servings : 4
Prep. Time : 15 min
Cook Time : 10 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 cup Lower Sodium Easy Baking Mix
1/3 cup low fat milk

Directions

1. Place 1 cup of Lower Sodium Easy Baking Mix in a bowl. Make a well in the center. Add milk. Stir with a fork just until dough clings together.
2. On a lightly floured surface, knead dough gently for 10 - 12 strokes.
3. Roll or pat to 1/2 inch thickness. Cut with a 2 1/2 inch biscuit cutter, dipping cutter into flour between cuts.
4. Place on a baking sheet. Bake in a 450 degree oven for 8 - 10 minutes or until golden brown. Makes 4 biscuits.

Nutritional Info.

Serving Size:1 biscuit
Serving per Recipe: 4
Calories: 184
Total Fat: 9 g
Saturated Fat: 2 g
Cholesterol: 0 mg
Sodium: 69 mg
Total Carbohydrates: 22 g
Protein: 3 g
Potassium: 49 mg



*2% milk used for nutrition analysis

Recipe Name

Easy Muffins

Recipe catagory : Breads & Rolls
Submitted By : Marsha Krall (krall.marsha@mhsil.com)
Number of servings : 6
Prep. Time : 10 min
Cook Time : 20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 cup Lower Sodium Easy Baking Mix
1 to 3 tbsp sugar
1 egg, beaten
1/4 low fat milk
Mix-ins (optional): dried fruit, nuts, berries, cinnamon, other spices or flavorings

Directions

1. In a mixing bowl, combine 1 cup of Lower Sodium Easy Baking Mix and 1 to 3 tbsp sugar.
2. Combine 1 beaten egg and 1/4 low fat milk. Add all at once to biscuit mixture. Stir just until moistened. Batter will be lumpy.
3. Mix in 1/2 to 1 cup chopped fruit, berries, or nuts plus 1/2 tsp of cinnamon or other spices and flavorings, if desired.
4. Fill greased muffin tin 2/3 full, or use paper cupcake liners.
5. Bake in a 400 degree oven for 15 - 20 minutes or until golden. Makes 6 muffins.

Nutritional Info.

Serving Size: 1 muffin (Add mix-ins separately)
Serving per Recipe: 6
Calories:149
Total Fat: 7 g
Saturated Fat: 2 g
Cholesterol: 36 mg
Sodium: 56 mg
Total Carbohydrates: 19 g
Protein: 3 g
Potassium: 44 mg

*2% milk used for nutrition analysis



Recipe Name

Fresh Blueberry Muffins

Recipe catagory : Breads & Rolls

Submitted By : Kaywin and Topper Davis (kaywin@ameritech.net)

Number of servings : 24

Prep. Time : 15 min

Cook Time : 20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 stick of unsalted butter
1 cup sugar (or 1 cup splenda or 1/2 cup splenda blend for lower calorie and carbohydrate)*
2 eggs
1 1/4 teaspoons vanilla
2 teaspoons baking powder
2 cups all purpose flour
1/2 cup milk
3/4 cups fresh blueberries
Raw sugar for topping (optional)



Directions

1. Preheat oven to 375 degrees.
2. Beat softened butter until smooth, add sugar until creamy pale yellow.
3. Add eggs, one at a time, until blended. Add vanilla and baking powder and blend.
4. Add flour slowly until blended
5. Add 1/2 of milk and blend, then add remaining 1/2 and beat untill smooth.
6. Add blueberries and hand fold into batter.
7. Place in muffin cups and bake approximately 20 minutes in a 375 degree oven

Nutritional Info.

Serving Size: 1 muffin
Serving per Recipe: 24
Calories: 121
Total Fat: 4g
Saturated Fat: 3g
Cholesterol: 28
Sodium: 50mg
Total Carbohydrates: 19g
Protein: 2g
Potassium: 39mg

*Nutritional analysis based on using regular sugar for recipe. If artificial sweetener used, 1 serving would provide 89 calories, 11g carbohydrate, all other data unchanged.

Recipe Name

Aniza's fruits vs. veggie salad

Recipe catagory : Vegitables & Side Dishes

Submitted By : Aniza Damon (rebelheart35@me.com)

Number of servings : 6

Prep. Time : 20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

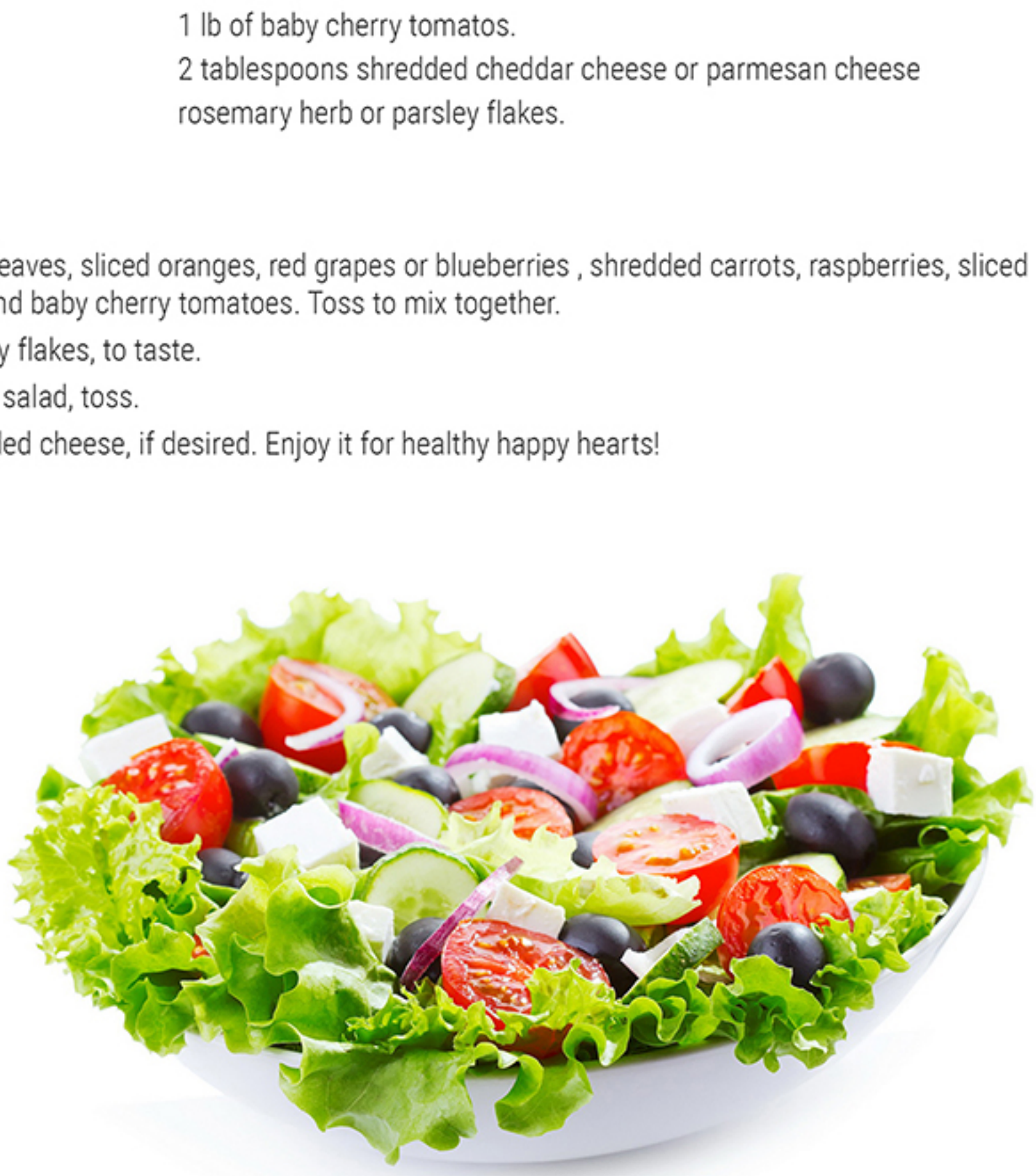
3 oranges, peeled and sliced
1lb red grapes, or blueberries.
bag of baby bay leaves
lemon, juiced
1 lb of bag of shredded carrots
1 tsp. olive oil
1 lb of raspberries
1 lb of strawberries, sliced.
1 lb of radishes sliced.
1 lb of baby cherry tomatos.
2 tablespoons shredded cheddar cheese or parmesan cheese
rosemary herb or parsley flakes.

Directions

1. Large salad bowl, add baby bay leaves, sliced oranges, red grapes or blueberries , shredded carrots, raspberries, sliced strawberries, sliced red radishes, and baby cherry tomatoes. Toss to mix together.
2. Sprinkle rosemary herb or parsley flakes, to taste.
3. Pour olive oil and lemon juice on salad, toss.
4. Top with small amount of shredded cheese, if desired. Enjoy it for healthy happy hearts!

Nutritional Info.

Serving Size: 1/6 of recipe
Serving per Recipe: 6
Calories: 163
Total Fat: 2g
Saturated Fat: 1g
Protein: 5g
Cholesterol: 1mg
Sodium: 104mg
Total Carbohydrates: 36g
Potassium: 866mg



Recipe Name

Aunt Gloria's Greens

Recipe catagory : Vegitables & Side Dishes

Submitted By : Alicia Cobbs

Number of servings : 4

Prep. Time : 15 min

Cook Time : 10 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 tsp. olive oil
1/2 onion, chopped
1/8 tsp. salt
1-2 cups water
1 large bunch fresh collards, washed and chopped

Directions

1. Heat olive oil over med-high heat. Add chopped onion and salt.
2. Saute until onions are browned. Add just enough water to cover the bottom of the pot (1-2 cups).
3. Add greens and stir with onion.
4. Keep heat on med-high. Cover pot and cook for 8-10 minutes, stirring at least twice.

Nutritional Info.

Servings: 4
Serving Size: ¼ of recipe
Calories: 36
Total Fat: 2g
Saturated Fat: 0g
Protein: 1g
Carbohydrates: 3g
Cholesterol: 0mg
Sodium: 89mg
Potassium: 63mg



Note : You can use any kind of greens in this recipe (mustard greens, turnip greens, kale, etc.).

Recipe Name

Sesame-Peanut Spaghetti Squash

Recipe catagory : Vegitables & Side Dishes
Submitted By : Aniza Damon (rebelheart35@me.com)
Number of servings : 4
Prep. Time : 2 hr
Cook Time : 10 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 spaghetti squash (3 lbs)
1/3 cup sesame seeds
1/3 cup vegetable broth
2 tablespoons reduced-sodium soy sauce
1 tablespoon sugar
2 teaspoons dark sesame oil
1 teaspoon cornstarch
1 teaspoon crushed red pepper
1 teaspoon Worcestershire sauce
1 tablespoon vegetable oil
2 med. carrots, cut into matchstick-size strips
1 lg. red bell pepper, seeded and thinly sliced
1/4 lbs. fresh snow peas, cut in half diagonally
1/2 cup coarse lay chopped unsalted peanuts
1/3 cup minced fresh cilantro



Directions

1. Preheat oven to 350 degree F.
2. Spray 13x9- inch baking dish with nonstick cooking spray.
3. Wash squash; cut in half lengthwise. Remove and discard seeds.
4. Place squash, cut-side down, in prepared dish. Bake 45 mins to 1 hour or until just tender.
5. Using fork, remove spaghetti-like strands from hot squash and place strands in large bowl. (Use oven mitts to protect hands.) Cover and keep warm.
6. Meanwhile, to toast sesame seeds, heat wok over med.-high heat until hot. Add sesame seeds; cook and stir 45 sec onds or until golden brown. Remove to blender.
7. Add vegetable broth, soy sauce, sugar, sesame oil, cornstarch, crushed red pepper, and Worcestershire sauce to blender. Process until mixture is coarsely pureed.
8. Heat wok or large skillet over med.-high heat 1 minute or until hot. Drizzle vegetable oil into wok and heat 30 seconds. Add carrots; stir-fry 1 minute. Add bell pepper; stir-fry 2 minutes or until vegetables are crisp tender. Add snow peas; stir-fry 1 minute. Stir sesame seed mixture and add to wok. Cook and stir 1 minute or until sauce thickens.
9. Pour vegetable mixture over spaghetti squash. Add peanuts and cilantro; toss well.

Nutritional Info.

Serving Size:4
Serving per Recipe:4
Calories:350
Total Fat: 24 g
Saturated Fat: 3 g
Cholesterol: 0
Sodium: 432 mg
Total Carbohydrates: 29 g
Protein: 10 g
Potassium: 583 mg

Recipe Name

Turkey Stuffing (low sodium)

Recipe catagory : Vegitables & Side Dishes

Submitted By : Benjamin and Carol Jacinto (bcjacinto@verizon.net)

Number of servings : 8

Prep. Time : 20-25 min

Cook Time : 20-30 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

6 cups cubed bread (no salt – toasted) (about 8 slices)
½ cup unsalted butter
2 cups chopped onion
2 cups chopped celery
2 cups chopped mushroom
2 cups chopped apple
½ cup chopped pecans

Add

1 tablespoon savory
½ tablespoon sage
½ teaspoon thyme
½ teaspoon pepper
2 teaspoons garlic powder
1 cup apple juice

Directions

1. Saute the cubed bread, butter, onion, celery, mushrooms, apple and pecans.
2. Add the savory, sage, thyme, pepper, garlic powder, and apple juice.
3. Bake in a pan at 350 degrees for 20 - 30 minutes

Nutritional Info.

Serving per Recipe: about 8
Calories: 276
Total Fat: 18 g
Saturated Fat: 8 g
Cholesterol: 31 mg
Sodium: 33 mg
Total Carbohydrates: 27 g
Protein: 4 g
Potassium:320 mg



Recipe Name

Bruschetta Spaghetti Squash

Recipe catagory : Vegitables & Side Dishes

Submitted By : Andrea Smith (andrea.x.smith@bannerhealth.com)

Number of servings : 4

Prep. Time : 20 min

Cook Time : 60 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 spaghetti squash
4 vine ripened tomatoes
2 cloves garlic (finely minced)
10 large basil leaves (fresh)
1 tbsp extra virgin olive oil
1 oz shredded parmesean cheese
black pepper



Directions

1. Preheat oven to 350 degrees and lightly grease a baking sheet.
2. Slice spaghetti squash in half lengthwise, scoop out the seeds, and rinse squash. Drizzle cut side with ½ tbsp of olive oil. Sprinkle with black pepper to taste.
3. Place squash cut side down on baking sheet and bake for 30-40 minutes until a fork can be inserted with only a little resistance.
4. While squash is baking, dice tomatoes and place into large bowl. Chop basil leaves and add to bowl along with minced garlic and olive oil. Stir and set aside while squash continues to bake.
5. Use a fork to shred squash into "spaghetti" and place into large bowl. Mix in about 2/3 of the tomato mixture and place back into the hollowed out squash.
6. Top with remaining tomato mixture and sprinkle with parmesan cheese.
7. Place back into the oven for 15 minutes.

Nutritional Info.

Serving Size: 1/4 recipe
Serving per Recipe: 4
Calories: 161
Total Fat: 6g
Saturated Fat: 2g
Cholesterol: 6mg
Sodium: 128mg
Total Carbohydrates: 10g
Protein: 4g
Potassium: 385mg

Recipe Name

Ben's No Salt Dressing

Recipe catagory : Sauces
Submitted By : Benjamin Jacinto (bcjacinto@verizon.net)
Number of servings : 10
Prep. Time : 10 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

6 tablespoons cider vinegar
4 tablespoons water
4 tablespoons honey
2 tablespoons mustard*
¼ teaspoon pepper
1 tablespoon minced garlic
4 tablespoons canola oil

Directions

Whisk together the ingredients and store in a bottle.

Nutritional Info.

Serving Size: 2 tablespoons
Serving per Recipe: about 10
Calories: 79
Total Fat:6 g
Saturated Fat:0 g
Cholesterol:0
Sodium:35 mg
Total Carbohydrates:7 g
Protein:0
Potassium: 19 mg



* used prepared mustard for nutrient analysis

Recipe Name

Low Sodium Barbeque Sauce

Recipe catagory : Sauces

Submitted By : Nancy Gerwe (nancy.gerwe@chesapeakeregional.com)

Number of servings : 16

Prep. Time : 10 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1/2 cup low-sodium ketchup
1/2 cup vinegar
1/2 cup honey
1/4 cup molasses
1 tablespoon chili powder
1 tablespoon onion powder
1/2 teaspoon garlic powder
1 tablespoon dry mustard
1/4 teaspoon cayenne powder

Directions

Combine all ingredients and mix well. Store in a covered container in the refrigerator. Yield 2 cups.

Nutritional Info.

Serving Size: 2 Tablespoons
Serving per Recipe: 16
Saturated Fat:
Cholesterol:7 mg
Sodium:25 mg



This will keep for a long period of time and is delicious

Recipe Name

Deliciously Different Spaghetti Sauce

Recipe catagory : Sauces
Submitted By : Katherine Suggett (ksuggett@ucdavis.edu)
Number of servings : 8
Prep. Time : 10-15 min
Cook Time : 40+ min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 tbsp olive oil
1 large onion, coarsely chopped
4 cloves garlic, smashed and minced
1 lb cremini mushrooms, sliced
1 large can (28oz)no salt added canned whole tomatoes
1 medium can (14.5 oz)no salt added diced tomatoes
1 small can (6oz)tomato paste
1 cup good red wine
¼ to ½ tsp ground cloves
1 tbsp dried basil
2 tsp dried oregano
Freshly ground black pepper

Directions

1. Heat olive oil in a large skillet over medium-high heat.
2. Add chopped onion, sauté until translucent and beginning to brown slightly. Add garlic and sauté one minute longer.
3. Add mushrooms, sauté until beginning to soften, 2-4 minutes.
4. Add whole tomatoes with all juices. Smash tomatoes into smaller pieces with the back of a wooden spoon (for less tomato chunks you can cut up the whole tomatoes ahead of time.)
5. Add the can of diced tomatoes with all juices and the can of tomato paste. Stir to combine all ingredients, making sure the tomato paste distributes evenly. Stir in the red wine, cloves, basil, oregano, and black pepper.
6. Reduce heat to simmer, cook 30 or more minutes, until sauce is the desired consistency. If it is too thick, add water or wine to desired consistency. Serve over spaghetti or pasta of choice

Nutritional Info.

Serving Size: 1C sauce
Serving per Recipe: 8
Calories: 127
Total Fat: 4g
Saturated Fat:1
Cholesterol: 0mg
Sodium: 44mg
Total Carbohydrates: 15g
Protein: 4g
Potassium: 735mg



Recipe Name

Sausage Gravy

Recipe catagory : Sauces

Submitted By : Marsha Krall (krall.marsha@mhsil.com)

Number of servings : 4

Prep. Time : 15 min

Cook Time : 15 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

4 oz low sodium breakfast sausage
4 tbsp flour
2 tbsp olive or canola oil
1/2 tsp no sodium chicken base or 1 packet no sodium chicken broth and seasoning
1/4 tsp black pepper
1/8 tsp table salt (optional)*
1 1/2 cups skim or low fat milk

Directions

1. Heat milk on stove top or in microwave until hot but not boiling.
2. Heat oil in a pan. Add flour and stir with a whisk until smooth. Cook for 5 minutes, stirring occasionally.
3. Pour in hot milk, while stirring constantly.
4. Add chicken base and seasonings. Stir to mix thoroughly. Adjust seasonings to taste as needed.
5. Mix in 4 oz. crumbled, cooked sausage, and heat thoroughly.
6. Serve over biscuits, grits, or potatoes.

Nutritional Info.

Serving Size:3/4 cup
Serving per Recipe:4
Calories: 154
Total Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 15 mg
Sodium: 203 mg
Total Carbohydrates: 11 g
Protein: 10 g
Potassium: 212 mg



*Nutrition analysis performed including table salt and skim milk

Recipe Name

Breakfast Sausage

Recipe catagory : Main Dishes
Submitted By : Marsha Krall
Number of servings : 4
Prep. Time : 10 min
Cook Time : 15 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

8 ounces (1/2 lb) lean, ground pork
1/4 tsp garlic powder
1/4 tsp onion powder
1/2 tsp ground sage
1/8 tsp black pepper
1/8 tsp crushed red pepper
1/4 tsp table salt (optional)*

Directions

1. Mix together ground pork and spices and form into 4 patties, if desired.
2. Cook in fry pan until browned and cooked through.

Nutritional Info.

Serving Size: 2 oz
Serving per Recipe: 4
Calories: 66
Total Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 27 mg
Sodium: 162 mg
Total Carbohydrates: 0
Protein: 12 g
Potassium:110 mg



*Table salt included in nutrition analysis

Recipe Name

Easy Pancakes

Recipe catagory : Main Dishes
Submitted By : Marsha Krall (krall.marsha@mhsil.com)
Number of servings : 6
Prep. Time : 10 min
Cook Time : 10 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 cup Lower Sodium Easy Baking Mix
1 egg, beaten
3/4 cup low fat milk
Mix - ins (optional): berries, nuts

Directions

1. Place 1 cup Lower Sodium Easy Baking Mix in a bowl.
2. Add 1 beaten egg and 3/4 cup low fat milk all at once to the biscuit mix. Stir with a whisk or fork until well blended.
3. For each pancake, pour about 1/4 cup batter onto a hot, lightly greased griddle or heavy skillet. Add a few berries or chopped nuts to pancake, if desired.
4. Cook until golden brown and bubbling, turning to cook second side when pancake has a bubbly surface and slightly dry edges.
5. Top with low sodium pancake syrup (read labels carefully). Makes 6 pancakes.

Nutritional Info.

Serving Size:1 pancake
Serving per Recipe: 6
Calories: 127
Total Fat: 7 g
Saturated Fat: 2 g
Cholesterol: 38 mg
Sodium: 51 mg
Total Carbohydrates: 14 g
Protein: 3 g
Potassium: 28 mg

*2% milk used for nutrition analysis



Recipe Name

Baked Cod

Recipe catagory : Main Dishes

Submitted By : Marsha Krall (krall.marsha@mhsil.com)

Number of servings : 4

Prep. Time : 10 min

Cook Time : 15 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

4 Cod fish fillet (4-6 oz each)
1 cup Panko (low sodium Japanese style bread crumbs)
1 tbsp unsalted butter, melted
2 tbsp chopped parsley
1/4 tsp garlic powder
1 lemon, juice and zest
Cooking spray or vegetable oil

Directions

1. Preheat oven to 400 degrees. Spray cooking pan with non-stick cooking spray or brush with a bit of olive oil.
2. Combine parsley, garlic, lemon zest, melted butter, and bread crumb mixture. Stir until well combined.
3. Dip Cod fillets in lemon juice and coat with bread crumb mixture. Place fish on prepared baking pan. Top each fish with additional bread crumb mixture.
4. Bake until fish is firm, about 12 - 15 minutes, depending on thickness of fish.

Nutritional Info.

Serving Size:1 Cod fillet
Serving per Recipe: 4
Calories: 265
Total Fat: 4g
Saturated Fat: 2 g
Cholesterol: 104 mg
Sodium: 165 mg
Total Carbohydrates: 12 g
Protein: 41 g
Potassium: 453 mg



Recipe Name

Simple Roasted Salmon

Recipe catagory : Main Dishes

Submitted By : Marsha Krall (krall.marsha@mhsil.com)

Number of servings : 2

Prep. Time : 5 min

Cook Time : 12 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

Two 5 oz salmon fillets with skin (fresh or highest quality frozen for best flavor)
1/2 lemon, juiced
1/8 tsp garlic powder
Pinch of table salt and pepper (optional)

Directions

1. Preheat oven to 425 degrees. Line a baking sheet with foil.
2. Place salmon fillets skin side down on foil. Sprinkle each fillet with lemon juice and garlic powder.
3. Roast until fish is cooked through, about 12 minutes depending on the thickness of the salmon fillets. Check if fish flakes easily with fork after 10 minutes in oven. Continue roasting if it does not.
4. Using a metal spatula lift salmon off skin, placing skinless fish on serving plate. Discard skin. Sprinkle with additional lemon or garlic, as desired

Nutritional Info.

Serving Size:1 salmon fillet
Serving per Recipe:2
Calories: 208
Total Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 76 mg
Sodium: 239 mg
Total Carbohydrates: 1 g
Protein: 31 g
Potassium: 511 mg



Recipe Name

Apricot Glazed Chicken

Recipe catagory : Main Dishes
Submitted By : Benjamin and Carol Jacinto (bcjacinto@verizon.net)
Number of servings : 4
Prep. Time : 5 min
Cook Time : 25-30 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 pound boneless, skinless chicken breasts
1/3 cup apricot jam
1 teaspoon minced garlic
2 tablespoons cider vinegar
1 tablespoon mustard

Directions

1. Mix together the apricot jam, garlic, cider vinegar and mustard in a bowl.
2. Spread over chicken and bake at 350 degrees for 25 to 30 minutes.

Nutritional Info.

Serving Size: 1 chicken breast (4 oz.)
Serving per Recipe: 4
Calories: 217
Total Fat: 3 g
Saturated Fat: 1 g
Cholesterol: 70 mg
Sodium: 115 mg
Total Carbohydrates: 20 g
Protein: 26 g
Potassium:247 mg



Recipe Name

Balsamic Chicken

Recipe catagory : Main Dishes

Submitted By : Benjamin and Carol Jacinto (bcjacinto@verizon.net)

Number of servings : 4

Prep. Time : 10 min

Cook Time : 30-40 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

4 boneless, skinless chicken breasts
2 tablespoons olive oil
1 onion sliced
1 teaspoon garlic powder
2 red bell peppers, sliced
¼ teaspoon red pepper flakes (optional)
¼ teaspoon pepper
1/3 cup balsamic vinegar
1 (15 oz) can diced tomatoes (no salt added)

Directions

1. Place the chicken breasts in a baking dish.
2. Sauté the onion and red bell pepper with the olive oil until tender. Pour over chicken.
3. Add the can of diced tomatoes and the balsamic vinegar. Add the red pepper flakes if desired.
4. Bake at 350 degrees for 30 – 40 minutes.

Nutritional Info.

Serving Size: 1 chicken breast
Serving per Recipe: 4
Calories: 457
Total Fat: 14 g
Saturated Fat: 3 g
Cholesterol:169 mg
Sodium: 166 mg
Total Carbohydrates: 15 g
Protein: 64 g
Potassium: 910 mg



Recipe Name

Chicken Tenders

Recipe catagory : Main Dishes

Submitted By : Benjamin and Carol Jacinto (bcjacinto@verizon.net)

Number of servings : 4

Prep. Time : 10 min

Cook Time : 30 min if frozen, 20 min if thawed

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

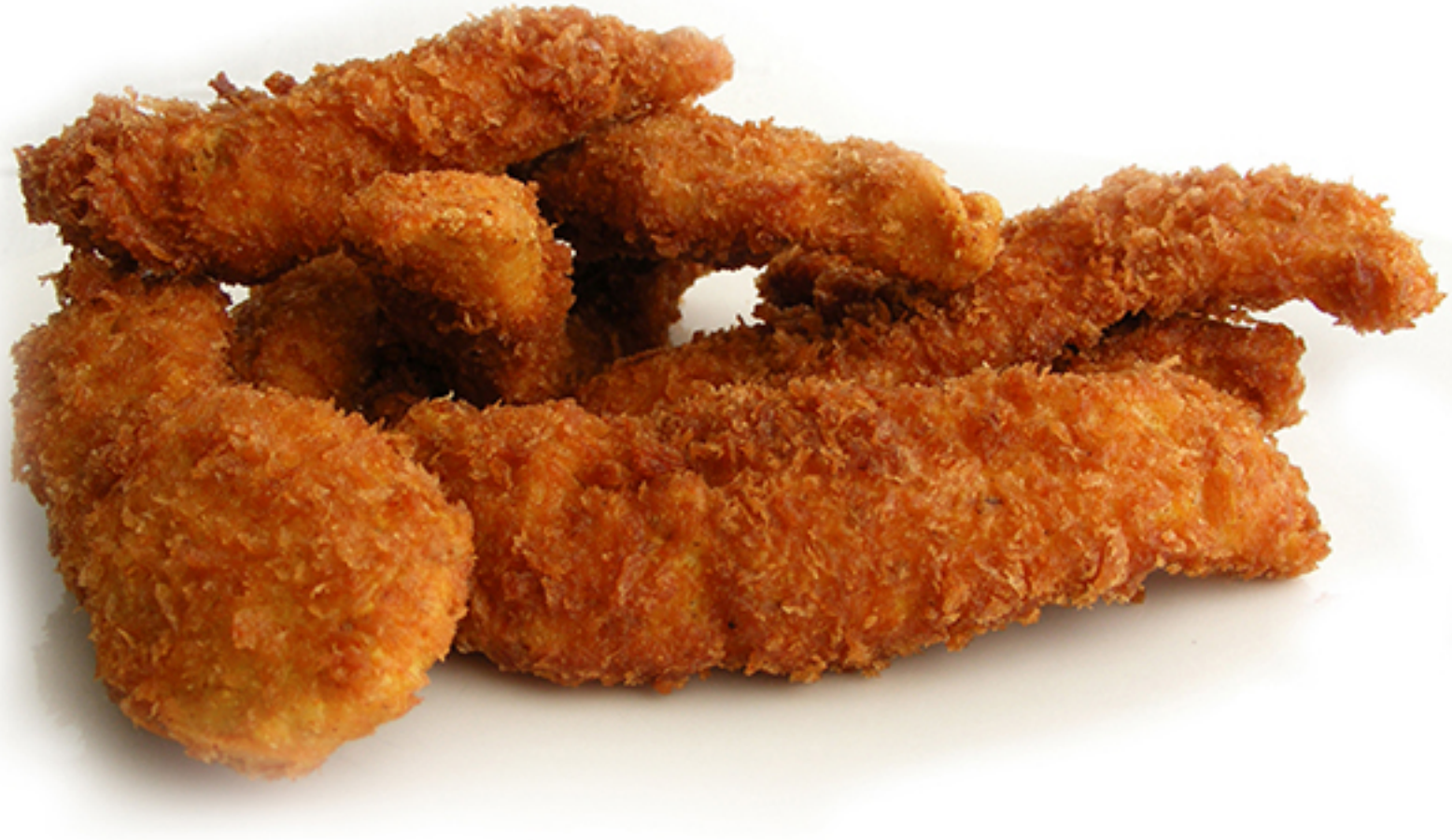
1 pound tenders and place in a baking dish
2 tablespoons olive oil
1 tablespoon honey
¼ teaspoon rosemary
¼ teaspoon garlic powder
Zest and juice of one lemon

Directions

1. Place tenders in a baking dish.
2. Combine ingredients in a bowl.
3. Spread over chicken.
4. Bake at 350 degrees for 30 minutes if frozen; 20 minutes if thawed.

Nutritional Info.

Serving Size: 4 oz. chicken
Serving per Recipe: 4
Calories: 216
Total Fat: 10 g
Saturated Fat: 2 g
Cholesterol: 70 mg
Sodium: 62 mg
Total Carbohydrates: 6 g
Protein: 26 g
Potassium: 233 mg



Recipe Name

Curried Chicken

Recipe catagory : Main Dishes

Submitted By : Benjamin and Carol Jacinto (bcjacinto@verizon.net)

Number of servings : 6

Prep. Time : 30 min – includes marination

Cook Time : 10 min to grill or 30 min to bake

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 ½ lbs boneless, skinless chicken breasts
2 tablespoons olive oil
1 tablespoon curry powder (salt free)
1 teaspoon garlic powder
1 teaspoon onion powder
1 teaspoon paprika

Directions

1. Coat the chicken breasts with ingredients.
2. Let marinate for 30 minutes.
3. Grill for 10 minutes or until done. Turn occasionally.
4. May be baked, if preferred, at 350 degrees for 30 minutes.

Nutritional Info.

Serving Size: 4 oz. of chicken
Serving per Recipe: 6
Calories: 184
Total Fat: 8 g
Saturated Fat: 1 g
Cholesterol: 70 mg
Sodium: 63 mg
Total Carbohydrates: 2 g
Protein: 26 g
Potassium:247 mg



Recipe Name

Pork Tenderloin

Recipe catagory : Main Dishes

Submitted By : Benjamin and Carol Jacinto (bcjacinto@verizon.net)

Number of servings : 4

Prep. Time : 10 min

Cook Time : 40 - 60 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 – 2 pounds pork tenderloin*
2 onions, sliced
1 teaspoon chopped garlic
1 tablespoon olive oil
2 cups sliced mushrooms
½ cup wine of choice or 1 – 2 cups low sodium chicken broth*

Directions

1. Put the pork tenderloin in a baking dish.
2. Sauté until tender onions, garlic, and mushrooms in olive oil.
3. Add to pork tenderloin in baking dish.
4. Bake at 350 degrees for 40 to 60 minutes.
5. Let rest for 10 minutes - slice

Nutritional Info.

Serving Size: 4 oz. meat
Serving per Recipe: 4
Calories: 167
Total Fat: 7 g
Saturated Fat: 2 g
Cholesterol: 48 mg
Sodium: 60 mg
Total Carbohydrates: 7 g
Protein: 20 g
Potassium: 521 mg



* 1 pound pork tenderloin and 1 cup low sodium chicken broth used for nutrient analysis

Recipe Name

Glazed Meatloaf

Recipe catagory : Main Dishes
Submitted By : Benjamin and Carol Jacinto (bcjacinto@verizon.net)
Number of servings : 10
Prep. Time : 20 - 25 min
Cook Time : 60 min

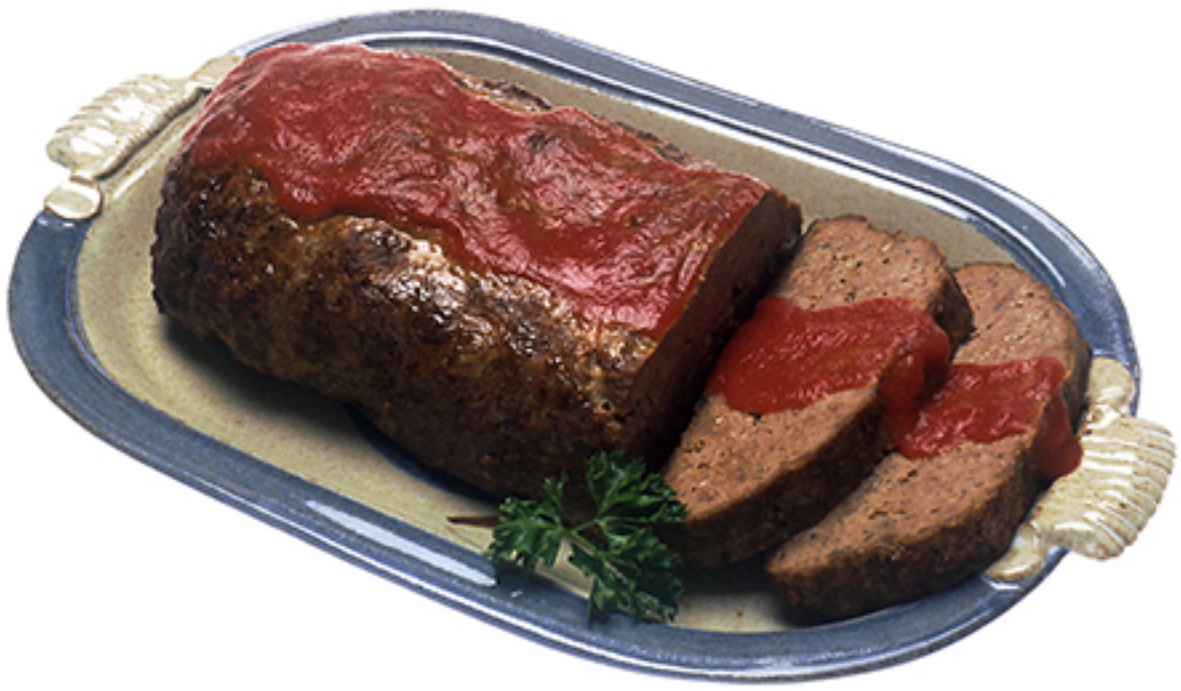
tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 lbs. hamburger (85% lean ground beef)
1/2 cup onion
1/2 cup chopped bell pepper
2 tablespoon Kitchen Bouquet
1 tablespoon poultry seasoning
1 tablespoon dry mustard
1/2 cup no salt cracker meal
1/2 cup no salt catsup
1 tablespoon balsamic vinegar
1 egg

For Glaze

1 ½ cup no salt tomato sauce
4 tbsp brown sugar
2 tbsp dry mustard
4 tbsp cider vinegar
1 tbsp Kitchen Bouquet



Directions

1. Combine all ingredients with one egg .
2. Shape into loaf in baking loaf dish.
3. Bake 350 degrees for 60 minutes.
4. Brush 1/2 of the following glaze on the meatloaf: 1 1/2 cup no salt tomato sauce, 4 tablespoons brown sugar, 2 tablespoons dry mustard, 4 tablespoons cider vinegar, 1 tablespoon Kitchen Bouquet .
5. Serve the rest of the glaze at the table.

Nutritional Info.

Serving Size: --
Serving per Recipe: 10
Calories: 248
Total Fat: 11 g
Saturated Fat: 4 g
Cholesterol: 81 mg
Sodium: 100 mg
Total Carbohydrates: 14 g

Total Carbohydrates: 14 g
Protein: 19 g
Potassium: 464 mg

Recipe Name

Pan-Roasted Chicken with Tarragon and Lentils

Recipe catagory : Main Dishes
Submitted By : Kaywin and Topper Davis
Number of servings : 8
Prep. Time : 20 min
Cook Time : 45 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

4 sweet potatoes, washed
4 lb. whole chicken split down the back
¼ tsp. poultry seasoning or Riley's all purpose peasoning
Fresh ground pepper
1 tbsp. olive oil
3 cloves garlic smashed
4 shallots quartered
1 c. dry white wine
2 tbsp. golden balsamic vinegar
2 c. chicken broth (homemade or herb ox)*
1 c. dried French green lentils, rinsed and drained
Dash of salt or salt substitute*
1 tbsp. fresh chopped tarragon

*Nutritional analysis based on using sodium-free Herb Ox instant broth and a dash of regular table salt. For measurement purposes, 1 dash salt = 1/16 tsp. and contains 145mg sodium. Using potassium chloride salt substitutes will decrease sodium and increase potassium content. Chicken quarters may be used instead of whole chicken, if desired

Directions

1. Preheat oven to 350 degrees.
2. Wrap sweet potatoes in foil and bake in oven for 45 min (need to be soft when squeezed). When done remove and set aside.
3. Rinse chicken and pat dry, remove excess fat and skin and sprinkle with fresh ground pepper and ¼ tsp. of poultry seasoning or if prefer Riley's All Purpose Seasoning.
4. Heat 1 tbsp. olive oil in a large oven proof skillet over medium heat and add chicken breast side down. Cook until skin is crispy and brown, about 10 minutes. Turn chicken over and add garlic and shallots and cook stirring constantly for about a minute.
5. Add balsamic vinegar, wine and broth; stir and scrap the bottom of pan to get all the golden brown bits stuck to the bottom of the pan (great flavor in those gems) for about a minute.
6. Add lentils and more fresh ground pepper.
7. Transfer skillet to oven (350 degrees) and bake for about 43 minutes or until lentils are tender and chicken juice runs clear (170 degree on meat thermometer).
8. Peel reserved sweet potatoes and mash them to desired consistency.
9. Place a spoonful of sweet potatoes on each plate, sprinkle with salt substitute and fresh black pepper and top with lentil/shallots and juice.
10. Remove chicken from oven cut into eight pieces arrange pieces around potatoes topped with lentils. Top with fresh chopped tarragon leaves

Nutritional Info.

Serving Size: 1/8th of recipe, about ½ c potatoes with 4 oz meat and 1/3 c lentils and sauce
Serving per Recipe: 8

Calories: 352
Total Fat: 8g
Saturated Fat: 2g

Cholesterol: 107mg
Sodium: 137mg
Total Carbohydrates: 27g

Protein: 36g
Potassium: 762mg

Recipe Name

Lemon Pepper and Garlic Chicken

Recipe catagory : Main Dishes
Submitted By : Kaywin and Topper Davis
Number of servings : 4
Prep. Time : 10 min
Cook Time : 20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients



2 boneless chicken breasts with skin removed and cut into bite size pieces
1 1/2 c. portabella mushrooms
2 cloves garlic diced
1 medium shallot thin sliced
Golden balsamic vinegar
2 tablespoons Lemon Pepper and Garlic Marinade and Sauce of choice*
Olive oil cooking spray
1 cup rice, prepared according to package instructions, without added salt

Directions

1. Spray non stick skillet and chicken with olive oil.
2. Over medium heat, add chicken till just cooked (may need to spray oil again while chicken is cooking).
3. Add shallots and garlic, (if needed olive oil spray) cook for 1 minute.
4. Add mushrooms when shallots are tender and a splash golden balsamic vinegar, stir till mushrooms are warm and tender.
5. Reduce heat and add Lemon Pepper and Garlic sauce and simmer till warmed. Serve over rice and steamed vegetables of choice.

Nutritional Info.

Serving Size: ¼ recipe
Serving per Recipe: 4
Calories: 256
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 72mg
Sodium: 193mg
Total Carbohydrates: 26g
Protein: 29g
Potassium: 323mg**

*Author used World Harbor Maine's Own Lemon Pepper and Garlic Marinade and Sauce, 260mg sodium per 1 Tablespoon serving, which was used for nutritional analysis. Sodium content of Lemon Pepper and Garlic Marinades/Sauces varies depending on brand name used.
** Potassium content does not reflect Lemon Pepper and Garlic Sauce, no data was available on the potassium content of that product.

Recipe Name

Teriyaki Chicken with Chinese Black Rice and Vegetables

Recipe catagory : Main Dishes
Submitted By : Kaywin and Topper Davis
Number of servings : 4
Prep. Time : 10 min
Cook Time : 20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 boneless chicken breasts with skin removed and cut into bite size pieces
2 cups cooked Chinese Black rice* prepared without added salt
1, 12 oz package frozen vegetables prepared without added salt, such as Birdseye Steamfresh, Asparagus, Gold and White Corn, and Baby Carrot blend
2 tablespoons plus 1 teaspoon bottled Teriyaki sauce (look for brand with less than 300mg,salt, per tablespoon serving).

Directions

1. Cook rice following instructions on package.
2. Spray chicken and non-stick skillet liberally with olive oil spray. Cook over medium heat, sauté until just done.
3. Add Teriyaki Sauce to chicken and cook for about 1 minute.
4. Cook frozen vegetable blend according to package directions.
5. Place a small mound of rice in center of dish, arrange mixed vegetable around the rice, and place chicken on mound of rice. Pour remaining sauce over chicken.



Nutritional Info.

Serving Size: ¼ recipe, about 4 oz chicken with sauce, ½ c rice, ½ c vegetables
Serving per Recipe: 4
Calories: 278
Total Fat: 3g
Saturated Fat: 1g
Cholesterol: 70mg
Sodium: 122mg**
Total Carbohydrates: 31g
Potassium: 365mg***

*Chinese Black Rice may be found in Asian food stores or well-stocked grocery store's gourmet and specialty foods section. Brown or white rice may be used instead, with no significant changes to the nutritional analysis.
**Nutritional analysis based on using World Harbor Teriyaki Sauce with 210 mg salt per Tablespoon.
***Recipe nutrient analysis for potassium does not reflect the Teriyaki sauce; potassium data was not available for this product.

Recipe Name

Sweet and Sour Chicken tenders With Rice

Recipe catagory : Main Dishes
Submitted By : Kaywin and Topper Davis
Number of servings : 4
Prep. Time : 20 min
Cook Time : 20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

¼ c. all purpose flour
¼ c. cornmeal
1 heaping tbsp. marjoram
1 heaping tbsp. granulated garlic
1 heaping tbsp. poultry seasoning
1 tsp. Salt Free Riley's All Purpose seasoning
2 boneless chicken breasts with skin removed, cut into thin strips
¼ c. milk and ¼ c. water mixed
olive oil or olive oil cooking spray
1 cup uncooked rice
1/2 cup Sweet and Sour Sauce, look for brands with less than 120mg sodium/serving*
Salt-free seasoning, sesame seeds, and/or sliced scallions, to taste

Directions

1. Mix the flour, cornmeal, marjoram, granulated garlic, poultry seasoning, and Riley's All Purpose seasoning in a shallow bowl.
2. Wash chicken breast with milk water and dredge in the flour mixture.
3. Heat 1 tablespoon of olive oil in a skillet over medium heat. Spray olive oil on seasoned chicken and sauté until just done. Add more oil or oil spray as needed.
4. Follow directions on package for cooking rice without adding salt.
5. In a small microwave proof bowl, warm Sweet and Sour Sauce.Lightly brush chicken strips with about 2 tbsp. of the warmed sweet and sour sauce.
6. Divide remaining sauce in half and pour over individual serving of cooked rice.
7. Serve with steamed vegetables of choice and top with favorite herbal season, sesame seeds, or thinly sliced scallions.

Nutritional Info.

Serving Size: ¼ of recipe, about 4 oz chicken, ½ cup of rice, and 2 tablespoon Sweet and Sour Sauce
Serving per Recipe: 4
Calories: 457
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 71mg
Sodium: 264mg
Total Carbohydrates: 62g
Protein: 32g
Potassium: 312mg *



*World Harbor Maui Mountain Sweet and Sour Sauce was used for nutritional analysis purposes, with a serving size of 1 Tablespoon = 95mg sodium. Recipe nutrient analysis for potassium does not reflect the Sweet and Sour sauce, potassium data was not available for this product.

Recipe Name

French Country Chicken with Portabella Mushroom Sauce

Recipe catagory : Main Dishes
Submitted By : Kaywin and Topper Davis
Number of servings : 4
Prep. Time : 20 min
Cook Time : 15-20 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 skinless chicken breasts*
2 tablespoons olive oil
4 shallots thin sliced
1 cup sliced portabella mushrooms
1 tablespoon all purpose flour
¼ cup white wine**
½ cup low sodium chicken broth***
2 tablespoons fresh rosemary, course chopped
2 tablespoons fresh parsley, chopped
2 tablespoons olive oil
½ teaspoon black pepper



Directions

1. Cut both chicken breasts in half horizontally to make 4 cutlets roughly 1/4inch thick. Pound flat with meat mallet or rolling pin to tenderize and even-out thickness. Place in refrigerator until firm again.
2. In small non-stick skillet, heat 1 teaspoon of olive oil over medium heat. Add shallots and sauté until translucent, about 3 minutes. Add mushrooms and sauté 2 more minutes.
3. In small bowl, whisk flour and white wine until lumps disappear. Pour over shallots and mushrooms. Add chicken broth. Stir and continue to heat until sauce has thickened. Remove from heat and add rosemary.
4. In large nonstick skillet heat 1 teaspoon olive oil over medium heat. Cook chicken till just done, about 3 minutes each side.
5. Place chicken cutlet on plate; pour sauce over, sprinkle with parsley.
6. Serve with fresh steamed vegetables and potatoes. Alternatively serve over pasta or noodles and with a side salad.

Nutritional Info.

Serving Size: ¼ recipe, 1 chicken cutlet with 1/4 cup mushroom sauce
Serving per Recipe: 4
Calories: 235
Total Fat: 11g
Saturated Fat: 3g
Cholesterol: 72mg
Sodium: 73mg
Total Carbohydrates: 4g
Protein: 27g
Potassium: 392mg

*Alternatively, purchase 4 chicken cutlets, about 4 oz each, and skip step #1.
**If using cooking wine, an additional 90mg of sodium per recipe serving must be added to give a total sodium of 163mg per serving.
*** Choice of low sodium chicken broth may influence final sodium and potassium content of recipe. This nutrition analysis was based on using 1 packet of Herb- Ox Instant Broth, sodium –free chicken flavored bouillon

Recipe Name

Meatloaf

Recipe catagory : Main Dishes

Submitted By : Kaywin and Topper Davis (Kaywin@ameritech.net)

Number of servings : 4

Prep. Time : 15 min

Cook Time : 60 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1/4 cup Mrs. Dash Garlic and Herb Seasoning Blend
1 lb. ground beef sirloin
1/2 cup russet potato, peeled, cut into 1/4 inch dices
1/2 cup onion, chopped into 1/4 inch dices
1/4 cup dried uncooked oatmeal
cooking spray
1 medium tomato, sliced into 1/4 inch thick slices

Directions

1. Preheat oven to 350 degree F.
2. Spray a 8 x 4 inch pan with cooking spray.
3. Combine all ingredients, except tomato, in a bowl and let rest for 30 minutes.
4. Pat into a loaf pan.
5. Bake for 20 minutes.Top with tomato slices and continue baking for 20 minutes or until internal temperature is 160 degrees.
6. Rest for 15 minutes before removing from pan.



recipe source = www.mrsdash.com

Recipe Name

American Burger

Recipe catagory : Main Dishes

Submitted By : Kaywin and Topper Davis (kaywin@ameritech.net)

Number of servings : 4

Prep. Time : 10 min

Cook Time : per desired degree of doneness

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 tbsp. Mrs. Dash Original Blend
1 lb. lean ground beef
1/4 of an onion, diced finely
2 garlic cloves, chopped fine
cooking spray

Directions

1. Heat a grill or cast iron grill plate to medium. Spray with cooking spray.
2. Toss all ingredients in a bowl.
3. Form into 6 oz. patties
4. Grill to desired degree of doneness.



recipe source = www.mrsdash.com

Recipe Name

BBQ Sirloin with Zesty Sauce

Recipe catagory : Main Dishes
Submitted By : Kaywin and Topper Davis
Number of servings : 1-2
Prep. Time : 5 min
Cook Time : per desired degree of doneness

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 tbsp. Mrs.Dash extra spicy seasoning blend
1/2 cup low sodium ketchup
3 tbsp. red wine vinegar
6 oz. top sirloin steaks, boneless, trimmed of fat into 1/2 to 3/4 inches in thickness

Directions

1. Whisk together Mrs. Dash extra Spicy Seasoning Blend, ketchup, and red wine vinegar one hour before cooking the steak. Set mixture aside.
2. Preheat barbecue grill to medium high.
3. Brush both sides of the steaks generously with sauce, place on grill, turning once while grilling.
4. Cook 4 - 5 minutes for medium, and 6 -7 minutes for well-done. Serve hot.



www.mrsdash.com

Recipe Name

Pot Roast with Vegetables

Recipe catagory : Main Dishes
Submitted By : Kaywin and Topper Davis
Number of servings : 8
Prep. Time : 30 min
Cook Time : 3 Hr

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

2 lbs. Beef Bottom Round Roast
4 Potatoes, peeled and quartered
6 Carrots, peeled and sliced
2 Onions, peeled and quartered
1 Parsnip, peeled and quartered
2 cups Celery sliced
2 cups Low Sodium Beef Broth
1 14.5 oz can No Salt added tomatoes

Directions

1. Place all ingredients in large roasting pan.
2. Cover and roast at 350 degree oven until vegetables are done and the meat is tender, about 3 hours.

Nutritional Info.

Serving Size: 4 oz meat and 1 1/4 cup vegetables and ~3/4 cup broth
Serving per Recipe: 8
Calories: 307
Total Fat: 6g
Saturated Fat: 2g
Cholesterol: 56mg
Sodium: 112mg
Total Carbohydrates: 39g
Protein: 24g
Potassium: 1057mg



Recipe Name

Baked Teryaki Salmon and Asparagus

Recipe catagory : Main Dishes

Submitted By : Kelly Wilson (justazim@hotmail.com)

Number of servings : 4

Prep. Time : 15 min

Cook Time : 30 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

4 (6oz) skinless salmon fillets
1 lb asparagus, tough ends trimmed
1 1/2 tbsp olive oil
2 cloves fresh garlic, minced
1/4 cup fresh pineapple bits (diced)
1/2 cup Mrs. Dash Sweet Teriyaki Marinade



Directions

1. Preheat oven to 400 degrees. Cut four 14 inch sheets of aluminum foil.
2. Cut tough ends of asparagus and separate into 4 equal portions (about 8 spears per foil pouch). Layer about 8 asparagus spears in center of each piece of foil and drizzle with 1 tsp of olive oil.
3. Rinse salmon and allow excess water to drain, then place salmon over asparagus.
4. Brush a generous amount of Teryaki Marinade over salmon* and top with diced pinapple.
5. Wrap the sides of the foil inward over the salmon then fold at top and bottom to create a packet.
6. Place foil packets in a single layer on baking sheet. Bake in preheated oven until salmon is cooked through, about 25-30 minutes. Unwrap and serve warm.

Nutritional Info.

Serving Size: 6 oz salmon fillet with 8 asparagus spears and 1 tbsp Teriyaki sauce
Serving per Recipe: 4
Calories: 403
Total Fat: 23g
Saturated Fat: 4g

Cholesterol: 91mg
Sodium: 90mg
Total Carbohydrates: 15g
Protein: 34g
Potassium: 736mg **

*Nutrition analysis based on using 1 Tbsp Teriyaki sauce per salmon fillet.
** Potassium content for the Mrs. Dash Sweet Teriyaki Marinade is not available.

Recipe Name

Italian Sausage

Recipe catagory : Main Dishes
Submitted By : Marsha Krall
Number of servings : 4
Prep. Time : 10 min
Cook Time : 15 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

8 ounces (1/2 lbs) lean, ground pork
1 clove garlic, minced
1 tsp paprika
1 tsp fennel seed
1 tsp parsley
1/4 tsp black pepper
1/4 tsp salt (optional)*
1/8 tsp crushed red pepper flakes

Directions

1. Combine all ingredients. Cook over medium heat until meat is browned and cooked through..
2. Drain excess grease (if any). Use in spaghetti sauce, stuffed mushrooms, soups, or other recipes that call for Italian sausage.

Nutritional Info.

Serving Size: 2 oz
Serving per Recipe: 4
Calories: 69
Total Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 29 mg
Sodium: 162 mg
Total Carbohydrates: 1 g
Protein: 10 g
Potassium:153 mg



* Nutrition analysis based on using optional table salt.

Recipe Name

Crock Pot Pulled Pork with Low Sodium BBQ Sauce

Recipe catagory : Main Dishes
Submitted By : Marsha Krall
Number of servings : 15
Prep. Time : 15 min
Cook Time : 6 hr

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

3-5 lb pork loin, shoulder, or butt roast
Dry Rub BBQ Seasoning: *
3 tbsp paprika
1/4 cup brown sugar
1 tsp garlic powder
1 tsp onion powder
1/2 tsp thyme or poultry seasoning
1/4 tsp cayenne pepper
1/2 tsp table salt (optional)**

Low Sodium BBQ Sauce

1/2 cup no added salt ketchup
1/2 cup no added salt tomato sauce
3 tbsp brown sugar
1/3 cup apple cider vinegar
1/4 cup molasses
1/2 tsp chili powder
1/4 tsp smoked paprika
1/4 tsp mustard
1/4 tsp black pepper
1/4 tsp garlic powder
1/8 tsp onion powder
1/8 tsp cinnamon



Directions

1. Combine all ingredients of dry rub and mix well. Work dry rub into the entire surface of the pork roast.
2. Place meat into the crock pot and set on low. Cook for 6-8 hours or until meat cooked thoroughly and fork tender.
3. Remove meat from the crock pot. Remove fat and any bones. Shred pork with 2 forks.
4. Mix all ingredients for the BBQ sauce in a saucepan over medium heat. Simmer for 20 minutes, stirring occasionally.
5. Refrigerate any sauce not being immediately used. Makes 1 1/2 cups.

Nutritional Info.

Serving Size: 3 oz pork roast with 2 tbsp BBQ sauce
Serving per Recipe: about 15
Calories: 196
Total Fat: 5 g
Saturated Fat: 2 g
Cholesterol: 61 mg
Sodium: 227mg
Total Carbohydrates: 12 g
Protein: 21 g
Potassium: 489 mg

* In general, the rule of thumb for how much BBQ dry rub to use is as much as you can get to stick. This recipe will make enough for the average 5 # roast.
** Optional table salt and a 4 pounds of pork was used for nutrition analysis.

Recipe Name

Pork Chops in Mushroom Sauce

Recipe catagory : Main Dishes
Submitted By : Marsha Krall
Number of servings : 4
Prep. Time : 20 min
Cook Time : 45 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

4 pork chops
1/8 tsp salt (optional)*
1/8 tsp pepper
1/4 tsp garlic powder
3 tbsp unsalted butter, divided
8 oz fresh, sliced mushrooms
1 medium sized onion, quartered and thinly sliced
2 tbsp cooking wine (optional, but adds nice flavor)
1 can Campbell's Healthy Request Cream of Celery soup
1 cup water



Directions

1. Preheat oven to 350 degrees. Spray a casserole dish with non-stick cooking spray and set aside.
2. Season pork chops with salt, pepper, and garlic powder.
3. Melt 2 tbsp butter in skillet. Add pork chops and brown on both sides. Remove chops and place in casserole dish.
4. Add 1 tbsp of butter to skillet, add mushrooms and onion. Sauté vegetables until they are golden and tender, about 10 minutes.
5. Remove from heat and add cooking wine, soup, and water to skillet. Stir mixture until combined. Pour mixture over the pork chops.
6. Bake uncovered for about 45 minutes, or until pork chops are tender and sauce is somewhat thickened.
7. Serve over noodles or rice.

Nutritional Info.

Serving Size: 1 pork chop with 1/4 sauce
Serving per Recipe: 4
Calories: 264
Total Fat: 13 g
Saturated Fat: 7 g
Cholesterol: 79 mg
Sodium: 345 mg
Total Carbohydrates: 10 g
Protein: 31 g
Potassium: 685 mg

*Optional table salt used in nutrient analysis. Analysis does not include the suggested side of rice or noodles.
You may use 1 tbsp white wine vinegar + 1 tsp sugar as an alternative to cooking wine
This recipe will work well with boneless, skinless chicken breasts, too.

Recipe Name

Slow Cooked Roast Chicken

Recipe catagory : Main Dishes
Submitted By : Marsha Krall
Number of servings : 8+
Prep. Time : 20 min
Cook Time : 6 hr

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

One 3 - 4 lb whole chicken
2 tsp dried thyme
2 cloves fresh garlic or 1/2 tsp garlic powder
1 tsp rosemary
1/2 tsp black pepper
1/2 tsp paprika
1/2 tsp salt (optional)*
2 tbsp olive oil or other vegetable oil

Directions

1. Inspect chicken, removing any bits of quills, excess fat or skin from the cavity. Remove bag containing liver and other organs, discard or save for another use. Pat chicken dry with paper towel.

2. In a small bowl, mix together the herbs and seasoning with the olive oil.

3. Using your hands, completely cover the chicken with the herb mixture. Gently lifting the skin away from the breast, get a generous amount of the herb mixture under the skin.

4. Roll up 3 or 4 pieces of tin foil into 3 inch balls and place in the bottom of a crock pot. Place the chicken on top of the foil balls and set the crock pot to low. Cook for 5 - 6 hours or until temperature of the inner thigh reaches 170 degrees.

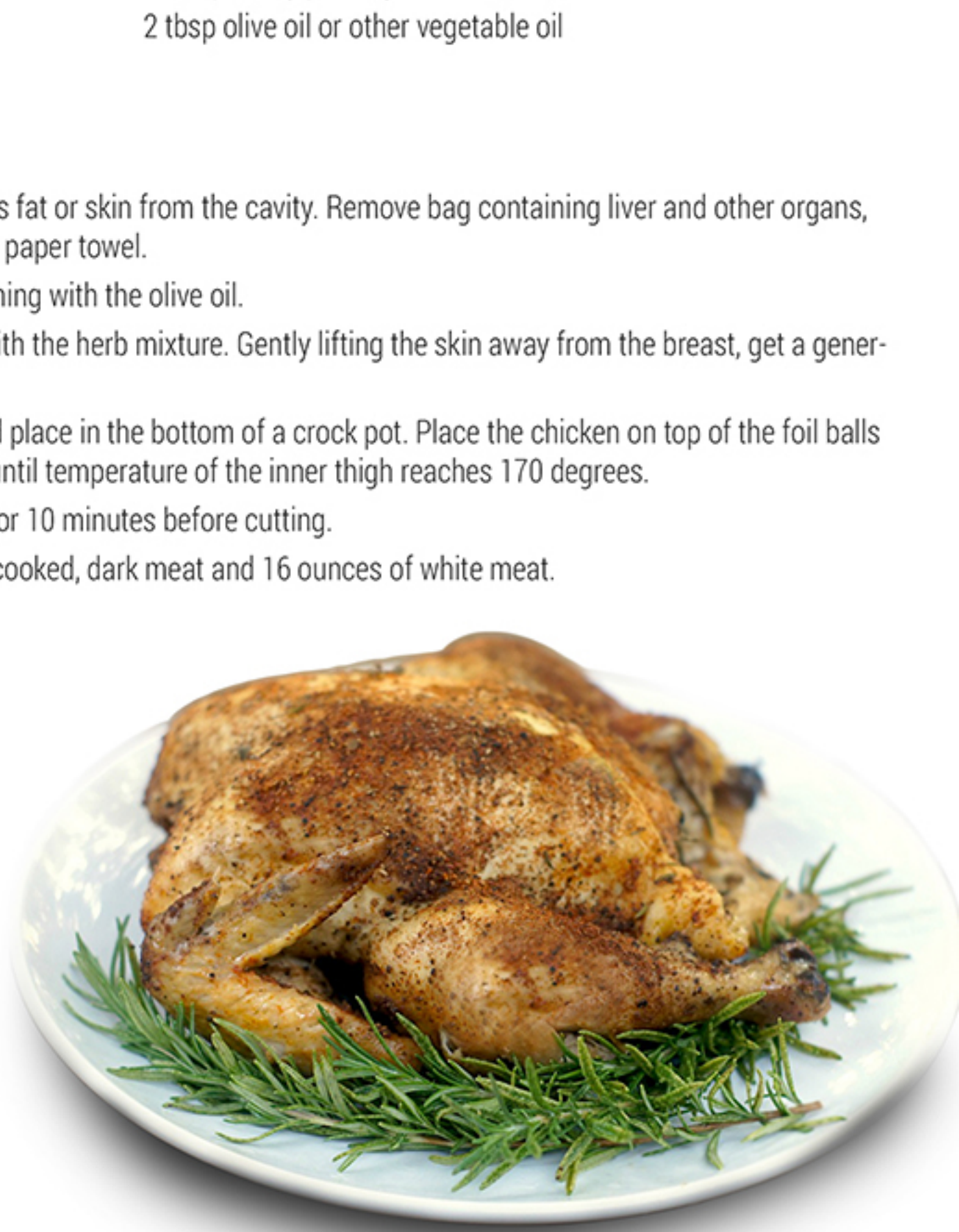
5. Transfer chicken to a cutting board, letting it rest for 10 minutes before cutting.

One 4 pound chicken will yield almost 10 ounces of cooked, dark meat and 16 ounces of white meat.

Nutritional Info.

Serving Size:4 oz skinless chicken
Serving per Recipe: 8
Calories: 268
Total Fat: 16 g
Saturated Fat: 4 g
Cholesterol: 126mg
Sodium: 240 mg
Total Carbohydrates: 1 g
Protein: 30 g
Potassium: 289 mg

* Optional table salt used in nutritional analysis



Recipe Name

Easy Chicken Pot Pie

Recipe catagory : Main Dishes
Submitted By : Marsha Krall
Number of servings : 6
Prep. Time : 20 min
Cook Time : 30 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

1 package Green Giant Steamers frozen mixed vegetables
1 1/2 to 2 cup diced, cooked chicken*
1 can (10 3/4 oz) Campbell's Healthy Request Cream of Celery soup
1/2 cup water
1 tsp Orrington Farm's Low Sodium Chicken base
1/2 tsp poultry seasoning
1 cup Lower Sodium Easy Baking Mix (see recipe)
1/2 cup milk
1 egg

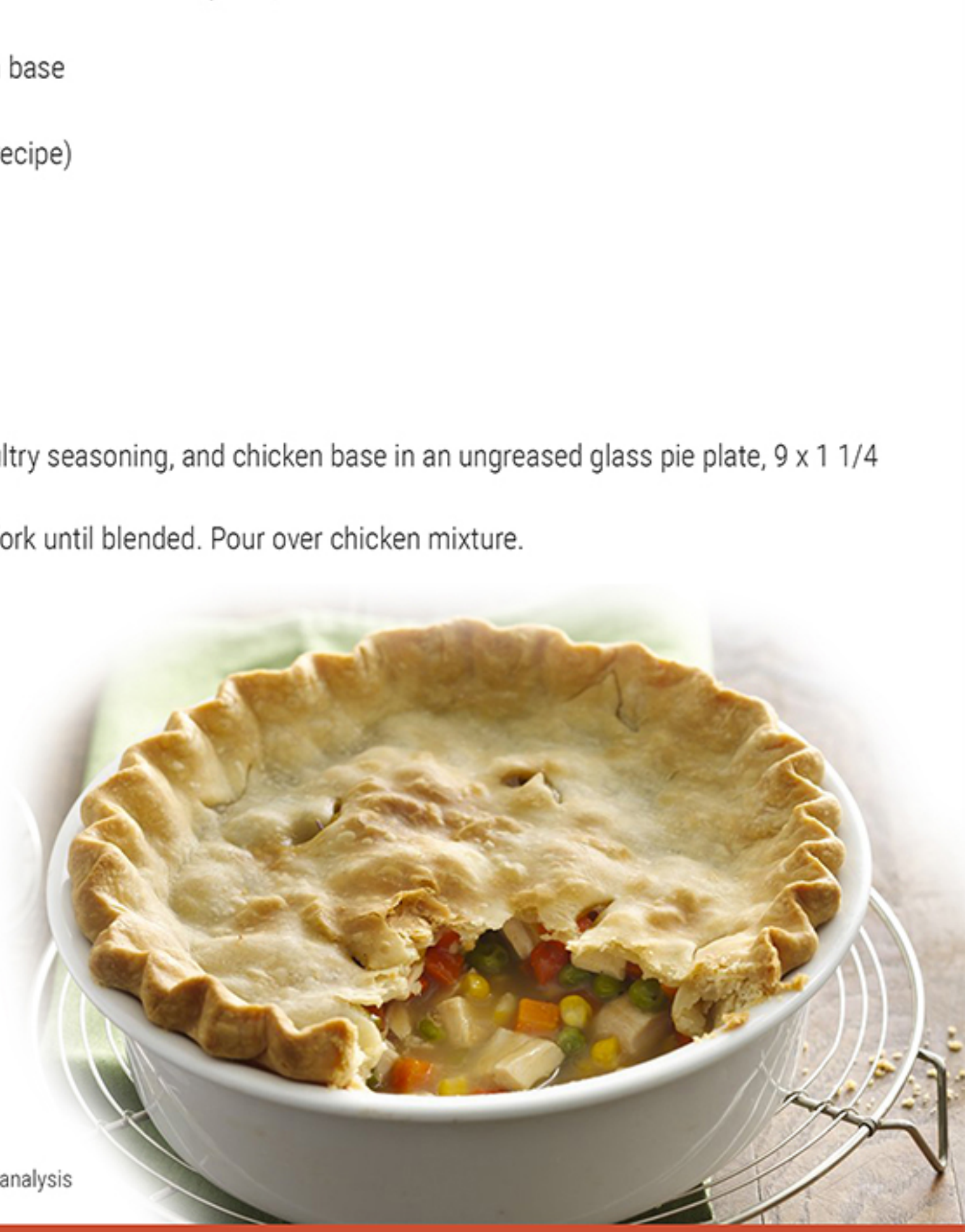
Directions

1. Heat oven to 400 degrees.
2. Mix vegetables, chicken, soup, water, poultry seasoning, and chicken base in an ungreased glass pie plate, 9 x 1 1/4 inches.
3. Stir together remaining ingredients with fork until blended. Pour over chicken mixture.

Nutritional Info.

Serving Size:1/6 of recipe
Serving per Recipe:6
Calories:278
Total Fat:10 g
Saturated Fat: 3 g
Cholesterol: 57 mg
Sodium: 309 mg
Total Carbohydrates: 25 g
Protein: 21 g
Potassium: 461 mg

*Skim milk and 2 cups cooked chicken used for nutrition analysis



Recipe Name

Garlicky Shrimp with Tomatoes and Linguine

Recipe catagory: Main Dishes
Submitted By: Katherine Suggett (ksuggett@ucdavis.edu)
Number of servings: 4
Prep. Time: 15-20 min
Cook Time: 10 min

tsp.= teaspoon, tbsp.= tablespoon, c= cup, pt.= pint,
oz.= ounces, lb= pounds, sq.= square, min.= minute(s), hr.= hour

Ingredients

3 tbsp olive oil
4-5 cloves garlic, thinly sliced crosswise
2 shallots, thinly sliced crosswise
1 pint cherry tomatoes, halved
1 pound large shrimp (about 16), cleaned and shells removed*
½ tsp red pepper flakes or 1 guindill chili pepper, chopped
2-3 tsp fresh thyme leaves plus more thyme sprigs for garnish
1/2 to 1 cup dry white wine
Freshly ground black pepper
1/2 lb linguine or spaghetti

Directions

1. Boil 4 quarts of water in a large pot. When shrimp is added to the sauté pan, add linguine to boiling water and cook until al dente.

2. Heat olive oil in a large skillet over medium-high heat. Add garlic and shallots, sauté stirring occasionally until fragrant ~1 minute

3. Add tomatoes, sauté stirring occasionally until they begin to soften ~3-4 min

4. Add shrimp, red pepper flakes, and thyme leaves. Stir and toss until shrimp are completely pink, about ~3 minutes. Season with pepper. Add white wine, bring to a boil (use larger amount for more sauce).

5. Reduce heat to low and simmer until liquid is reduced by half ~2 minutes. Season to taste with additional herbs. Serve over cooked pasta.

Nutritional Info.

Serving Size: 1 c pasta and 4 shrimp and sauce, ¼ of recipe
Serving per Recipe: 4
Calories: 432
Total Fat: 13g
Saturated Fat: 2g
Cholesterol: 141mg
Sodium: 271mg
Total Carbohydrates: 44g
Protein: 23g
Potassium: 131mg



* Nutrient analysis based on using fresh raw shrimp. If planning to use frozen raw shrimp, check package Nutrition Facts label carefully. Compare brands to find the package with the lowest sodium content, many are quite high in sodium due to moisture retentive agents used in processing

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