

2015

Low Sodium Recipes for the Holidays



Amy Padbury, Heart Failure Coordinator;
Annette Werner, Clinical Dietitian; Michelle
Hayes, Clinical Dietitian; Ronna Bell, Case
Manager

Doylestown Hospital

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Index

Soups:

Sweet Potato and Squash Soup.....4

Butternut Squash Soup.....5

Side Dishes:

Ultra Creamy Buttermilk Mashed Potatoes.....7

Sweet Potato Casserole.....8

Maple Stuffed Sweet Potatoes.....9

Lemon-Thyme Roasted Potatoes.....10

Sweet Potato Salad.....11

Swiss Scalloped Potatoes.....12

Carrots with Indian Spices.....13

Savory Low Sodium Stuffing.....14

Apple Walnut Wheat Stuffing.....15

Apple Dressing.....16

Orange Cranberry Sauce.....17

Sweet and Savory Kale with Apples and Cranberries.....18

Green Beans with Roasted Onion.....19

Wild Orange Rice Recipe.....20

Cornbread Muffins.....21

Main Dishes:

Cranberry-Glazed Pork Tenderloin.....23

Apple-Shallot Roasted Turkey with Cider Gravy.....24-25

Perfect Roasted Turkey.....26

Pork Chops with Pear Chutney.....27

Desserts:

Orange Blueberry Sponge Cake.....29

Easy Flaky Pie Crust.....30

Pumpkin Pie.....31

Pumpkin Mousse.....32

No-Bake Pumpkin Cheesecake.....33

Pumpkin Pecan Bars.....34

Low Sodium Apple Cider Shortcake.....35

SOUPS

Sweet Potato and Squash Soup

Serves 6

Ingredients

Sodium Content: 83 mg per serving

1 T unsalted butter

1 medium-large onion, sliced

4 c low sodium chicken stock, divided

1 ½ lb. butternut squash, peeled and cubed
(1 med squash)

½ lb. peeled and cubed sweet potato (1 lg
potato)

2 large carrots, peeled and sliced

1 ½ t. crumbled dried sage

½ t. ground mace

½ t. ground ginger

½ t. liquid hot sauce

For the cranberry garnish:

¼ c. sugar

1/3 c. water

1 c. fresh cranberries

2 T. orange juice

DIRECTIONS:

Melt the butter in a stockpot over medium-low heat. Add the onion and cook, stirring frequently, until softened and golden brown, about 10 minutes. Add 2 cups of the

stock, along with the squash, sweet potato, carrots, sage, mace and ginger. Bring to a boil, cover and cook over low heat until the vegetables are tender, 20-25 minutes.

Remove the pot from the heat and puree the mixture using an immersion blender, standard blender or food processor, in batches if necessary. Pulse until smooth, then return the pureed mixture to the stockpot and whisk in the remaining 2 cups of stock. Simmer gently until heated through. Season with the hot sauce, optional.

In a small saucepan, combine the sugar with the 1/3 c. water. Bring to a boil, stirring until the sugar dissolves, then add the cranberries. Cook uncovered over medium heat, stirring occasionally, until the cranberries soften and burst, about 10 minutes. Cool slightly. Puree the cranberry mixtures with the orange juice, using a blender, or food processor. Pulse until smooth. To serve, ladle the hot soup into bowls. Top with a spoonful of cranberry puree and swirl through to garnish.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Butternut Squash Soup

Serves 6

Sodium Content: 38.5 mg per serving

Ingredients:

2 T. vegetable oil

4 c. diced butternut squash (1 medium squash, peeled, seeded and diced)

2 c. diced sweet potato (1 med/ Lg sweet potato, peeled and diced)

1 ½ c. diced onion (1 lg onion)

1 c. diced carrot (2 med carrots)

¾ c. diced celery (2 sm/med stalks)

6 c. water

6 t. very-low sodium or sodium free bouillon granules

1 t. dried marjoram

½ t. dried thyme

¼ t freshly ground black pepper

DIRECTIONS:

Heat oil in a stockpot over medium-high. Add diced vegetables and cook, stirring, 10 minutes. Add remaining ingredients and stir to combine. Raise heat to high and bring to a boil. Once boiling, reduce heat to medium-low, cover, and simmer 1 hour, stirring occasionally. Remove from heat and puree using an immersion blender, conventional blender or food processor. Serve immediately.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

SIDE DISHES

Ultra Creamy Buttermilk Mashed Potatoes

Serves 6

Sodium Content: 51.5mg per serving

Ingredients:

3 lbs. russet potatoes (4-6 medium potatoes), peeled and cut into chunks

6 T. unsalted butter

1 c. low fat buttermilk*, at room temperature

1/8 t. ground white pepper

DIRECTIONS:

Place the potatoes into a pot and add enough water to cover by an inch. Bring to a boil over high heat. Once boiling, reduce heat to medium, cover and simmer 20 minutes. Remove pot from heat, drain, and then return to stove. Place over low heat, and shake or stir potatoes 1-2 minutes, until a floury film forms on the bottom of the pot. Remove from heat, and mash. Stir in the butter, one piece at a time, using a wooden spoon. Once the butter is thoroughly absorbed, add the buttermilk a third at a time, stirring vigorously between additions. Add the ground pepper and stir. Serve immediately.

*Note: SACO Buttermilk blend is a dry powdered buttermilk typically sold in the baking aisle of supermarkets. It's lower in sodium than most traditional liquid buttermilk, is ultra-convenient because it's powdered, and is worth checking out.

Substitute 4 T SACO cultured buttermilk blend dissolved in scant cup of water for the conventional buttermilk.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Sweet Potato Casserole

Serves 10

Sodium Content: 15.4 mg

Calories: 132.6 Fat: 1.8 g Protein 1.5 g Carb:
29.5g Fiber 2.7g Sugar 10.4

Ingredients:

2 lbs. sweet potatoes (about 5 medium),
peeled

½ cup golden raisins

1 t. agave nectar

¼ t. ground cinnamon

Pinch nutmeg

Pinch allspice

8 oz. can un-sweetened crushed pineapple,
drained

2 T. chopped pecans

1 cup mini marshmallows

Directions:

Preheat the oven to 400 degrees. Cut sweet potatoes into large chunks; boil potatoes in a large pot covered with water until potatoes are soft if pierced with a fork. Drain and return to the pot.

Mash the sweet potatoes (or use immersion blender) and add in the raisins, agave, spices and pineapple.

Lightly spray a pie dish, casserole dish or even individual ramekins with oil, spoon in

sweet potato mixture. Sprinkle with pecans and marshmallows. Bake for 15 minutes or until bubbly.

<http://www.skinnytaste.com/2011/sweet-potato-casserole.html>

Maple Stuffed Sweet Potatoes

Serves 4

Ingredients:

Sodium Content: 23 mg per serving

4 large sweet potatoes

¼ c. nonfat vanilla yogurt

3 T. maple syrup

3 T. orange juice

½ t. ground nutmeg

DIRECTIONS:

Preheat the oven to 375 degrees. Place the potatoes on a nonstick baking sheet. Place on middle rack in oven and bake 1 hour and 15 minutes, or until easily pierced with a fork. Remove from oven and let cool briefly.

Slice the potatoes in half lengthwise. Scoop out the pulp, leaving ¼ inch shell intact. Set aside the shells and transfer the pulp to a mixing bowl. Using a potato masher or fork, mash the pulp. Stir in the yogurt, maple syrup, orange juice and nutmeg. Mix well. Spoon the filling into the reserved shells.

Return to the oven and bake about 5 minutes, until heated through. Remove from oven and serve immediately.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Lemon-Thyme Roasted Potatoes

Serves 4

Sodium Content: 78 mg per serving

Cal 71 , Fat 1g, Carbs 14g,
Fiber 2 g, Sugar 1g

Ingredients:

Cooking spray

12 ounces small red potatoes, halved

3 thin lemon slices, seeds discarded

1 t. olive oil

¼ t. salt- can be omitted, or use Mrs. Dash

Pinch of pepper

½ t. snipped fresh thyme or 1/8 t. dried,
crumbled

DIRECTIONS:

Preheat oven to 425 degrees. Lightly spray a large baking pan with cooking spray. Set aside.

In a large bowl, stir together all the ingredients except the thyme. Arrange the potatoes and lemon slices in a single layer in the baking pan.

Roast for 15 minutes. Transfer the lemon slices to a cutting board.* Turn the potatoes over. Roast the potatoes for 6-8 minutes, or until tender and browned. Transfer the potatoes to a medium bowl.

While the potatoes continue to roast, mince the lemon. When the potatoes are done, stir in the lemon and thyme.

*Roasting the lemons caramelizes their peel, making it soft and removing its bitterness. Here, the caramelized peel is minced so the tiny pieces can easily be distributed among the roasted red potato halves.

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/Lemon-Thyme-Roasted-Potatoes_UCM_468675_Recipe.jsp

Sweet Potato Salad

Serves 8

Sodium Content: 12 mg per serving

Ingredients:

4 medium sweet potatoes, peeled and cut into ½ inch cubes

1 T. no salt added Dijon Mustard (Westbrae no salt-added stoneground mustard from Whole Foods)

¼ C. apple cider vinegar

¼ c. honey

1/3 c. vegetable oil

2/3 c. diced red onion (about ½ medium onion)

½ c. dried cranberries

1/3 c. dried currants or raisins

2/3 c. coarsely chopped pecans (optional)

DIRECTIONS:

Bring the water to boil in a vegetable steamer. Put the sweet potato cubes into the steamer basket, cover and steam just until fork tender, about 10 minutes.

Meanwhile, measure the mustard, vinegar, honey and oil into a small mixing bowl and whisk together until smooth.

In a large bowl, combine the red onion and dried fruit. Add the steamed sweet potato cubes along with the dressing and gently toss to coat evenly. Cover and chill at least 1

hour before serving. Just before serving, toss in the pecans, if desired.

It tastes even better when made ahead, even a day before, to let the flavors marinate.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Swiss Scalloped Potatoes

Serves 8

Sodium Content: 82.5 mg per serving

Cal 338, Fat 14.4g, Carbs 35.2g

Fiber 2.7g, Sugar 3.9g

Ingredients:

4 large russet potatoes, peeled and thinly sliced

1 ½ c. grated Swiss cheese, divided

3 T. unsalted butter

3 T. all-purpose flour

1/8 t. black pepper

1 ½ c. 2% milk

1 medium onion, sliced thinly

DIRECTIONS:

Preheat oven to 350. Melt the butter in a small sauce pan over medium heat. Add flour and stir to make a roux. Cook the roux, stirring constantly for 1-2 minutes.

Slowly add milk to the roux in small increments, stirring with a whisk until smooth between each addition. Once all of the milk has been added, bring the mixture to a low boil, stirring constantly.

Slowly add 1 cup of Swiss cheese to the sauce, stirring until melted. Add black pepper. Remove from heat.

Layer half of the potatoes in a lightly greased 9x9 casserole dish. Layer half of the onions over the potatoes. Pour half of the cheese sauce over the potatoes and onions. Add the remaining potatoes, followed by the remaining onions and cheese sauce. Sprinkle ½ c. of Swiss cheese on top.

Bake for 1 hour, or until potatoes are thoroughly cooked and cheese is golden brown and bubbly.

<http://lowsodiumgourmet.com/a-perfect-low-sodium-thanksgiving/>

Carrots with Indian Spices

Serves 4

Sodium Content: 41 mg per serving

Ingredients:

2 t. grated fresh ginger

½ t. minced fresh jalapeno (about ¼ of a small pepper)

1 ½ t. mustard seeds

1 t. freshly ground black pepper

½ t. ground coriander

½ t. ground cumin

¼ t. salt free curry powder

¼ c. water

2 T. vegetable oil

2 lbs. carrots, peeled and cut diagonally into ½ inch slices

1 T. freshly squeezed lime juice

¼ c chopped fresh cilantro

DIRECTIONS:

Measure the ginger, jalapeno, mustard seeds, black pepper, coriander, cumin and curry powder into a small bowl, and set aside.

Place a large sauté pan over medium-high heat. Add the water, oil, and carrots to the pan and bring to a boil. Cover pan and cook, shaking occasionally, until carrots are just

barely tender, about 6-8 minutes. Uncover the pan and continue to cook until carrots begin to sizzle in the oil, about 2 minutes. Add the spice bowl mixture and cook, stirring constantly, 2 minutes. Add the lime juice and cilantro and stir to combine. Remove from heat and transfer to platter or bowl. Serve immediately.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Savory Low Sodium Stuffing

Serves 10

Sodium Content: 12.9 mg of sodium

Cal 305, Fat 11.8g, Carbs 44g

Fiber 1.9 g, Sugar 1.8g

Ingredients:

½ Loaf Ezekiel Low Sodium Bread, thawed, crusts removed, and cubed

½ c. unsalted butter

1 medium onion, diced

1 can diced water chestnuts (8 oz.) drained

4 stalks celery, diced

1 t. ground sage

¾ t. powdered thyme

½ t. powdered marjoram

1/8 t. black pepper

½ t. dried rosemary

2 T. dried parsley

1 t. onion powder

1 c. low sodium chicken broth- I like Pacific Natural Foods Organic Low Sodium Chicken Broth

DIRECTIONS:

Remove crusts from thawed Ezekiel bread and cut the bread into small, ½ by 1 inch pieces.

Preheat oven to 350. In a medium saucepan, melt butter over medium-high heat. Add onion, water chestnuts, and celery and sauté until onions are translucent, 7-10 minutes. Add spices.

Place bread pieces in a large bowl. Pour the onion and celery mixture over the bread and stir to coat. Add chicken broth slowly until bread is consistently moist but not soggy. Mix well.

Bake in a greased 9x9 or 9x13inch baking dish (you want a flat layer of bread in the dish; do not want it heaping over the top). Cook it for 20 minutes covered, and then 15 minutes uncovered or until piping hot.

<http://lowsodiumgourmet.com/a-perfect-low-sodium-thanksgiving/>

Apple Walnut Wheat Stuffing

Yields enough for a 12-lb turkey, or 2 quarts of stuffing

Sodium Content: 62 mg per recipe

Ingredients:

3 ½ T. unsalted butter

3 cloves garlic, finely minced

1 ½ c. finely chopped onions (1 med/lg)

3 C. tart green apples, pared, cored and cut into ½ inch cubes (about 3)

4 c. cubed salt free bread (I use Trader Joe's Sodium Free Whole Wheat Bread or Ezekiel Low Sodium (0 mg) Sprouted Bread)

½ c. low sodium chicken broth (I like Pacific Natural Foods organic free range low sodium chicken broth)

1 c. coarsely chopped walnuts

1 T. freshly squeezed lemon juice

1 T. brown sugar

1 ½ t. ground cinnamon

1 t. ground white pepper

¼ t. ground nutmeg

DIRECTIONS:

In a large sauté pan or skillet, melt the butter over medium heat. Add the garlic and onion and sauté until onion is translucent, about 3 minutes. Remove pan from heat. Add the remaining ingredients

and stir gently to combine. Either use this mixture to stuff your turkey, or if you are baking it separately as a dressing, preheat the oven to 300 degrees. Butter a shallow (lidded) oven safe casserole dish. Spread mixture into casserole, cover and place on middle rack in oven. Bake 20 minutes.

Remove lid and bake another 15 minutes, until piping hot. Remove from oven and serve immediately.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Apple Dressing

Serves 6

Sodium Content: 27 mg per serving

Ingredients:

2 T. unsalted butter

1 medium red onion, diced

1 medium stalk celery, diced

2 large unpeeled apples, cored and diced

½ c. chopped walnuts

¼ c. packed brown sugar

1 t. dried basil

1 t. dried oregano

1 t. dried thyme

½ t. dried savory

Freshly ground black pepper, to taste

6 c. lightly toasted or stale salt free bread,
cubed

1/3 c. unsalted chicken stock

DIRECTIONS:

Preheat oven to 350 degrees. Grease an ovenproof baking dish and set aside.

Melt butter in a frying pan over medium heat. Add the onion and celery and sauté 3-5 minutes, just until tender. Transfer to a large mixing bowl. Add the remaining ingredients and stir to combine.

Place the mixture into the greased baking dish. Place dish on middle rack in oven and bake for 30 minutes. Remove from oven and serve immediately. NOTE: stuffing can be made ahead, covered and stored in refrigerator until time to bake.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Orange Cranberry Sauce

Yields about 2 cups

Sodium Content: scant trace per serving

Ingredients:

1 c. orange juice

1 c. sugar

3 c. fresh cranberries, washed

1 clementine, peeled, segmented and
chopped coarsely

DIRECTIONS:

Measure the juice and sugar into a small stockpot and stir to combine. Bring to a boil over high heat, add the cranberries and chopped clementine, reduce heat to medium and simmer 10 minutes. Remove from heat and cover. Allow to cool to room temperature before serving.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Sweet and Savory Kale with Apples and Cranberries

Serves 4

Sodium Content: 49 mg per serving

Cal 147, Fat 7.5g, Carbs 19.9g,
Fiber 4.3g, Sugar 9.4g

Ingredients:

2 T. olive oil

1 medium onion, diced

3 cloves garlic, minced

2 T. Westbrae no-salt added stoneground
mustard (or equivalent)

1 T. apple cider vinegar

1 T. sugar

1 ¼ c. low sodium chicken broth

1 lb. kale, chopped

1 medium Granny Smith apple, cored and
chopped

1/3 c. fresh cranberries, sliced

Freshly ground black pepper to taste

DIRECTIONS:

In a large stock pot or sauté pan, heat the olive oil over medium heat. Add the onions and garlic and cook, stirring, until soft, about 5 minutes.

Stir in the mustard, cider vinegar, sugar and chicken broth. Raise the heat to high and bring to a boil.

Once boiling, add the kale to the pot. Cover and cook 5 minutes, stirring frequently.

Add the chopped apple and cranberries and stir to combine. Reduce heat to medium, cover the pot and continue to cook, stirring frequently, 10 minutes. In the last few minutes of cooking, remove the lid and continue cooking, stirring frequently.

Remove from heat and serve immediately, seasoned with freshly ground black pepper to taste.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Green Beans with Roasted Onion

Serves 4

Sodium Content: 4.18 mg per serving

Cal 162, Fat 13.75g, Carbs 10.24g,
Fiber 3.37g, Sugar 0.28g

Ingredients:

1 lb. green beans

½ red onion

4 T. olive oil

¼ t. freshly ground black pepper

6 sprigs fresh thyme

3 T. lemon juice

¼ c. pine nuts

DIRECTIONS:

Preheat oven to 400 degrees. Trim the beans, and cut into bite sized pieces. Steam in double boiler until just tender, about 5 minutes. Remove from heat and rinse with cold water to stop the cooking. Refrigerate, covered, until the onion is finished roasting (see below).

Cut a piece of foil large enough to wrap the onion half inside. Place the onion on top of the foil, drizzle with 1 T. of the olive oil and add 2 sprigs of thyme on top. Wrap in the foil, and bake for 1 hour. Remove from the oven, and allow to cool. Remove and discard the thyme. Chop the onion roughly.

Mix the rest of the olive oil with the lemon juice and add the leaves from the thyme sprigs. Mix the onion with the green beans, and toss with the oil mixture. Top with the pine nuts.

<http://www.cooking-for-compliments.com/greenBeans.html>

Wild Orange Rice Recipe

Serves 8

Sodium Content: 0.69 mg per serving

Cal 69, Fat 4.62g, Carbs 5.43g,
Fiber 1.52g, Sugar 0.54g

Ingredients:

¾ cup wild rice

2 c. unsalted vegetable broth

2 T. orange zest

1 t. thyme

½ c. chopped almonds

DIRECTIONS:

In a medium saucepan, combine rice, vegetable broth, zest and thyme. Heat over medium heat just until it boils.

Reduce heat to low, and cook, covered, for about 55 minutes. Check to see that the rice is done, if not, continue to cook until the rice is tender. Do not let it boil dry, adding a bit more water if necessary.

When the orange rice dish is done, stir in the almonds and serve.

<http://www.cooking-for-compliments.com/wildRice.html>

Cornbread Muffins

Serves 12

Sodium Content: 20 mg per serving

Cal 250, Fat 9.27g, Carbs 38.87g

Fiber 1.08g, Sugar 20.83g

Ingredients:

2 eggs

½ c. melted unsalted butter, then cooled

½ c. honey

½ c. milk

1 t. vanilla

½ c. sugar

¼ t. salt—can be omitted. It will not affect the rise of these large muffins

1 ½ c. flour

¾ c. cornmeal

1 T. Featherweight brand baking powder

DIRECTIONS:

Preheat oven to 375 degrees. In a large bowl, beat the eggs. Add the cooled, melted butter, honey, milk and vanilla.

Stir in the sugar, salt and baking powder.

Gently mix in the flour and cornmeal just until thoroughly moistened, and there are no dry lumps. Don't over mix here, or your muffins will not be as fluffy.

Grease your muffin pan with non-stick spray. Spoon the batter into the pan filling each section to ¾ full. Wipe off any excess or spilled batter.

Bake for 20 minutes, until the tops spring back when lightly pressed and they are golden brown.

<http://www.cooking-for-compliments.com/cornbreadMuffins.html>

MAIN DISHES

Cranberry-Glazed Pork Tenderloin

Serves 4 (3 ounces of pork per serving)

Sodium Content: 56 mg per serving

Cal 217, Fat 3.0g, Carbs 26g,
Fiber 1g, Sugar 18g

Ingredients:

Cooking spray

1 lb. pork tenderloin, all visible fat discarded

1 t. garlic powder

½ t. salt-free lemon pepper

2/3 c. canned whole-berry cranberry sauce

1/3 c. low sugar orange marmalade

¼ t. ground cinnamon

DIRECTIONS:

Preheat the oven to 450 degrees.

Lightly spray an 11x7x2 inch baking pan with cooking spray. Put the pork in the pan. Tuck the narrow end of the pork under to allow even cooking. Sprinkle with the garlic powder and sodium free lemon pepper. Using your fingertips, gently press the

seasonings so they adhere to the top and sides of the pork.

Roast for 15 minutes. (The pork will not be done at this point).

Meanwhile, in a small bowl, stir together the cranberry sauce, marmalade and cinnamon. Measure ¼ cup plus 2 T. of the mixture into another small bowl; set this smaller portion aside to use as the sauce when serving the pork.

When the pork has roasted 15 minutes, remove it from the oven. Spoon the larger portion of the cranberry mixture over the pork.

Reduce the oven temperature to 350 degrees. Roast the pork for 30 to 35 minutes, or until an instant read thermometer registers 155. Remove the pork from the oven and loosely cover with aluminum foil. Let the pork rest for 10 minutes before slicing. Serve topped with the reserved sauce.

http://www.heart.org/HEARTORG/Conditions/HighBloodPressure/HighBloodPressureToolsResources/Cranberry---Glazed-Pork-Tenderloin_UCM_319051_Recipe.jsp

Apple-Shallot Roasted Turkey with Cider Gravy

Serves 12 (3 ounce serving sizes) plus plenty of leftovers

Sodium Content: 176 mg per serving

Cal 162, Fat 4g, Carbs 26g, Fiber 0g

Turkey:

1 10-12 lb. turkey (avoid turkeys that have been brined, or injected with salt. Check sodium content)

2 T. canola oil

2 T. chopped fresh parsley, plus 3 sprigs

1 T. chopped fresh sage, plus 3 sprigs

1 T. chopped fresh thyme, plus 3 sprigs

1 t. kosher salt

1 t. freshly ground black pepper

1 ½ lb. shallots, peeled and halved lengthwise, divided

1 tart green apple, quartered

3 c. water, plus more as needed

Stock:

6 c. water

1 medium onion, peeled and quartered

1 medium carrot, chopped

1 stalk celery, chopped

1 t. whole black peppercorns

1 bay leaf

1 sprig fresh thyme

Cider Gravy:

3 T. all-purpose flour

1 ¼ c. apple cider

2 T. cider vinegar

¼ t. salt

Freshly ground pepper to taste

DIRECTIONS:

To prepare turkey: Position rack in lower third of oven. Preheat oven to 475 degrees. Remove giblets and neck from turkey cavities and reserve to make stock. Place the turkey, breast side up, on a rack in a large roasting pan; pat dry with paper towels.

Combine oil, chopped herbs, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place herb sprigs, 6 shallot halves and apple in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water to the pan.

Roast the turkey until the skin is golden brown, 45 minutes. Remove from the oven. If using a remote digital thermometer, insert it into the deepest part of the thigh, close to the joint. Cover just the breast meat with a double layer of foil, cutting as

necessary to fit. Scatter the remaining shallots in the pan around the turkey.

Reduce the oven temperature to 350. Return the turkey to the oven and continue roasting until the thermometer (or instant read) registers 165, 1 to 1 3/4 hours more. If the pan dries out, add 1 cup water and tilt the turkey to let juices run out of the cavity into the pan.

Meanwhile, prepare the stock. Combine the neck and giblets (except liver), 6 cups water, onion, carrot, and celery in a large saucepan; bring to a boil. Add peppercorns, bay leaf, and thyme. Reduce heat and simmer, skimming and discarding any foam, for 1 hour.

Strain stock through a fine-mesh sieve into a medium bowl and let cool. Discard solids.

When the turkey is done, transfer to a serving platter (reserve pan juices and shallots), tent with foil and let rest for 20 minutes.

Meanwhile, prepare gravy. Whisk ½ cup of the cooled stock with flour in a small bowl until smooth. Set the roasting pan over two burners on medium-high heat. Add cider and vinegar; bring to boil and cook, scraping up the browned bits from the pan, until the liquid is reduced by about half, 6-8 minutes. Add 3 ½ c. of the stock. Increase heat to high; return to boil, whisking often. Boil until the liquid is reduced by about half, 8-12 minutes.

Whisk the flour mixture into the pan. Boil, whisking constantly, until the gravy is thickened, 1-3 minutes. Remove from the heat and pour the gravy through a fine sieve into a large measuring cup. (Discard solids). Season with salt (optional) and pepper.

Remove the string from turkey and carve. Serve with the gravy.

<http://www.eatingwell.com/print/6328>

Perfect Roasted Turkey

Serves 16

Sodium Content: 60.4 mg per serving (about 3 oz. serving size)

Cal 193, Fat 10.2g, Carbs 0.8g

Fiber 0.1g, sugar 0.1g

Ingredients:

1 12-lb whole turkey, fresh or thawed (avoid brined turkeys, check sodium content)

3 T. unsalted butter, softened

3 c. low-sodium chicken broth

2 T. dried parsley

1 T. onion powder

2 t. garlic powder

1 t. paprika

2 whole lemons, quartered

2 whole onions, quartered

DIRECTIONS:

Preheat the oven to 350 degrees. Remove the giblets and neck from the turkey. Rinse the turkey under cold water and place in a large roasting pan.

Stuff the turkey with the lemons and onions.

Gently separate the skin on the breast from the meat, spread butter and parsley underneath the skin.

Pour chicken broth over the top of the turkey. Sprinkle with onion powder, garlic powder and paprika.

Cover the turkey with foil and roast for 3 ½ to 4 hours or until the internal temperature of the turkey reaches 180 as read by a meat thermometer. Remove the foil for the last 30 minutes of baking to brown the skin.

Remove the turkey from the oven and allow to rest for at least 15 minutes before carving. Drippings at the bottom of the pan may be used to make a low-sodium gravy.

<http://lowsodiumgourmet.com/a-perfect-low-sodium-thanksgiving/>

Pork Chops with Pear Chutney

Serves 4 (2 thin chops each)

Sodium Content: 144 mg per serving

Ingredients:

Chutney:

- 1 small onion, diced
- 3 T apple cider vinegar
- 2 T. brown sugar, packed
- 1 T. unsalted butter
- 1 1-inch piece of fresh ginger peeled and minced
- 1 t. no-salt-added curry powder
- ¼ t. ground cinnamon
- 1/8 t. crushed red pepper flakes
- 3 pears, peeled, cored, and cut into cubes
- 2 T. dried cranberries
- 2 T. chopped fresh cilantro

Chops:

- 2 T. vegetable oil
- 8 thin center loin pork chops, each 4 oz.
- Freshly ground black pepper to taste

DIRECTIONS:

First assemble the chutney. Measure the onion, vinegar, brown sugar, butter, ginger, curry powder, cinnamon, and red pepper

flakes into a medium sized MICROWAVE SAFE bowl. Stir well to combine, then cover bowl with microwave proof plastic wrap. Place in microwave and set to high for one minute. Remove from microwave, carefully peel back the wrap and add the diced pear and cranberries. Stir well, then recover with wrap. Place in microwave and set to high for 10 minutes more. Remove from microwave and puncture wrap to allow steam to vent. Set aside.

Next, cook the pork chops.

Heat 1 T. vegetable oil in a large frying or sauté pan over medium-high heat. Season the pork chops with freshly ground black pepper to taste. Once oil is sizzling, add four of the chops to the pan. Cook 4 minutes, then flip and cook another 4 minutes. Slightly less for thinner chops or slightly longer for thicker.

Do not overcook as pork toughens very quickly. Remove from pan and set aside on a serving plate.

Add the second T. of the oil to the pan and repeat the process with the remaining four chops. Once all of the pork chops are cooked, add the chutney to the pan, and using a wooden spoon, scrape up any pan drippings and simmer, stirring, until thickened slightly.

Remove from heat, stir in the cilantro and serve immediately, plating 2 chops each with a generous helping of chutney.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

DESSERTS

Orange Blueberry Sponge cake

Serves 8

Sodium Content: 78.6 mg per serving

Cal 297, Fat 3.2g, Carbs 62.50g, Fiber 1.59g Sugar 48.15g

Ingredients:

1 orange

1 c. sugar

4 eggs

½ c. orange juice

1 c. flour

1 t. baking powder

1/8 t. salt- can be omitted. Do not know if this will affect the rising of the cake.

For the Sauce:

2 c. fresh or frozen blueberries

½ c. sugar

2 T. lemon juice

1 t. lemon juice

1 t. lemon zest

½ c. water

1 t. cornstarch mixed with 2 T. water

DIRECTIONS:

Preheat oven to 325 degrees. Cut 3 1x1 inch strips of peel from the orange. Juice the orange to make ½ c. Reserve the juice.

In a food processor, process the orange strips until the peel is finely chopped, about 1 minute. Add the egg yolks and process for one minute, scraping down the bowl as necessary.

With the machine running, pour the orange juice through the feed tube and process for 10 seconds. Add the flour and baking powder, pulse 3 times just to lightly mix.

Beat the reserved egg white with a hand mixer until stiff, but not too dry. Fold the batter into the whites, careful not to compress the whites too much.

Grease a tube (Bundt) pan generously with non-stick spray. Pour the batter into the pan and bake for 40-50 minutes, until the cake springs back when touched.

Invert the cake over a wire rack, and cool completely before removing it from the pan. While it cools, prepare the blueberry sauce.

In a saucepan, bring all the ingredients, except for the cornstarch mixture, to a boil. Cook over medium heat until the blueberries begin to burst.

Add the cornstarch mixture. Stir and cook until thickened and clear.

Remove cake from the baking pan, and place the orange blueberry sponge cake on a plate. Pour the warm sauce over the cake, or cut into serving pieces, on individual plates and top with sauce.

<http://www.cooking-for-compliments.com/orangeBlueberrySpongecake.html>

Easy Flaky Pie Crust

Serves 8

Sodium Content: 73.2 mg per serving

Cal 82, Fat 0.2g, Carbs 17.47g

Fiber 0.56g, Sugar 1.63g

Ingredients:

1 1/3 c. flour, chilled

1 T. sugar, chilled

¼ t. salt—can be omitted; (may affect the rising, but it is worth a try!)

8 T. Crisco, shortening, chilled

3 T. water

DIRECTIONS:

Mix the dry ingredients in a bowl and place in your refrigerator for at least one hour to chill well. Then, place the dry ingredients into your food processor fitted with the metal blade, or mix by hand.

Add the chilled shortening and cut in until crumbly.

With the processor running, add the water through the feed tube, or slowly mix in by hand.

On a floured board, using a floured rolling pin, roll out to slightly larger (about 2 inch per side larger) than your pie plate.

Carefully roll up the crust onto your rolling pin, and gently unroll it into your pie dish.

Place it carefully into the dish, and crimp the top edges. Prick it all over with a fork.

Fill or bake as desired.

Bake in a preheated oven at 375 degrees for 10 minutes, watching that it doesn't bubble up. If it does, poke lightly with a fork.

<http://www.cooking-for-compliments.com/pieCrust.html>

Pumpkin Pie

Serves 12

Sodium Content 22.5 mg per serving

Ingredients:

1 1/3 c. all-purpose flour

¼ c. sugar

5 T. unsalted butter

3 T. vegetable shortening

3-4 T. cold water

Filling:

1 15 oz. can pure pumpkin

½ c. sugar

½ c. honey

2 eggs

¾ c. low-fat milk

1 t. pure vanilla extract

1 t. ground cinnamon

½ t. ground ginger

1/8 t. ground cloves

DIRECTIONS:

Preheat the oven to 425.

To make the crust, measure the flour and sugar into a mixing bowl then whisk to combine. Add the butter and shortening, and then using your hands, work them into the dry mixture until you have a soft dry

crumb. Add 3 T. water and incorporate using your hands. If the dough is still too dry, add additional water ½ t. at a time. Once solid dough has formed, flour your countertop and place the dough on the counter. Flour your rolling pin and slowly begin to roll out the dough, adding a light dusting of flour to dough and pin as needed. Roll dough out to a round of about ¼ inch thickness (or thinner, depending on preference). Ever so gently, lift the dough from the counter and move it to your pie plate or pan. Gently mend cracks by filling dough and pressing gently Use a sharp knife to go around the pan edge and trim off excess. Set aside.

Into a clean mixing bowl measure all ingredients of the filling, and then mix well to combine. Pour the filling into the crust. Place pie on a baking sheet. Place sheet on the lower rack in oven and bake for 15 minutes. Reduce heat to 350 degrees and continue baking 40-50 minutes. Remove from oven and place on a wire rack to cool. Cool completely before cutting. Serve with whipped cream if desired.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Pumpkin Mousse

Serves 6

Sodium Content: 70 mg per serving

Ingredients:

1 15 oz. can pure pumpkin puree

1 ½ c. Stonyfield Farm whole milk plain yogurt (or other equivalent brand)

4 T orange juice

1 c. sugar

2 egg whites

1 pint heavy cream

DIRECTIONS:

Combine pumpkin puree, yogurt, orange juice, and sugar in a mixing bowl. Mix well with electric mixer. In a separate bowl, beat egg whites until stiff. And in a third bowl, beat the heavy cream until stiff enough to form peaks.

Gently fold egg white and whipped cream into pumpkin mixture. Pour into a freezer-safe container, cover, and freeze for at least 6 hours. Remove from freezer 15-20 minutes before serving. Spoon into individual serving dishes, top with whipped cream and sprinkle with cinnamon if desired.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

No-Bake Pumpkin Cheesecake

Serves 12

Sodium Content 27.5 mg per serving

Cal 389, Fat 31.3, Carbs 24.9

Fiber 1.2g, Sugar 11.1g

Ingredients:

2 8-ounce containers mascarpone cheese

¼ c. water

1 envelope unflavored gelatin

¼ c. light sour cream

1 T heavy cream

1/3 c. granulated sugar

1 15 ounce can pumpkin puree

8 ounces of light frozen whipped topping

1 t. cinnamon

¼ t. nutmeg

¼ t. ground ginger

1/8 t. cloves

½ c. unsalted butter

¼ c. powdered sugar

1 c. all-purpose flour

½ c. minced walnuts

DIRECTIONS:

To make crust, cream together the butter and powdered sugar. Add flour and walnuts

and combine until well-mixed. Form the dough into the bottom of a deep 9-inch greased pie pan. Pierce holes in the bottom of the crust with a fork. Bake at 350 for 10 minutes. Allow to cool.

Beat the Mascarpone cheese, sour cream, and heavy cream. Add sugar and spices. Mix in the pumpkin puree.

Mix gelatin with ¼ c. water and stir until dissolved. Quickly add gelatin to the cheese and pumpkin mixture. Gently fold in the whipped topping.

Pour cheese and pumpkin filling into the crust. Allow to chill for at least 2 hours before serving.

<http://lowsodiumgourmet.com/a-perfect-low-sodium-thanksgiving/>

Pumpkin Pecan Bars

Yields 16 bar cookies

Sodium Content: 16 mg per cookie

Ingredients:

4 T. unsalted butter

¾ c packed brown sugar

2/3 c. pumpkin puree

1 egg

2 egg whites

2/3 c. flour

¾ t. ground cinnamon

½ t. ground ginger

½ t. ground nutmeg

¾. t. Featherweight brand sodium free
baking powder

½ t. Ener-G sodium free baking soda

½ c. dried cranberries

½ c. chopped pecans

DIRECTIONS:

Preheat oven to 375. Grease a 9 inch square baking pan and set aside. In a medium saucepan, melt the butter and brown sugar, stirring until smooth. Remove from heat and whisk in the pumpkin puree. Let the mixture cool until lukewarm, then whisk in the egg and egg whites until blended.

In a mixing bowl, whisk together the flour, spices, baking powder and baking soda. Stir in the cranberries and nuts to coat with flour.

Add the dry mixture to the wet pumpkin mixture and stir until combined.

Spoon into the prepared baking pan. Place pan on middle rack in oven and bake until the top is golden brown and a tester inserted into the center comes clean, about 25 minutes. Remove pan from oven and place on a wire rack to cool. Once fully cool, slice into 16 bars and serve. NOTE: the bars can be stored in an airtight container for 3 days or frozen for up to a month.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>

Low Sodium Apple Cider Shortcake

Yields 12 servings

Sodium Content: 15 mg per serving

Cal 251 Fat 8.3g, Carbs 47.3g

Fiber 0.9g, Sugar 27.9g

Ingredients

2 c. flour

1 T. Featherweight sodium-free baking powder

½ c. (1 stick) cold unsalted butter

½ c. sugar

1 egg

½ c. apple cider

1 apple (your choice) cored and sliced thinly

½ c. apple cider

¾ c. brown sugar, divided

3 whole cloves

Preheat oven to 350. Grease an 8-inch cake pan and set aside.

To make the batter, measure the flour and baking powder into a large mixing bowl. Cut the butter into pieces and add to the flour, rubbing the mixture until a coarse crumb has been achieved. Stir in the sugar, and then make a well in the center of the bowl. Break the egg into the well then add the apple cider. Stir to form a thick, sticky dough.

Flour your hands and keep extra flour nearby. Divide the dough into two equal

parts. Press one half of the dough into the bottom of the prepared baking pan, re-flouring your hands as necessary to keep the dough from sticking.

Set aside 8 apple slices for decorating the cake, then arrange the rest of the slices on top of the dough in the pan.

Flour your hands once again, then press the remaining half of the dough on top of the apple slices. It may look messy. Decorate the top of the cake with the reserved apple slices.

Place the cake on the middle rack of the oven and bake 30-35 minutes, until a toothpick inserted in the center comes clean.

While the cake is baking, prepare the syrup. Measure the apple cider into a small saucepan, along with ½ cup of the brown sugar and the 3 cloves. Reserve the remaining ¼ c. of brown sugar for sprinkling on after baking.

Bring the mixture to a boil for 5 minutes, stirring frequently. The mixture should now be syrupy. Remove from heat, fish out the cloves and discard.

Sprinkle the top of cake with 1 ½ T. of the reserved brown sugar. Then drizzle 1/3 of the syrup on top. Repeat brown sugar and syrup 2 more times, waiting 5 minutes in between. Let cake stand 15-20 min then serve and slice.

<http://thedailydish.us/thanksgiving/50-low-sodium-recipes-for-thanksgiving/>