

## Spice Up Your Meals Without Salt!

We all need some sodium, but too much sodium can be harmful to our health. Too much sodium can lead to high blood pressure, heart disease, stroke, and kidney disease.

Sodium is the main ingredient of salt. All types of salt, for example, table salt or sea salt, are high in sodium.

Healthy adults only need about 1500 milligrams of sodium each day. This is the amount of sodium in 2/3 teaspoon of salt.

One way to decrease the sodium in our diet is to avoid adding salt when cooking. There are many combinations of flavourful ingredients to make food tasty without adding salt.

If you would like an adventure in the kitchen you can start by choosing one or more of the ingredients in the chart below to rub, sprinkle, stir-fry or add to your favourite dishes. If you would like to follow a recipe, see the samples below. Everyone likes different flavours; these are a few ideas to get you started.

<i>Dish</i>	<i>Flavour Ideas</i>	
Beef	<ul style="list-style-type: none"> <li>• Ginger</li> <li>• Mustard</li> <li>• Paprika</li> </ul>	<ul style="list-style-type: none"> <li>• Garlic powder</li> <li>• Rosemary</li> <li>• Sage</li> <li>• Thyme</li> </ul>
Pork	<ul style="list-style-type: none"> <li>• Onion</li> <li>• Black pepper</li> <li>• Apple</li> <li>• Applesauce</li> </ul>	<ul style="list-style-type: none"> <li>• Thyme</li> <li>• Sage</li> <li>• Oregano</li> <li>• Garlic</li> <li>• Rosemary</li> </ul>

Poultry	<ul style="list-style-type: none"> <li>• Lemon</li> <li>• Tarragon</li> <li>• Basil</li> <li>• Paprika</li> </ul>	<ul style="list-style-type: none"> <li>• Shallots</li> <li>• Thyme</li> <li>• Garlic</li> </ul>
Fish	<ul style="list-style-type: none"> <li>• Lemon</li> <li>• Ginger</li> <li>• Black pepper</li> <li>• Basil</li> </ul>	<ul style="list-style-type: none"> <li>• Chives</li> <li>• Green onions</li> <li>• Parsley</li> <li>• Fennel</li> </ul>
Legumes	<ul style="list-style-type: none"> <li>• Black pepper</li> <li>• Thyme</li> <li>• Cloves</li> </ul>	<ul style="list-style-type: none"> <li>• Onion</li> <li>• Chives</li> <li>• Parsley</li> </ul>
Pasta	<ul style="list-style-type: none"> <li>• Oregano</li> <li>• Thyme</li> <li>• Marjoram</li> </ul>	<ul style="list-style-type: none"> <li>• Parsley</li> <li>• Mint</li> <li>• Lemon juice</li> <li>• Olive oil</li> </ul>
Cooked Veg	<ul style="list-style-type: none"> <li>• Thyme</li> <li>• Parsley</li> <li>• Oregano</li> </ul>	<ul style="list-style-type: none"> <li>• Black pepper</li> <li>• Garlic</li> <li>• Ginger</li> </ul>
Salad	<ul style="list-style-type: none"> <li>• Extra virgin olive oil</li> </ul>	<ul style="list-style-type: none"> <li>• Lemon juice</li> <li>• Balsamic vinegar</li> </ul>

	<ul style="list-style-type: none"> <li>• Canola, safflower, grapeseed oil</li> <li>• Red wine vinegar</li> <li>• White wine vinegar</li> </ul>	<ul style="list-style-type: none"> <li>• Fresh herbs such as mint, basil, cilantro,</li> <li>• Thinly sliced or minced scallions or red onions</li> </ul>
Grains i.e. brown, rice, quinoa, bulgur	<p>To cook these grains combine water with any one of these liquids:</p> <ul style="list-style-type: none"> <li>• no salt added broth</li> <li>• no salt added tomato juice</li> <li>• 100% orange juice</li> </ul>	

Try these sample recipes that add flavour without salt:

### ***Big-Batch Marrakech Rub for Chicken, Pork or Lamb***

Makes  $\frac{3}{4}$  cup (175mL)

$\frac{1}{4}$ cup	paprika	50 mL
2 Tbsp	ground coriander	25 mL
2 Tbsp	ground cumin	25 mL
2 Tbsp	ground cinnamon	25 mL
1 Tbsp	cayenne pepper	15 mL
1 Tbsp	ground allspice	15 mL
1 tsp	ground cloves	5 mL

1. Combine all ingredients and store in a covered container for up to 6 months.

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### ***Cajun Marinade***

1 clove	garlic, finely minced	10 mL
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2 tsp	chili powder	10 mL
2 tsp	ground cumin	10 mL
2 tsp	ground coriander	2 mL
½ tsp	freshly ground black pepper	30 mL
2 Tbsp	canola oil	30 mL
2 Tbsp	water	20 mL
4 tsp	freshly squeezed lime juice	

1. In a small bowl, whisk together garlic, chili powder, cumin, coriander, pepper, oil, water and lime juice.
2. Place 4 chicken fillets (from 2 large breasts) in a glass or ceramic plate or resealable bag. Pour marinade over chicken and coat both sides. Cover and refrigerate for at least 30 minutes or for up to 2 hours. When ready to cook, drain off and discard excess marinade.

Tip: Try this marinade with beef, pork, lamb or fish.

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### ***Blueberry Vinaigrette***

Makes 10 servings

½ cup	fresh or frozen blueberries, thawed	125 mL
1/3 cup	liquid honey	
¼ cup	balsamic vinegar	50 mL
2 Tbsp	vegetable oil	25 mL
2 Tbsp	water	25 mL

1. In a small bowl, mash blueberries with a fork. Whisk in honey, vinegar, oil and water.

Tip: Serve over your favourite leafy salad greens.

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## Additional Resources

- Healthy Eating Guidelines for Lower Sodium (Salt) Eating  
<https://www.pennutrition.com/viewhandout.aspx?Portal=UbY=&id=JMfrWgE=&PreviewHandout=bA==>

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