



Low Sodium Recipes

Try these recipes to get started with low-sodium cooking that tastes good and is quick and easy!

Oatmeal muffins

Ingredients

- 2 eggs
- 1 teaspoon vanilla extract
- 2 cups applesauce, unsweetened
- 2 ripe bananas, mashed
- ½ cup honey or agave syrup
- ¼ cup flaxseed meal
- 1 Tablespoon ground cinnamon
- 3 teaspoons baking soda
- 1 teaspoon salt
- 2-¾ cups low fat milk
- 5 cups, old fashioned rolled oats
- Optional toppings: raisins, walnuts and chocolate

1. Preheat oven to 350 degrees.
2. Mix eggs, vanilla, applesauce, mashed banana and honey (or agave syrup) together in a bowl.
3. Add in oats, flax, cinnamon, baking powder, salt and mix well with wet ingredients.
4. Pour in milk and combine.
5. Spray a 12-capacity muffin tin with cooking spray.
6. Pour mixture evenly into muffin tin cups (about ¾ full).
7. If using toppings, add them onto the tops of muffins Bake 25-30 minutes or until a toothpick in center comes out clean.

Makes 36 muffins; 180 mg sodium per serving (excluding optional toppings).

Macaroni and cheese

Ingredients

- Cook 2 cups dry macaroni
 - 1 cup nonfat milk
 - 1 Tablespoon unsalted butter
 - 1 Tablespoon flour
 - 1 cup (¼ lb) grated natural medium or sharp natural cheddar cheese
 - 2 teaspoons garlic powder
 - ⅛ teaspoon black pepper (optional)
 - Pinch dry mustard (optional)
 - 2-3 drops Tabasco sauce (optional)
1. Melt butter on low heat on stovetop and stir in flour until it makes a paste.
 2. Add milk and stir until the flour and butter mixture is blended in.
 3. Add garlic powder and other seasonings at this time if desired.
 4. Mix cheese into milk mixture, stir until melted.
 5. Heat over medium high heat, stirring constantly until liquid thickens and comes to a boil.
 6. Pour cheese sauce over cooked macaroni and serve.

Makes 4 servings; 210 mg sodium per serving (compared to 730 mg sodium per serving from macaroni and cheese mix). This does not include Tabasco sauce, which adds 30 mg per teaspoon.

Spaghetti with meat sauce

Ingredients

- 1 pound lean ground beef or turkey (non-seasoned)
 - ½ cup water
 - 1 white or yellow onion, chopped
 - 2-3 cloves minced garlic or 1 Tablespoon garlic powder
 - 1-15 ounce can “**no salt added**” crushed tomatoes or tomato sauce
 - 1-6 ounce can “**no salt added**” tomato paste
 - 2 to 3 Tablespoons dried Italian Seasoning, or 1 to 2 Tablespoons each chopped fresh oregano, rosemary, basil and thyme
 - 1 Tablespoon olive oil
1. Brown meat with onion, garlic, oil and herbs in a large pot or pan.
 2. Add canned tomatoes or sauce, tomato paste and water.
 3. Simmer for 30 minutes to 1 hour.
 4. Serve over 1 cup of cooked spaghetti or other pasta.

Makes 8 servings of about ¾ cup each. 75 mg sodium per serving (compared to 600 mg sodium per serving from standard spaghetti with meat sauce).

Homemade pizza

Ingredients

- ½ package (1-¼ teaspoon) dry yeast
 - 1-½ cups warm water (divided use)
 - 1-2 Tablespoons olive oil (divided)
 - 1 Tablespoon sugar
 - 2 cups white all-purpose flour
 - ¼ teaspoon garlic powder
 - 2 Tablespoons Italian seasoning
 - ½ pound cooked ground beef or pork, well drained
 - 3 ounces “no salt added” tomato paste
 - ¼ teaspoon crushed red pepper
 - ¼ cup raw onion, chopped
 - ¼ cup green pepper, chopped
 - ¼ teaspoon black pepper
 - 6 ounces mozzarella cheese, shredded
1. Dissolve yeast in 1 cup warm water.
 2. Stir in 1 Tablespoon olive oil, sugar and flour to make dough.
 3. Place in a greased bowl, cover and set aside.
 4. Combine tomato paste, ½ cup water, garlic powder, Italian seasonings and remaining oil in a small saucepan and simmer 5 minutes.
 5. Brown meat with black and red peppers in a skillet. Drain off fat. Add onion and green pepper.
 6. Grease a 17" x 14" baking sheet or pizza pan. Press dough onto sheet. Spread sauce, meat mixture and cheese over dough.

Bake at 425° for 20 minutes or until dough and cheese are golden brown. Makes 6 servings (2 slices or (1/6 of pizza). 230 mg sodium per serving.

Cilantro white bean dip

Ingredients

- 2 Tablespoons lemon juice
- 2 cloves garlic
- ½ bunch cilantro, washed and dried
- 1 can white “no salt added” cannellini beans (rinse well)
- 1 Tablespoon olive oil
- Cucumbers or other veggies
- Cayenne pepper or black pepper (optional)
- Slices of red pepper, carrots

In a blender or food processor, add the beans, roasted garlic, olive oil, cilantro and lemon juice. Blend until smooth. Add black or cayenne pepper to taste.

Makes 8 servings (¼ cup). 20 mg per serving.

Thai noodle stir-fry

Ingredients

- 1 cup cooked rice noodles*
- 1 small chicken breast, cut in small chunks (about 1 cup)
- ½ chopped red bell pepper
- ½ cup chopped yellow zucchini
- ½ cup chopped carrots
- 1 Tablespoon chopped unsalted peanuts
- ¼ cup chopped green onion
- 2 cloves garlic, minced or ½ teaspoon garlic powder
- Optional- 1 lime juice
- 2 Tablespoons rice vinegar
- ½ cup cilantro (chopped)
- 1 Tablespoon sesame oil (optional-vegetable or olive oil)

*Or use 1 package dry Top Ramen noodles without seasoning.

Makes 2 servings. 165 mg per serving. You can use 1 bag of mixed frozen vegetables instead of fresh.

1. Cook noodles per directions on package; drain and set aside.
2. Cook chicken on medium heat in ¼ cup water with the lid on, for about 5-7 minutes.
3. After chicken is cooked, add in green onions, red pepper, zucchini, carrots, minced garlic, sesame oil, vinegar and lime juice.
4. Cover with lid and sauté until vegetables are cooked (about 10 minutes).
5. Stir in cilantro and noodles. Remove from heat and serve.
6. Add in pepper for spiciness. Top with chopped peanuts.

Berry smoothie

- 1 banana
- 1 cup fresh or frozen berries
- ½ cup plain or flavored yogurt
- 1 cup milk

Blend all together and enjoy!

Perfect parfait

- 1 cup plain or flavored yogurt
- 1 to 2 Tablespoons honey or maple syrup (optional)
- 1 cup mixed chopped fresh fruit
- 2 to 4 Tablespoons granola, mixed nuts, seeds or coconut flakes

Layer yogurt, fruit, granola, mixed nuts, seeds or coconut flakes in a tall glass.

Brown bag popcorn

Pour $\frac{1}{4}$ cup popcorn seeds into brown paper bag, fold over at the top and pop in the microwave. Top with 2 teaspoons of unsalted melted butter and 2 Tablespoons of grated parmesan cheese (optional).

Makes 2 servings (1 serving = 2 cups). 80 mg per serving (includes parmesan cheese).

Fruit plate with dip

Clean and prepare many types of fruit such as grapes, pears, apples, raspberries or pineapple.

For the dip: Mix $\frac{1}{2}$ cup Cool whip with $\frac{1}{2}$ cup flavored yogurt. Use 2 Tablespoons for dip. Makes about 8 servings. 10 mg per serving.

Snack mix *

Ingredients

- 1 cup rice cereal squares
- 1 cup corn cereal squares
- 1 cup unsalted tiny pretzel twists
- 3 cups unsalted popcorn
- 1 Tablespoon Parmesan cheese
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon onion powder
- $\frac{1}{3}$ cup unsalted margarine, melted

1. Mix cereals, pretzels and popcorn in large bowl.
2. Combine melted margarine, garlic powder and onion powder. Pour over cereal mixture and toss to coat.
3. Add Parmesan cheese.
4. Bake in 350° F oven for 7 to 10 minutes. Cool before serving.

Store in sealed container. Makes 6 servings, 1 cup each. 150 mg per serving.

*From the National Kidney Foundation's "Living Well on Dialysis."

To Learn More

- Nutrition
206-987-4758
- Ask your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask
your child's nurse.
- From outside the
hospital, call the
toll-free Family
Interpreting Line
1-866-583-1527. Tell
the interpreter the
name or extension
you need.

Homemade vinaigrettes and salad dressings

Balsamic Vinaigrette

- 3 Tablespoons balsamic vinegar
- 2 Tablespoons olive oil
- ½ Tablespoon water
- 1-½ teaspoons sugar
- 1 clove minced garlic or
¼ teaspoon of garlic powder
- Pinch of cinnamon

Makes 3 servings. No sodium.

House Dressing

- 3 Tablespoons red wine vinegar
- 2 Tablespoons olive or vegetable oil
- 1 teaspoon Dijon mustard
- 2 teaspoons sugar
- ¼ teaspoon each of black pepper
and garlic powder
- Pinch of dill (optional)

Makes 3 servings. 40 mg per serving

**For tips on eating, dining out and shopping, watch our "Healthy Eating with Less Sodium" videos at www.seattlechildrens.org/lowsodiumeating.