# Low-Sodium Recipes

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

## Berry smoothie
Makes 1 serving.  
160 mg sodium per serving.  

**Ingredients**  
1 banana  
1/2 cup plain or flavored yogurt  
1 cup fresh or frozen berries  
1 cup milk  

Blend together in a blender.

## Perfect parfait
Makes 1 serving.  
100 mg sodium per serving.  

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

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

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

**Ingredients**  
2 eggs  
1 teaspoon vanilla extract  
2 cups applesauce, unsweetened  
2 ripe bananas, mashed  
1/2 cup honey or agave syrup  
1/4 cup flaxseed meal  
1 Tablespoon ground cinnamon  
3 teaspoons baking powder  
1 teaspoon salt  
2-3/4 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, flaxseed meal, 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 3/4 full).  
7. If using toppings, add them onto the tops of muffins.  
8. Bake 25-30 minutes or until a toothpick in center comes out clean.

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**To Learn More**  
- Nutrition  
  206-987-4758  
- Ask your child’s healthcare provider  
- seattlechildrens.org  

**Free Interpreter Services**  
- In the hospital, ask your 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.
**Fruit plate with dip**

Makes about 8 servings.
10 mg sodium per serving.

**Ingredients**
- Many types of fruit such as grapes, pears, apples, raspberries or pineapple
- 1/2 cup flavored yogurt
- 1/2 cup Cool Whip

1. Clean and prepare many types of fruit.
2. For the dip, mix 1/2 cup Cool Whip with 1/2 cup flavored yogurt.

**Snack mix**

Makes 6 servings (1 cup each).
150 mg sodium per serving.

**Ingredients**
- 1 cup rice cereal squares
- 1 cup corn cereal squares
- 1 cup unsalted tiny pretzel twists
- 3 cups unsalted popcorn
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/3 cup unsalted margarine, melted
- 1 Tablespoon Parmesan cheese

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.
5. Store in sealed container.

From the National Kidney Foundation’s “Living Well on Dialysis”

**Cilantro white bean dip**

Makes 8 servings (1/4 cup each).
20 mg sodium per serving.

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

1. In a blender or food processor, add the beans, garlic, olive oil, cilantro, and lemon juice. Blend until smooth.
2. Add black or cayenne pepper to taste.
3. Serve with slices of red pepper, carrots, cucumbers or other vegetables.
**Brown bag popcorn**

Makes 2 servings (2 cups each).

80 mg sodium per serving (includes Parmesan cheese).

1. Pour 1/4 cup popcorn seeds into brown paper bag.
2. Fold over at the top and pop in the microwave.
3. Top with 2 teaspoons of unsalted melted butter and 2 Tablespoons of grated Parmesan cheese (optional).

**Macaroni and cheese**

Makes 4 servings.

210 mg sodium per serving (compared to 570 mg sodium per serving from macaroni and cheese mix).

This does not include Tabasco sauce, which adds 30 mg per teaspoon.

1. Melt butter on low heat on stovetop then stir in flour until it makes a paste.
2. Add milk and stir until the flour and butter mixture is blended in.
3. Add cheese (and optional seasonings) and stir until melted.
4. Heat over medium high heat, stirring constantly until liquid thickens and comes to a boil.
5. Pour cheese sauce over cooked macaroni and serve.

**Spaghetti with meat sauce**

Makes 8 servings (3/4 cup each).

75 mg sodium per serving (compared to 600 mg sodium per serving from standard spaghetti with meat sauce).

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.
Homemade pizza

Makes 6 servings (2 slices or 1/6 of pizza). 230 mg sodium per serving.

**Ingredients**

- 1/2 package (1-1/4 teaspoon) dry yeast
- 1-1/2 cups warm water (divided use)
- 1-2 Tablespoons olive oil (divided)
- 1 Tablespoon sugar
- 2 cups white all-purpose flour
- 1/4 teaspoon garlic powder
- 2 Tablespoons Italian seasoning
- 3 ounces “no salt added” tomato paste
- 1/2 pound cooked ground beef or pork, well drained
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon black pepper
- 1/4 cup green pepper, chopped
- 1/4 cup raw onion, chopped
- 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, 1/2 cup water, garlic powder, Italian seasoning and remaining oil in a small saucepan and simmer 5 minutes.
6. Grease a 17” x 14” baking sheet or pizza pan. Press dough onto sheet. Spread sauce, meat mixture and cheese over dough.
7. Bake at 425° for 20 minutes or until dough is golden brown.

Thai noodle stir-fry

Makes 2 servings; 165 mg sodium per serving.

You can use 1 bag of mixed frozen vegetables instead of fresh.

**Ingredients**

- 1 cup cooked rice noodles (or use 1 package dry Top Ramen noodles without seasoning)
- 1 small chicken breast, cut in small chunks (about 1 cup)
- 1/2 chopped red bell pepper
- 1/2 cup chopped yellow zucchini
- 1/2 cup chopped carrots
- 2 cloves garlic, minced or 1/2 teaspoon garlic powder
- 1/4 cup chopped green onion
- 1/4 cup chopped green onion
- 1 Tablespoon sesame oil (optional-vegetable or olive oil)
- 1-2 teaspoons lime juice (optional)
- 2 Tablespoons rice vinegar
- 1/2 cup cilantro (chopped)
- 1 Tablespoon chopped unsalted peanuts

1. Cook chicken on medium heat in 1/4 cup water with the lid on, 5-7 minutes.
2. After chicken is cooked, add in red bell pepper, zucchini, carrots, minced garlic, green onions, sesame oil, lime juice and rice vinegar.
3. Cover with lid and sauté until vegetables are cooked (about 10 minutes).
4. Stir in cilantro and noodles. Remove from heat and serve.
5. Add in pepper for spiciness. Top with chopped peanuts.
Homemade vinaigrettes and salad dressings

Balsamic Vinaigrette
Makes 3 servings; no sodium.

**Ingredients**
- 3 Tablespoons balsamic vinegar
- 2 Tablespoons olive oil
- 1/2 Tablespoon water
- 1-1/2 teaspoons sugar
- 1 clove minced garlic or 1/4 teaspoon of garlic powder
- Pinch of cinnamon

House Dressing
Makes 3 servings; 40 mg sodium per serving.

**Ingredients**
- 3 Tablespoons red wine vinegar
- 2 Tablespoons olive oil or vegetable oil
- 1 teaspoon Dijon mustard
- 2 teaspoons sugar
- 1/4 teaspoon each of black pepper and garlic powder
- Pinch of dill (optional)

More recipes
For tips on eating, dining out and shopping, watch our “Heathy Eating with Less Sodium” videos at http://www.seattlechildrens.org/lowsodimeating.