

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 Tablespoon ground cinnamon
1 teaspoon vanilla extract	3 teaspoons baking powder
2 cups applesauce, unsweetened	1 teaspoon salt
2 ripe bananas, mashed	2- 3/4 cups low fat milk
1/2 cup honey or agave syrup	5 cups, old fashioned rolled oats
1/4 cup flaxseed meal	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.
3. Serve 2 Tablespoons of dip.

Snack mix

Makes 6 servings (1 cup each).

150 mg sodium per serving.

Ingredients

1 cup rice cereal squares	1 Tablespoon Parmesan cheese
1 cup corn cereal squares	1/2 teaspoon garlic powder
1 cup unsalted tiny pretzel twists	1/2 teaspoon onion powder
3 cups unsalted popcorn	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.
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	1 Tablespoon olive oil
2 cloves garlic	Cucumbers or other vegetables
1/2 bunch cilantro, washed and dried	Slices of red pepper, carrots
1 can white "no salt added" cannellini beans (rinse well)	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).

Ingredients

1/4 cup popcorn seeds	
2 teaspoons unsalted melted butter (optional)	2 Tablespoons of grated Parmesan cheese (optional)

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.

Ingredients

Cook 2 cups dry macaroni	2 teaspoons garlic powder (optional)
1 Tablespoon unsalted butter	1/8 teaspoon black pepper (optional)
1 Tablespoon flour	Pinch dry mustard (optional)
1 cup nonfat milk	2-3 drops Tabasco sauce (optional)
1 cup (1/4 lbs.) grated natural medium or sharp natural cheddar cheese	

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).

Ingredients

1 pound lean ground beef or turkey (non-seasoned)	1 - 15 ounce can "no salt added" crushed tomatoes or tomato sauce
2-3 cloves minced garlic or 1 Tablespoon garlic powder	1 - 6 ounce can "no salt added" tomato paste
1 white or yellow onion, chopped	1 Tablespoon olive oil
2-3 Tablespoons dried Italian seasoning, or 1 to 2 Tablespoons each chopped fresh oregano, rosemary, basil and thyme	1/2 cup water
	1 cup cooked pasta

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	3 ounces “no salt added” tomato paste
1-1/2 cups warm water (divided use)	1/2 pound cooked ground beef or pork, well drained
1-2 Tablespoons olive oil (divided)	1/4 teaspoon crushed red pepper
1 Tablespoon sugar	1/4 teaspoon black pepper
2 cups white all-purpose flour	1/4 cup green pepper, chopped
1/4 teaspoon garlic powder	1/4 cup raw onion, chopped
2 Tablespoons Italian seasoning	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.
5. Brown meat with red and black peppers in a skillet. Drain off fat. Add green pepper and onion.
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)	1/4 cup chopped green onion
1 small chicken breast, cut in small chunks (about 1 cup)	1 Tablespoon sesame oil (optional-vegetable or olive oil)
1/2 chopped red bell pepper	1-2 teaspoons lime juice (optional)
1/2 cup chopped yellow zucchini	2 Tablespoons rice vinegar
1/2 cup chopped carrots	1/2 cup cilantro (chopped)
2 cloves garlic, minced or 1/2 teaspoon garlic powder	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	1-1/2 teaspoons sugar
2 Tablespoons olive oil	1 clove minced garlic or 1/4 teaspoon of garlic powder
1/2 Tablespoon water	Pinch of cinnamon

House Dressing

Makes 3 servings; 40 mg sodium per serving.

Ingredients

3 Tablespoons red wine vinegar	2 teaspoons sugar
2 Tablespoons olive oil or vegetable oil	1/4 teaspoon each of black pepper and garlic powder
1 teaspoon Dijon mustard	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/lowsodiumeating>.