



# Easy Low Sodium Recipes

## Spaghetti with meat sauce

- 1 pound lean ground beef or turkey (non-seasoned)
  - ½ cup water
  - 1 white or yellow onion, chopped
  - 2 to 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.

## 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.

## Kale chips

- 1 bunch fresh kale
- 1 Tablespoon olive oil
- Pinch of salt to taste

Tear kale into pieces. Put in bowl. Add oil and salt. Mix with hands. Spread evenly on baking sheet. Bake 12 to 20 minutes until gently browned and crispy at the edges.