



American
Heart
Association.

Sodium-Smart Recipes

**COOKING WITH MORE
FLAVOR AND LESS SALT**

EAT SMART

WITH FOOD NUTRITION LABELS

The Nutrition Facts label can help you make healthier choices. **Use it!** Here's what to look for:

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Start with serving information.

This will tell you the size of a single serving and how many servings are in the package.

Check total calories.

Do the math to know how many calories you're really getting if you eat the whole package.

Limit certain nutrients.

Compare labels when possible and choose options with lower amounts of added sugars, sodium and saturated fat and no trans fat.

Get enough of beneficial nutrients.

Eat foods with nutrients your body needs, such as calcium, dietary fiber, iron, potassium and Vitamin D.

Understand % Daily Value.

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient, such as saturated fat or sodium, choose foods with a lower % DV (5% or less).
- To consume more of a nutrient, such as fiber or potassium, choose foods with a higher % DV (20% or more).

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Sodium and Your Health

We all need some sodium for our bodies to function properly. But most adults in the U.S. eat more than twice the ideal amount of sodium.

Eating too much sodium can cause high blood pressure — a major risk factor for heart disease and stroke. High blood pressure often has no signs or symptoms. The only way to know if you have it is to have your blood pressure measured. This can be done at your doctor visits, or you can do it with home blood pressure monitors and at blood pressure stations in many pharmacies free of charge. (See the inside back cover to learn how to take your blood pressure correctly.) Excess levels of sodium may also put you at risk for other diseases and conditions. (See the infographic on page 3 for more information.)

Sodium is found in almost all foods, including mixed dishes. Some common foods that add the most salt to your diet include:

- Sandwiches, burgers and tacos
- Rice, pasta and grain dishes
- Meat, poultry and seafood dishes
- Pizza
- Soups

Cutting back on sodium is easier than you might think. The American Heart Association has tools and recipes for you to take small steps to lower your sodium consumption and cook the foods you love with more flavor and less salt.

For more information on sodium and your health, go to **heart.org/Sodium**.



Excess levels of sodium:

How too much sodium affects your health

— Where does sodium come from? —



More than
70%

comes from
processed and
restaurant foods



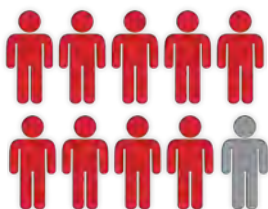
About
11%

is added while
cooking or eating



More than
14%

occurs naturally



9 out of 10 Americans
consume too much sodium.

3,400 milligrams
Amount of sodium an American
consumes on average in a day

1,500 milligrams
Recommended by the AHA
for ideal heart health

Shake Out Salt

Keep your sodium intake in check as part of an overall heart-healthy eating pattern that emphasizes:

- Variety of fruits and vegetables
- Skinless poultry and fish
- Limiting saturated fat, sodium, red and processed meats, sweets and sugary drinks
- Whole-grain foods
- Nuts and legumes
- Avoiding trans fat
- Fat-free or low-fat dairy products
- Non-tropical vegetable oils

Your Health

Excess levels of sodium/salt may put you at risk for:

- Enlarged heart muscle
- Heart failure
- Headaches
- High blood pressure
- Kidney disease
- Kidney stones
- Osteoporosis
- Stomach cancer
- Stroke

Excess levels of sodium/salt may cause increased water retention that leads to:

- Puffiness
- Bloating
- Weight gain

heart.org/Sodium

10 Tips to Reduce Sodium

- 1. Read the Nutrition Facts labels on packaging.** Compare the sodium values and serving sizes of similar products to make sodium-smart choices. (See the infographic on the inside front cover for more information.)
- 2. Limit prepared and highly processed food and cook more.** Cooking at home helps you control more of what you and your family eat. This book has 20 recipes you can try to get started.
- 3. Add flavor without adding sodium.** Try salt-free seasoning blends, herbs, spices and citrus to flavor foods instead of table salt. (See the chart on page 28 for suggestions.)
- 4. Do a pantry inventory.** Identify the high-sodium sources most often found in your kitchen. Is it soups, pasta sauces, snack foods, seasoned rice, canned beans or vegetables? Try replacing them with lower sodium options.
- 5. Watch your veggies.** Buy fresh, frozen without sauces or seasonings and no-salt-added or low-sodium canned options.
- 6. Give it a rinse.** Rinse canned foods that contain sodium, such as beans, vegetables and tuna, to help remove some of the sodium.
- 7. Unsalt your snacks.** Choose unsalted or low-sodium nuts, seeds and snack products, such as popcorn, chips and pretzels. Or snack on fruits or vegetables instead.
- 8. Consider your condiments, sauces, salad dressings and seasonings.** Most of the foods in these categories are often loaded with sodium, so use them sparingly.
- 9. Make lower sodium choices when dining out.** Check out menus online and look for nutritional information. Request condiments, sauces and dressings be served on the side.
- 10. Reduce your portion size when dining out.** Less food means less sodium. Most restaurant servings are much larger than a recommended healthy serving. Choose smaller sizes, split an entrée with a dining partner or take home part of your meal.

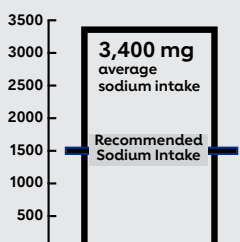
Change Your Salty Ways In 21 Days!

Face feel puffy? Jeans fit tighter?

In 3 weeks you can:

- Change your sodium palate
- Start enjoying foods with less sodium
- Reduce bloating

On average, American adults eat more than 3,400 milligrams (mg) of sodium daily - more than double the American Heart Association's recommended limit of 1,500 mg for most adults.



WEEK 1

Breads & Rolls / Cold Cuts & Cured Meats

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet



Look for the **Heart Check mark** to find products that can help you make smarter choices about the foods you eat.

WEEK 2

Pizza / Poultry

- If you eat pizza, make it one with less cheese and meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

WEEK 3

Soups / Sandwiches

- One cup of chicken noodle soup can have over 830mg of sodium
- Check labels and try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

Sodium is found in almost all foods including mixed dishes such as sandwiches, burgers, and tacos; rice, pasta, and grain dishes; pizza; meat, poultry, and seafood dishes; and soups.

Learning to read and understand the Nutrition Facts label can help you make healthier choices.

Choose wisely and watch portion control.

heart.org/Sodium

About the Recipes

All the recipes were selected based on at least one of the following:

- Ethnic flavors
- Budget friendly
- Pantry staples
- Lower sodium option for popular foods such as soups, pizza and burgers
- Ease of preparation

To help getting food on the table faster, many recipes:

- Use 10 ingredients or less*.
- Take 30 minutes or less to prep and cook**.
- Include pantry-friendly ingredients***.
- Include a companion cooking video (that's less than 2 minutes).



Recipes with a companion cooking video are marked with this icon. To view the video, go to heart.org/Recipes and search for the recipe by name.

*Does not include salt, pepper, water, ice, cooking spray or optional ingredients.

**Does not include chilling, cooling, standing or marinating time.

***For those with well-stocked pantries (including fridge and freezer staples), recipes require three or fewer ingredients that may need to be purchased.



Nutritional Information

To help you plan meals and determine how a certain recipe fits into your overall eating plan, use the nutrition information for each recipe in this book. The following guidelines give details about how the recipes were reviewed. We made every effort to provide accurate information. Because many variables are involved in analyzing recipes, the serving sizes and nutritional values should be considered approximate.

- Each analysis is for a single serving.
- Garnishes or optional ingredients are not included.
- When more than one ingredient option is listed, the first one is analyzed. When a range of ingredients is given, the average is analyzed.
- Fat values are rounded to the nearest half gram. Because of the rounding, values for saturated, trans, monounsaturated and polyunsaturated fats may not add up to the amount shown for total fat value.
- We specify canola, corn and olive oils in these recipes. You can also use other non-tropical oils rich in unsaturated fats, such as safflower and sunflower.
- All the recipes are analyzed using unsalted or low-sodium ingredients whenever possible. In some cases, we call for unprocessed foods or no-salt-added and low-sodium products, then add table salt sparingly for flavor.
- Meats are analyzed as lean or extra-lean with all visible fat discarded.
- If a marinade is used and the marinade is discarded, we calculate only the amount of marinade absorbed.
- We use the abbreviations “g” for gram and “mg” for milligram.





Serves 4

Egg, Avocado and Black Bean Breakfast Burritos

Cooking spray

1½ cups liquid egg whites

½ 15.5-ounce can no-salt-added black beans, rinsed and drained

4 6-inch whole-wheat (lowest sodium available) or corn tortillas

2 medium avocados, sliced

¼ cup red hot-pepper sauce or salsa (lowest sodium available) (optional)

Lightly spray a large skillet with cooking spray. Heat over medium heat. Pour the egg whites into the skillet, stirring constantly with a rubber spatula to scramble. Cook until the egg whites are almost set. Add the beans, stirring gently until combined and heated through.

Microwave the tortillas on 100% power (high) for 45 seconds. (This makes them pliable and easier to roll.) Transfer to a work surface.

Spread the egg white mixture in the center of each tortilla. Top with the avocados and hot sauce.

For each burrito, fold two sides of the tortilla toward the center. Starting from the unfolded side closest to you, roll the burrito toward the remaining unfolded side to enclose the filling. Transfer with the seam side down to plates.



Cook's Tip: You can substitute the 1½ cups liquid egg whites for 4 large eggs plus ⅔ cup liquid egg whites or 4 large eggs plus 8 large egg whites. By using the whole eggs, you'll reduce the amount of sodium slightly but will increase the saturated fat.

Sodium Smarts on Tortillas: You can reduce your sodium intake if you choose tortillas with smaller diameters. Corn tortillas will also save you about 140 milligrams of sodium per tortilla over their flour counterparts.

Nutritional Analysis (per serving): Calories 289, Total Fat 15.0 g (Saturated Fat 2.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 2.0 g, Monounsaturated Fat 10.0 g), Cholesterol 0 mg, Sodium 218 mg, Carbohydrates 34 g, Fiber 10 g, Sugars 2 g, Protein 12 g. **Dietary Exchanges:** 2 starch, 1 vegetable, 1 lean meat, 2 fat.

Goat Cheese Omelet With Herbs

2 teaspoons canola or corn oil
3 large egg whites
1 large egg
1 tablespoon water
1 teaspoon chopped fresh herbs,
such as basil, chives, thyme, or a
combination, or ¼ teaspoon dried
herbs
⅓ teaspoon salt
2 tablespoons crumbled soft herb or
plain goat cheese
Pepper to taste

Sodium Smarts on Herbs: Fresh herbs contain no sodium and impart great flavor to a dish. If you don't have fresh herbs on hand, you can use three times less of the dried version. For example, 1 teaspoon dried basil is equivalent to 1 tablespoon fresh basil.

Nutritional Analysis (per serving): Calories 122, Total Fat 8.5 g (Saturated Fat 2.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 2.0 g, Monounsaturated Fat 4.0 g), Cholesterol 96 mg, Sodium 289 mg, Carbohydrates 1 g, Fiber 0 g, Sugars 1 g, Protein 10 g. **Dietary Exchanges:** 1½ lean meat, 1 fat.

In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom.

In a small bowl, whisk together the egg whites, egg, water, herbs and salt. Pour the egg mixture into the skillet, swirling to coat the bottom. Cook for 30 seconds, or until beginning to set. Using a spatula, carefully lift the cooked edge of the omelet and tilt the skillet so the uncooked portion flows under the edge. Cook until no runniness remains, repeating the lift-and-tilt procedure once or twice at other places along the edge if needed. Remove from the heat.

Sprinkle or spread the goat cheese over half the omelet. Sprinkle with the pepper. Using a spatula, carefully fold the half with no filling over the other half. Gently slide the omelet onto a large plate. Cut the omelet in half. Transfer half to a separate large plate.





Serves 4

Vegetable Migas

- 2 extra-large eggs
- 3 large egg whites
- $\frac{1}{4}$ cup water
- $\frac{1}{8}$ teaspoon pepper (coarsely ground preferred)
- $\frac{1}{16}$ teaspoon salt (a pinch)
- 1 teaspoon canola or corn oil and 2 teaspoons canola or corn oil, divided use
- $\frac{1}{2}$ small red onion, finely chopped
- $\frac{1}{2}$ medium red bell pepper, seeded and finely chopped
- $\frac{1}{2}$ cup grated carrot
- $\frac{1}{2}$ cup grated zucchini
- $\frac{1}{2}$ cup finely chopped tomatoes
- $\frac{1}{4}$ cup finely chopped green onions
- 1 medium fresh jalapeño, seeds and ribs discarded, finely chopped
- 3 6-inch corn tortillas, cut lengthwise into 1-inch strips
- 2 tablespoons salsa (lowest sodium available)

In a small bowl, using a fork, whisk together the eggs, egg whites, water, pepper and salt. Set aside.

In a medium pan, heat 1 teaspoon oil over medium-high heat, swirling to coat the bottom. Cook the onion, bell pepper, carrot and zucchini for 4 to 5 minutes, or until the onion is soft and the vegetables are tender, stirring frequently.

Stir in the tomatoes, green onions and jalapeño. Cook for 1 to 2 minutes.



Transfer the vegetable mixture to a large plate. Set aside.

In the same pan, still over medium-high heat, heat the remaining 2 teaspoons oil, swirling to coat the bottom. Cook the tortilla strips for 3 to 4 minutes, or until golden, stirring constantly using a spatula. Stir in the salsa. Cook for 1 minute. Stir in the egg mixture. Cook for 2 minutes, or until the eggs are set, stirring constantly. Remove from the heat.

Stir in the vegetable mixture.

Cook's Tip: Short on time? Use $2\frac{1}{2}$ cups frozen or canned vegetables in place of the fresh vegetables.

Sodium Smarts on Frozen and Canned Vegetables: Shop for frozen vegetables without seasonings or sauces. Look for no-salt-added canned vegetables.

Nutritional Analysis (per serving): Calories 136, Total Fat 6.5 g (Saturated Fat 1.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.5 g, Monounsaturated Fat 3.5 g), Cholesterol 104 mg, Sodium 177 mg, Carbohydrates 11 g, Fiber 2 g, Sugars 4 g, Protein 8 g. **Dietary Exchanges:** $\frac{1}{2}$ fat, 1 lean meat, $\frac{1}{2}$ starch, 1 vegetable.



Buffalo White Bean Hummus and Oven-Baked Sweet Potato Chips

Cooking spray

2 medium sweet potatoes, thinly sliced

1 tablespoon canola or corn oil
and 1 tablespoon canola or corn oil,
divided use

¼ teaspoon pepper

1 15.5-ounce can no-salt-added
cannellini beans, rinsed and drained

2 tablespoons water

1 tablespoon red hot-pepper sauce
and 1 tablespoon red hot-pepper
sauce, divided use

Preheat the oven to 400°F. Line two
large baking sheets with aluminum
foil. Lightly spray with cooking spray.

In a large bowl, stir together the
potatoes, 1 tablespoon oil and pepper.

Arrange the potatoes in a single layer
on the baking sheets.

Bake for 20 minutes, or until just
beginning to brown. Turn off the oven.
Let the chips stand in the oven for

10 minutes to continue to crisp. Transfer
chips to a bowl. Let cool slightly.

Meanwhile, in a food processor or blender,
process the beans, water, 1 tablespoon
hot sauce and remaining 1 tablespoon
oil for 30 seconds to 1 minute, or until
the mixture is smooth. Transfer to a
medium bowl.

Stir in the remaining 1 tablespoon hot
sauce.

Serve with the sweet potato chips.

Sodium Smarts on Snack Chips:

Using sweet potatoes instead of
store-bought tortilla or potato chips is
a smart way to save on sodium. One
ounce of plain tortilla chips (about
10-15) can contain between 80 and
200 milligrams of sodium.

Nutritional Analysis (per serving): Calories
180, Total Fat 5.5 g (Saturated Fat 0.5 g,
Trans Fat 0.0 g, Polyunsaturated Fat 1.5 g,
Monounsaturated Fat 3.0 g), Cholesterol 0 mg,
Sodium 106 mg, Carbohydrates 29 g, Fiber 6 g,
Sugars 5 g, Protein 5 g. **Dietary Exchanges:**
2 starch, ½ fat.





Serves 8



Maple-Spiced Pecans

1 egg white
2 tablespoons pure maple syrup
2 teaspoons ground cinnamon
1 teaspoon ground ginger
½ teaspoon cayenne
¼ teaspoon salt
½ pound pecan halves
Cooking spray (optional)

Preheat the oven to 325°F.

In a large glass or metal bowl, whisk the egg white until frothy.

Whisk in the maple syrup.

Whisk in the cinnamon, ginger, cayenne and salt.

Using a spatula, gently fold the pecans into the egg whites, coating them evenly.

To prevent the nuts from sticking, line a baking sheet with a silicone baking mat, or lightly spray the baking sheet with cooking spray. Spread the pecans onto the baking sheet in a single layer, separating any nuts that stick together.

Bake for 8 minutes.

Remove the baking sheet from the oven. Using a spatula or spoon, break up any clumps. Bake for 7 minutes.

Remove the baking sheet from the oven. Stir the nuts so they do not stick together. Cool the nuts completely before storing them in an airtight container.

Sodium Smarts on Nuts: Nuts are part of a healthy diet. They can be eaten as a snack, sprinkled on salads and stirred into oatmeal or yogurt. Be sure to choose the unsalted varieties and read the Nutrition Facts label to check the sodium content. For example, an ounce of unsalted peanuts (about 40) will contain 0 milligrams of sodium, but the same quantity of salted peanuts can range from 90 to 230 milligrams of sodium.

Nutritional Analysis (per serving): Calories 214, Total Fat 20.5 g (Saturated Fat 2.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 6.0 g, Monounsaturated Fat 11.5 g), Cholesterol 0 mg, Sodium 80 mg, Carbohydrates 8 g, Fiber 3 g, Sugars 5 g, Protein 3 g. **Dietary Exchanges:** ½ other carbohydrate, 4 fat.

Lemon Herb Popcorn

1 tablespoon olive oil (extra virgin preferred) (optional)

¼ cup popcorn kernels

1 tablespoon grated lemon zest

½ teaspoon dried oregano, crumbled

¼ teaspoon garlic powder

¼ teaspoon dried rosemary, crushed

Olive oil or butter-flavored cooking spray

If using a popcorn popper, follow the manufacturer's directions. If cooking on the stovetop, in a large saucepan, heat the oil over medium heat, swirling to coat the bottom. Stir in the popcorn kernels. Cover the pan, leaving the lid slightly ajar. Cook until the popping stops (no need to shake the pan), about 2 minutes from when the popcorn begins to pop. Remove the pan from the heat. Put the popcorn in a large bowl.

Meanwhile, put the remaining ingredients except the cooking spray in a small bowl, stirring to combine.

Lightly spray the popcorn with cooking spray. Sprinkle with the seasoning mixture, tossing until well blended. Serve immediately for peak flavor and texture.

Sodium Smarts on Popcorn: You can use microwave popcorn instead of popping your own kernels, but make sure you choose the 94% fat-free variety and aim for bags with 30 to 40 milligrams of sodium per serving. Proceed with the directions to flavor the popcorn.

Nutritional Analysis (per serving): Calories 95, Total Fat 4.0 g (Saturated Fat 0.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.5 g, Monounsaturated Fat 2.5 g), Cholesterol 0 mg, Sodium 1 mg, Carbohydrates 13 g, Fiber 2 g, Sugars 0 g, Protein 2 g. **Dietary Exchanges:** 1 starch, 1 fat.



Black Bean Soup

Cooking spray

1 medium onion, diced

1 medium fresh jalapeño, seeds and ribs discarded, chopped

1 tablespoon minced garlic

2 teaspoons ground cumin

2 15.5-ounce cans no-salt-added black beans, undrained

1 14.5-ounce can no-salt-added diced tomatoes, undrained

1 cup fat-free, low-sodium chicken broth

¼ cup chopped fresh cilantro (optional)

Lightly spray a large pot with cooking spray.

Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently. Stir in the jalapeño, garlic and cumin. Cook for 1 minute.

Stir in the beans with liquid. Lightly mash them using a potato masher or fork.

Stir in the tomatoes with liquid and broth. Reduce the heat to medium. Simmer, covered, for 15 minutes.

Ladle the soup into bowls. Top with the cilantro.

Sodium Smarts on Canned Beans:

Be sure to shop for no-salt-added or reduced-sodium canned beans (for all types) since there's a big difference in the varieties. For example, a half-cup serving of regular canned black beans contains between 350 and 565 milligrams of sodium. By comparison, the same quantity in the reduced-sodium version has about 220 milligrams, and the no-salt-added version has only 15 milligrams.

Nutritional Analysis (per serving): Calories 245, Total Fat 0.5 g (Saturated Fat 0.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 0.0 g, Monounsaturated Fat 0.0 g), Cholesterol 0 mg, Sodium 34 mg, Carbohydrates 45 g, Fiber 11 g, Sugars 13 g, Protein 15 g. **Dietary Exchanges:** 2½ starch, 2 vegetable, 1 lean meat.





Serves 8

Slow Cooker Hearty Chicken Noodle Soup

2 pounds boneless, skinless chicken breasts, all visible fat discarded
3 cups sliced carrots (about 1 pound)
3 cups chopped celery
2 medium zucchini, diced
1 14.5-ounce can fat-free, low-sodium chicken broth
6 cups water
3 bay leaves
2 teaspoons dried Italian seasoning
1 teaspoon garlic powder
½ teaspoon pepper
¼ teaspoon salt
1 cup chopped fresh dillweed or 2 tablespoons dried dillweed, crumbled
12 ounces dried whole-grain egg noodles

Put the chicken in a large slow cooker. Top with the carrots, celery, zucchini, broth, water, bay leaves, Italian seasoning, garlic powder, pepper and salt.

Cook, covered, on low for 8 hours or on high for 4 hours.

Transfer the chicken to a cutting board. Discard the bay leaves. Stir in the dill. Turn off the heat. Let the soup stand, covered, to keep warm.

Meanwhile, prepare the egg noodles using the package directions.

When the chicken is cool enough to handle, cut it into bite-size pieces. Stir it into the soup.

Place the noodles in serving bowls. Ladle the soup over the noodles.

Sodium Smarts on Cooking Noodles and Pasta: Avoid salting the water when you prepare noodles and pasta. To flavor cooking water, try adding dried Italian seasoning, other herbs, salt-free blends, a squeeze of fresh lemon juice or a bay leaf (be sure to remove the bay leaf before serving the food).

Nutritional Analysis (per serving): Calories 329, Total Fat 5.0 g (Saturated Fat 1.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.0 g, Monounsaturated Fat 1.5 g), Cholesterol 113 mg, Sodium 225 mg, Carbohydrates 38 g, Fiber 4 g, Sugars 4 g, Protein 32 g. **Dietary Exchanges:** 2 starch, 1 vegetable, 3 lean meat.



Serves 6



Slow Cooker Vegetable Turkey Soup

- 1 pound ground skinless turkey breast
- 3 large carrots, sliced crosswise into rounds
- 2 medium zucchini, halved lengthwise and sliced
- 1 small onion, chopped
- 1 28-ounce can no-salt-added tomato sauce
- 1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained
- 2 medium garlic cloves, minced
- 1 tablespoon dried Italian seasoning, crumbled
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon pepper
- 4 cups fat-free, low-sodium chicken broth

Put all the ingredients in a slow cooker, stirring to combine and breaking up the turkey.

Cook, covered, on low for 8 hours, or until the turkey is no longer pink.

Cook's Tip: To make ahead and freeze, add all the ingredients except the broth to a one-gallon resealable plastic freezer container. Place the container flat in the freezer. To cook, thaw the container overnight in the refrigerator. Pour the soup into a slow cooker. Pour in the broth, stirring to combine. Cook as directed.

Sodium Smarts on Broth: Choose no-salt-added, salt-free or reduced-sodium broths and compare the Nutrition Facts labels to save hundreds of milligrams of sodium. One cup of regular chicken broth can contain 860 milligrams (or more) of sodium. The same amount in a 33%-less-sodium version contains about 570 milligrams of sodium. A low-sodium variety can range between 45 and 140 milligrams.

Nutritional Analysis (per serving): Calories 224, Total Fat 2.0 g (Saturated Fat 0.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 0.5 g, Monounsaturated Fat 0.0 g), Cholesterol 51 mg, Sodium 314 mg, Carbohydrates 27 g, Fiber 7 g, Sugars 11 g, Protein 26 g.
Dietary Exchanges: $\frac{1}{2}$ starch, 3 vegetable, 3 lean meat.



Tomato Basil Soup

3 14.5-ounce cans no-salt-added diced tomatoes, undrained

2 cups fat-free milk

½ teaspoon garlic powder

½ teaspoon pepper (freshly ground preferred)

⅛ teaspoon salt

1½ cups fresh basil or 2 teaspoons dried basil and (optional) sprigs of fresh basil (for garnish)

½ teaspoon baking soda

Sodium Smarts on Canned Tomato

Products: Most canned tomato products contain a lot of sodium. Using no-salt-added canned tomato products will save you hundreds of milligrams of sodium. For instance, this recipe calls for three 14.5-ounce cans of no-salt-added tomatoes, which contain about 53 milligrams of sodium each. If you used the same size cans of regular tomatoes, the sodium would weigh in, on average, at 1,995 milligrams, or nearly 13 times as much.

Nutritional Analysis (per serving): Calories 79, Total Fat 0.0 g (Saturated Fat 0.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 0.0 g, Monounsaturated Fat 0.0 g), Cholesterol 2 mg, Sodium 212 mg, Carbohydrates 14 g, Fiber 2 g, Sugars 10 g, Protein 5 g. **Dietary Exchanges:** ½ fat-free milk, 2 vegetable.

In a large pot, stir together the tomatoes with liquid, milk, garlic powder, pepper and salt. Bring to a boil over high heat. Reduce the heat to low. Let the soup simmer for 15 minutes, stirring occasionally.

Stir in 1½ cups basil. Cook for 5 minutes, stirring occasionally. Remove from the heat.

Stir in the baking soda (this will cause the soup to foam for a minute). Using an immersion (handheld) blender, carefully puree the mixture until smooth. Alternatively, in a food processor or blender (vent the blender lid), process the soup in batches until smooth. Ladle the soup into bowls. Garnish with the remaining sprigs of basil.

Cook's Tip: Stirring a touch of baking soda into the cooked soup reduces the acidity of the tomatoes and greatly improves the flavor of the soup.



Baja Fish Tacos

1 teaspoon chili powder (ancho powder preferred)

1 teaspoon dried oregano, crumbled

½ teaspoon dried thyme, crumbled

½ teaspoon ground cumin

1 tablespoon canola or corn oil

4 haddock fillets (about 4 ounces each)

Cooking spray

8 6-inch corn tortillas

1 medium avocado

2 medium Italian plum (Roma) tomatoes, seeded and diced

1 cup shredded cabbage or romaine

¼ cup salsa verde (lowest sodium available) or homemade salsa

2 medium limes, each cut into 4 wedges

In a small bowl, stir together the chili powder, oregano, thyme and cumin. Stir in the oil. Spread the mixture on both sides of the fish. Cover and refrigerate for 15 to 20 minutes.

Meanwhile, preheat the grill on high. Lightly spray the fish with cooking spray. Grill the fish with the sprayed side down for 5 to 6 minutes, or until it flakes easily when tested with a fork. Don't turn it over.

Using a metal spatula, transfer the fish to a large plate. Let cool for 3 to 5 minutes. Break the fish into 1-inch pieces.

Warm the tortillas using the package directions.

Put the fish on the tortillas. Dice the avocado. Top the fish with the avocado, tomatoes, cabbage and salsa. Serve with the lime wedges.

Sodium Smarts on Salsa: Jarred salsas can be big offenders when it comes to high sodium. Just ¼ cup of salsa can contain, on average, 365 milligrams of sodium. To make your own tomato-tomatillo salsa, stir together 2 cups chopped tomatoes, ¼ cup diced red onion, ⅓ cup chopped fresh cilantro, ½ medium poblano chile or 1 medium fresh jalapeño, seeds and ribs discarded, diced, 1½ tablespoons fresh lime juice, 1½ tablespoons cider vinegar, ½ cup finely chopped tomatillo (husk discarded) and ¼ teaspoon salt.

Nutritional Analysis (per serving): Calories 275, Total Fat 12.5 g (Saturated Fat 1.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 2.5 g, Monounsaturated Fat 7.5 g), Cholesterol 61 mg, Sodium 352 mg, Carbohydrates 21 g, Fiber 6 g, Sugars 2 g, Protein 22 g. **Dietary Exchanges:** 1 starch, 1 vegetable, 3 lean meat, ½ fat.



Shrimp, Mushroom and Asparagus Stir-Fry

½ cup boiling water and 1 cup boiling water, divided use

2 tablespoons sesame oil

2 tablespoons soy sauce (lowest sodium available)

2 tablespoons 100% orange juice

¾ cup couscous

½ cup green onions

1 teaspoon canola or corn oil and 2 teaspoons canola or corn oil, divided use

2 large portobello mushroom caps, stems discarded and dark gills scraped away, cut into 1-inch pieces

1 bunch asparagus, cut into 2-inch pieces

1 cup frozen peas

1 tablespoon peeled grated gingerroot

2 teaspoons minced garlic

1 pound large shrimp, peeled and tails discarded

In a small bowl, stir together ½ cup boiling water, sesame oil, soy sauce and orange juice. Set aside.

Put the couscous and green onions in a medium bowl. Stir in the remaining 1 cup boiling water. Let stand, covered, at least 10 minutes.

Meanwhile, heat 1 teaspoon oil in a large nonstick pan or wok over high heat. Cook the mushrooms for 2 minutes. Cook the asparagus for 3 minutes, or until tender-crisp,

stirring constantly. Cook the peas for 1 to 2 minutes, or until warm, stirring constantly. Remove the pan from the heat. Transfer the vegetables to a plate.

Heat the remaining 2 teaspoons oil in the same pan or wok over medium-high heat. Cook the gingerroot and garlic for 30 seconds, or until fragrant, stirring constantly. Cook the shrimp for 2 to 3 minutes, or until pink on the outside, stirring frequently. Stir in the soy sauce mixture and the mushroom mixture. Remove from the heat.

Using a fork, fluff the couscous. Put on plates. Serve the stir-fry over the couscous.

Cook's Tip: To easily clean portobello mushrooms, use a spoon to scrape and discard the gills.

Sodium Smarts on Shrimp: Frozen shrimp is often processed with a preservative that greatly increases its sodium content. Some brands have as much as 840 milligrams of sodium per serving, so be sure to compare Nutrition Facts labels to find the lowest sodium available.

Nutritional Analysis (per serving): Calories 382, Total Fat 11.5 g (Saturated Fat 1.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 4.0 g, Monounsaturated Fat 5.0 g), Cholesterol 183 mg, Sodium 380 mg, Carbohydrates 39 g, Fiber 7 g, Sugars 7 g, Protein 32 g. **Dietary Exchanges:** 2 starch, 1 vegetable, 3 lean meat.





Serves 4

Air Fryer Crispy (Un) Fried Chicken

½ cup all-purpose flour
2 tablespoons minced fresh parsley or
2 teaspoons dried parsley, crumbled
½ teaspoon ground oregano
¼ teaspoon pepper
¼ teaspoon cayenne (optional) or
¼ teaspoon crushed red pepper flakes
(optional)
½ to 1 cup low-fat buttermilk
½ tablespoon red hot-pepper sauce,
or to taste (optional)
⅓ cup finely crushed whole-grain crisp-
bread or whole-grain crackers (lowest
sodium available) or whole-wheat
panko (Japanese-style bread crumbs)
⅓ cup shredded or grated Parmesan
cheese
4 boneless, skinless chicken breasts
(about 4 ounces each), all visible fat
discarded, flattened to 1/4-inch
thickness, patted dry with paper towels
Cooking spray

Preheat the air fryer to 390°F.

In a shallow dish or pie pan, whisk together the flour, parsley, oregano, pepper and cayenne.

In a separate shallow dish or pie pan, whisk together the buttermilk and hot sauce. In a third shallow dish or pie pan, stir together the crispbread crumbs and Parmesan. Set the dishes and a large plate in a row, assembly-line fashion. Dip the chicken in the flour mixture, then in the buttermilk mixture and finally in the crumb mixture, turning to coat at



each step and gently shaking off any excess. Using your fingertips, gently press the crumb mixture so it adheres to the chicken. Place the chicken on the plate. Cover and refrigerate for 30 minutes to 4 hours.

Lightly spray the chicken with cooking spray. Arrange the chicken in a single layer in the air fryer basket. (Don't overcrowd; work in batches as needed.) Cook for 10 to 15 minutes, or until the chicken is no longer pink in the center and the top coating is golden brown, turning once halfway through and lightly spraying with the cooking spray.

Sodium Smarts on Bread Crumbs:

Panko bread crumbs are coarser and crunchier than regular bread crumbs, and are lower in sodium. Plain panko has 30 milligrams of sodium per quarter cup, compared to an average of 285 milligrams in the same amount of seasoned panko and 545 milligrams in seasoned bread crumbs.

Nutritional Analysis (per serving): Calories 219, Total Fat 5.0 g (Saturated Fat 2.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 0.5 g, Monounsaturated Fat 1.5 g), Cholesterol 78 mg, Sodium 282 mg, Carbohydrates 13 g, Fiber 2 g, Sugars 1 g, Protein 29 g. **Dietary Exchanges:** 1 starch, 3 lean meat.

Grilled Chicken With Vegetables

1½ teaspoons dried basil, crumbled
 1½ teaspoons garlic powder
 ¼ teaspoon salt
 ¼ teaspoon pepper
 1 teaspoon grated lemon zest
 1 tablespoon fresh lemon juice
 2 teaspoons olive oil (extra virgin preferred)
 4 boneless, skinless chicken breasts (about 4 ounces each), all visible fat discarded
 1 small zucchini, cut lengthwise into slices ¼ inch wide
 1 small red bell pepper, cut crosswise into 4 rings
 ¼ small eggplant (about 4 ounces), cut crosswise into ½-inch slices
 Cooking spray

In a small bowl, stir together the basil, garlic powder, salt and pepper. Transfer 1 teaspoon of the mixture to a large shallow dish. Reserve the remaining mixture.

Stir the lemon zest, lemon juice and oil into the basil mixture. Dip the chicken in the mixture, turning to coat. Transfer to a large plate. Cover and refrigerate for 10 minutes to 8 hours.

Preheat the grill on medium high.

Put the zucchini, bell pepper and eggplant on a flat surface. Lightly spray both sides of the vegetables with

cooking spray. Sprinkle both sides with the reserved basil mixture. Using your fingertips, gently press the mixture so it adheres to the vegetables.

Grill the chicken for 4 to 5 minutes on each side, or until no longer pink in the center. After grilling the chicken on one side, put the zucchini, bell pepper and eggplant on the grill. Grill the vegetables for 2 to 3 minutes on each side, or until tender. Serve the chicken with the vegetables.

Sodium Smarts on Seasonings: Garlic salt and onion salt are very high in sodium — about 960 milligrams per teaspoon for the garlic and up to 1,800 milligrams per teaspoon for the onion. Instead, use garlic powder and onion powder, which add great flavor but are sodium free. Check the spice aisle for different varieties of salt-free seasonings.

Nutritional Analysis (per serving): Calories 173, Total Fat 5.5 g (Saturated Fat 1.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.0 g, Monounsaturated Fat 2.5 g), Cholesterol 73 mg, Sodium 282 mg, Carbohydrates 5 g, Fiber 2 g, Sugars 2 g, Protein 25 g. **Dietary Exchanges:** 1 vegetable, 3 lean meat.



Roasted Turkey Breast

Cooking spray

2 tablespoons canola or corn oil

4 large to extra-large garlic cloves,
minced

1 teaspoon paprika (smoked preferred)

1 7-pound bone-in turkey breast with skin

1 medium orange, cut into 6 wedges

1 medium lemon, cut into 6 wedges

Preheat the oven to 325°F. Line a roasting pan with aluminum foil. Lightly spray the foil with cooking spray. Set aside.

In a small bowl, whisk together the oil, garlic and paprika.

Using your fingers and keeping the skin attached, carefully lift the skin from the meat of the turkey so you can spread 2 tablespoons of the garlic mixture between the skin and the meat. Cover as much area as possible, being careful to not tear the skin. Gently pull the skin back over the top and sides. Using your fingertips, thinly spread the remaining garlic mixture over the outside of the turkey and inside the turkey cavity. Place as many of the orange and lemon wedges as possible in the turkey cavity and any remaining fruit in the pan. Place the turkey on the fruit, or if all the fruit fit in the cavity, on the foil.

Roast the turkey for 2 to 2½ hours, or until the thickest part of the breast registers 165°F on an instant-read thermometer and the juices run

clear. Transfer the turkey to a cutting board. Let stand, lightly covered, for 15 minutes. Discard the skin and any visible fat. If desired, gently squeeze the orange and lemon wedges over the turkey. Discard the wedges. Slice the turkey.

Cook's Tip: Refrigerate leftover turkey in an airtight container for up to four days or freeze in an airtight freezer container for up to two months. The leftovers make sandwiches far superior in flavor to those made from processed deli turkey — and with much less sodium.

Sodium Smarts on Buying Poultry:

Be sure to check the labels, especially the fine print. Even if the label says “natural,” in any form, such as “100% natural” or “all natural,” the poultry may have been injected with ingredients such as salt, chicken broth or both. Processors are required to disclose such injections to consumers. Look for unenhanced poultry products.

Nutritional Analysis (per serving): Calories 133, Total Fat 2.5 g (Saturated Fat 0.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 0.5 g, Monounsaturated Fat 1.5 g), Cholesterol 71 mg, Sodium 44 mg, Carbohydrates 0 g, Fiber 0 g, Sugars 0 g, Protein 26 g. **Dietary Exchanges:** 3 lean meat.





Beef Sliders With Avocado, Roasted Poblano Pepper and Cotija Cheese

2 large poblano, Anaheim or bell peppers
 $\frac{3}{4}$ pound extra-lean ground beef
 $\frac{1}{4}$ teaspoon salt
8 whole-wheat slider buns (lowest sodium available)
1 tablespoon plus 1 teaspoon crumbled cotija cheese
1 large Italian plum (Roma) tomato, cut crosswise into 8 slices
1 medium avocado, mashed with a fork

Preheat the oven to 500°F. Line a baking sheet with parchment paper.

Put the peppers on the baking sheet. Place on the middle rack of the oven. Roast for 10 minutes. Turn over the peppers. Roast for 10 minutes, or until the skins are charred and blistered. Remove from the oven. Put the peppers in a medium bowl. Cover with plastic wrap. Set aside for 10 minutes.

Meanwhile, using your hands or a spoon, shape the beef into 8 thin patties, each about 3 inches in diameter. (The uncooked patties will be larger than the buns and will shrink as they cook.) Sprinkle the patties with the salt.

Preheat a large nonstick skillet or griddle pan over medium-high heat. Cook the patties for 2 to 3 minutes. Turn over the patties. Cook for 2 minutes, or until the beef is no longer pink.

Peel the skin off the peppers by gently rubbing them with a dry towel. Remove the seeds and ribs. Cut each pepper into 4 long strips.

Place each patty on a bottom bun. Sprinkle with the cotija cheese. Top with 1 pepper slice folded in half and 1 tomato slice. Spread the avocado over the tomato. Put the top buns on the sliders. Serve immediately.

Cook's Tip: Can't find cotija cheese? Use crumbled queso fresco or crumbled goat cheese instead.

Sodium Smarts on Cheese: Some cheeses, such as Swiss, goat, ricotta and mozzarella, are naturally low in sodium. Other cheeses, such as feta, American and blue, are much higher in sodium, so use them sparingly. Be sure to compare sodium values on the Nutrition Facts labels of your favorite cheeses.

Nutritional Analysis (per serving): Calories 351, Total Fat 12.5 g (Saturated Fat 3.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 2.0 g, Monounsaturated Fat 5.5 g), Cholesterol 49 mg, Sodium 491 mg, Carbohydrates 36 g, Fiber 6 g, Sugars 6 g, Protein 25 g. **Dietary Exchanges:** 2 starch, 1 vegetable, $2\frac{1}{2}$ lean meat, 1 fat.



Broccoli Beef Stir-Fry

1 tablespoon cornstarch
 2 tablespoons sherry or wine
 1 tablespoon soy sauce (lowest sodium available)
 ½ teaspoon honey
 ¼ teaspoon sugar
 1 pound lean sirloin steak, sliced across the grain quarter inch thick, then cut into pieces 2 inches long, all visible fat discarded
 1½ cups brown rice
 5 tablespoons water
 2 pounds broccoli, separated into florets and cut in half, or frozen broccoli florets
 Cooking spray
 3 medium garlic cloves, minced
 ¾ cup fat-free, low-sodium chicken broth

Put the cornstarch in a small bowl. Add the sherry, soy sauce, honey and sugar, whisking to dissolve.

Put the beef in a resealable plastic bag or bowl. Pour in the marinade, turning the beef to coat. Let stand for 15 to 30 minutes.

Meanwhile, cook the rice using the package directions. Cover to keep warm. Set aside.

Add the water to a large heavy skillet or wok. Bring to a boil. Add the broccoli. Bring to a boil. Reduce the heat. Cook, covered, for 5 minutes, or until the broccoli is crisp-tender.

Transfer the broccoli and cooking liquid to a bowl.

Wipe the skillet with paper towels. Lightly spray the skillet with cooking spray.

Cook the beef with the marinade and garlic on medium-high heat for 1 to 2 minutes, until the beef is almost cooked through, stirring constantly.

Stir in the broccoli and reserved cooking liquid. Cook for 1 minute, stirring constantly.

Pour in the broth. Bring to a boil for 5 minutes (to kill any harmful bacteria from the marinade). Reduce the heat and simmer for 3 minutes, or until the sauce starts to thicken, stirring frequently.

Serve over the rice.

Sodium Smarts on Rice: If using frozen or microwaveable rice, read the Nutrition Facts labels since some flavored varieties can contain as much as 900 milligrams of sodium for a one-cup serving.

Nutritional Analysis (per serving): Calories 503, Total Fat 8.0 g (Saturated Fat 2.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.0 g, Monounsaturated Fat 3.0 g), Cholesterol 62 mg, Sodium 244 mg, Carbohydrates 73 g, Fiber 10 g, Sugars 6 g, Protein 36 g. **Dietary Exchanges:** 3½ starch, 3 vegetable, 3 lean meat.





Chilled Peanut Noodle Salad With Avocado and Cucumber

12 ounces dried whole-grain spaghetti
1 cup frozen shelled edamame, thawed
1/2 cup creamy low-sodium peanut butter
2 tablespoons toasted sesame oil
2 tablespoons soy sauce (lowest sodium available)
1 teaspoon minced peeled gingerroot
1/2 teaspoon garlic powder
1 medium avocado, diced
1 cup shredded carrots
1/2 medium English, or hothouse, cucumber, diced
2 tablespoons toasted sesame seeds (optional)

Prepare the pasta using the package directions, omitting the salt. During the last minute of cooking, stir in the edamame. Reserve 1/4 cup pasta cooking water. Transfer the pasta mixture to a colander. Run under cold water to stop the cooking process. Drain well. Transfer to a large serving bowl.

In a small bowl, using a fork, whisk together the peanut butter, sesame oil, soy sauce, gingerroot and garlic powder. Whisk in the reserved pasta water until combined.

Pour the sauce over the pasta. Using tongs, stir together.

In a small bowl, gently stir together the avocado, carrots and cucumber.

Sprinkle the sesame seeds over the pasta. Top with the avocado mixture.

Sodium Smarts on Soy Sauce: Soy sauce, a condiment commonly used in Asian dishes, is very high in sodium, coming in at about 1,000 milligrams per tablespoon. Even though the low-sodium soy sauce has about half that amount, it's still considered a high-sodium product, so use it sparingly and avoid adding it at the table.

Nutritional Analysis (per serving): Calories 348, Total Fat 16.5 g (Saturated Fat 2.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 4.5 g, Monounsaturated Fat 7.5 g), Cholesterol 0 mg, Sodium 144 mg, Carbohydrates 41 g, Fiber 9 g, Sugars 5 g, Protein 13 g. **Dietary Exchanges:** 2½ starch, 1 vegetable, 1 lean meat, 2 fat.





Serves 4

Summer Veggie Pizza

Cooking spray

Crust

1 large head cauliflower, coarsely chopped

4 large egg whites

¼ cup shredded fat-free mozzarella cheese

¼ cup shredded or grated reduced-fat Parmesan cheese

¼ teaspoon garlic powder

¼ teaspoon pepper

Sauce

½ cup canned no-salt-added tomato puree

1 teaspoon dried basil, crumbled

1 teaspoon dried oregano, crumbled

½ teaspoon garlic powder

Toppings

2 teaspoons canola or corn oil

2 cups chopped button mushrooms

1 cup chopped zucchini

1 cup chopped red or green bell pepper

½ cup finely chopped red onion

¼ cup basil leaves

¼ cup shredded fat-free mozzarella cheese

To make the crust, preheat the oven to 450°F. Line a baking sheet with parchment paper. Lightly spray with cooking spray.

Working in batches, put the cauliflower in a food processor (do not overload). Pulse until the mixture resembles



couscous. Measure out 4 cups and transfer to a medium bowl. Stir in the egg whites, ¼ cup mozzarella, the Parmesan, ¼ teaspoon garlic powder and the pepper until combined.

Using your hands to spread the mixture, form a circle. Bake for 30 minutes, or until the edges are golden. Remove from the oven.

Reduce the oven temperature to 425°F. In a small bowl, whisk together the sauce ingredients.

In a medium nonstick saucepan, heat the oil over medium-high heat, swirling to coat the bottom. Cook the vegetables for 5 to 7 minutes, or until the mushrooms and onion are soft and the zucchini and bell peppers are tender, stirring constantly.

Using the back of a spoon, spread the sauce over the crust. Top with the basil leaves and vegetables. Sprinkle with the remaining ¼ cup mozzarella. Bake for 5 to 7 minutes, or until the cheese has melted. Remove from the oven.

Using a large spatula, remove the pizza from the parchment paper. Transfer the pizza to a large cutting board. Cut the pizza into slices.

Nutritional Analysis (per serving): Calories 190, Total Fat 5.0 g (Saturated Fat 0.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.0 g, Monounsaturated Fat 1.5 g), Cholesterol 7 mg, Sodium 351 mg, Carbohydrates 24 g, Fiber 7 g, Sugars 10 g, Protein 16 g. **Dietary Exchanges:** 1 lean meat, 4 vegetable.



White Bean and Quinoa Burgers

Cooking spray

1 15.5-ounce can no-salt-added cannellini beans, rinsed and drained

1 medium avocado, halved, and ½ medium avocado, cut into 5 slices, divided use

1 large egg

1 teaspoon garlic powder

1 teaspoon smoked or sweet paprika

1 teaspoon salt-free chili powder

½ teaspoon ground cumin

⅛ teaspoon pepper

1 cup cooked quinoa

¼ cup fat-free or low-fat mayonnaise

1½ teaspoons hot chili sauce

5 whole-wheat hamburger buns (lowest sodium available)

2 medium tomatoes, sliced into 5 slices each (optional)

10 lettuce leaves (optional)

10 slices red onion (optional)

Preheat the oven to 375°F. Line a baking sheet with aluminum foil. Lightly spray the foil with cooking spray.

Put the beans in a medium bowl. Using a potato masher, mash them well. Add one half of the whole avocado. Mash well. Add the egg, garlic powder, paprika, chili powder, cumin and pepper, stirring well to combine.

Dice the remaining half of the whole avocado. Gently fold it and the quinoa into the bean mixture.

Using your hands, form the bean mixture into five patties. Place the patties on the baking sheet. Bake for 30 minutes, or until browned.

Meanwhile, in a small bowl, whisk together the mayonnaise and chili sauce.

Toast the buns.

Place the burger patties on the bottom buns. Spread the patties with the mayo mixture. Top with, in order, the tomato, lettuce, onion and the remaining sliced avocado. Put the top buns on the burgers.

Sodium Smarts on Condiments: Do you like ketchup, mustard or mayo on your burger? Most condiments are loaded with sodium, so use them sparingly. Look for no-salt-added and reduced-sodium varieties. Compare sodium values on the Nutrition Facts labels.

Nutritional Analysis (per serving): Calories 343, Total Fat 11.5 g (Saturated Fat 1.5 g, Trans Fat 0.0 g, Polyunsaturated Fat 2.5 g, Monounsaturated Fat 5.0 g), Cholesterol 37 mg, Sodium 427 mg, Carbohydrates 52 g, Fiber 12 g, Sugars 9 g, Protein 12 g. **Dietary Exchanges:** 3 starch, 1 vegetable, ½ lean meat, 2 fat.



Sodium-Free Seasonings and Flavorings

Breads	Anise, caraway seeds, cardamom, citrus zest, dried fruits, fennel, poppy seeds, sesame seeds
Beef Entrées	Allspice, bay leaf, bell pepper, cayenne, cumin, curry powder, garlic, fresh horseradish, marjoram, fresh mushrooms, dry mustard, nutmeg, onion, pepper, rosemary, sage, thyme, table wine
Pork Entrées	Apple, applesauce, caraway seeds, cherries, cinnamon, cloves, fennel, garlic, ginger, mint, onion, oranges or orange juice, peaches, sage, savory, table wine
Poultry Entrées	Basil, bay leaf, bell pepper, cinnamon, citrus fruits, cranberries, curry powder, garlic, lemon juice, lemon pepper, mace, marjoram, fresh mushrooms, onion, oregano, paprika, parsley, rosemary, sage, savory, sesame, tarragon, thyme, table wine
Seafood Entrées	Allspice, basil, bay leaf, bell pepper, cayenne, curry powder, cumin, fennel, garlic, lemon juice, mace, marjoram, mint, fresh mushrooms, dry mustard, onion, paprika, saffron, sage, sesame seeds, tarragon, thyme, turmeric, table wine
Salads	Basil, chervil, coriander, dill, lemon juice, mint, mustard, oregano, parsley, rosemary, sage, savory, sesame seeds, turmeric, vinegar, watercress
Asparagus	Garlic, lemon juice, onion, dry-roasted sesame seeds
Beans, Dried	Caraway seeds, cloves, cumin, mint, savory, tarragon, thyme
Beets	Anise, caraway seeds, fennel, ginger, orange juice, savory
Carrots	Anise, cinnamon, cloves, mint, sage, tarragon
Corn	Allspice, bell pepper, cumin, pimienta, tomato
Cucumbers	Chives, dillweed, garlic, vinegar
Green Beans	Dillweed, lemon juice, marjoram, nutmeg, pimienta
Greens	Garlic, lemon juice, onion, pepper, vinegar
Peas	Allspice, mint, fresh mushrooms, onions, parsley, sage, savory
Potatoes	Bell pepper, chives, dillweed, garlic, onion, pimienta, saffron
Spinach	Garlic, lemon juice, vinegar
Squash	Allspice, brown sugar, cinnamon, cloves, fennel, ginger, mace, nutmeg, onion, savory
Tomatoes	Allspice, basil, garlic, marjoram, onion, oregano, sage, savory, tarragon, thyme

BLOOD PRESSURE MEASUREMENT INSTRUCTIONS

♥
DON'T SMOKE, EXERCISE,
DRINK CAFFEINATED
BEVERAGES OR ALCOHOL
WITHIN 30 MINUTES OF
MEASUREMENT.

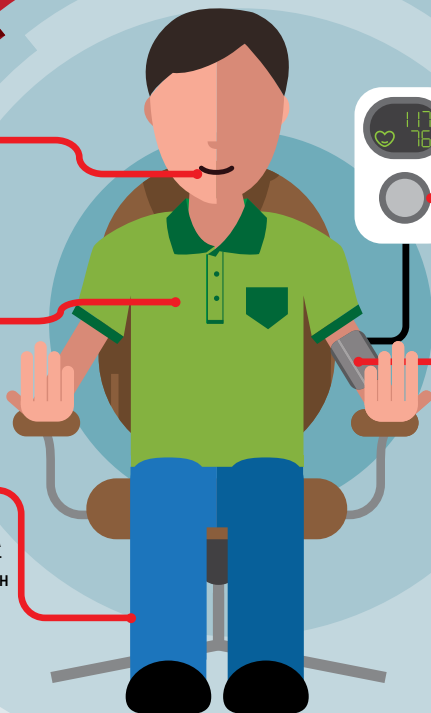
♥
REST IN A CHAIR FOR AT
LEAST 5 MINUTES WITH YOUR
LEFT ARM RESTING
COMFORTABLY ON A FLAT
SURFACE AT HEART LEVEL. SIT
CALMLY AND DON'T TALK.

♥
MAKE SURE YOU'RE
RELAXED. SIT STILL IN A
CHAIR WITH YOUR FEET
FLAT ON THE FLOOR WITH
YOUR BACK STRAIGHT
AND SUPPORTED.

♥
TAKE AT LEAST TWO READINGS
1 MINUTE APART IN MORNING
BEFORE TAKING MEDICATIONS,
AND IN EVENING BEFORE
DINNER. RECORD ALL RESULTS.

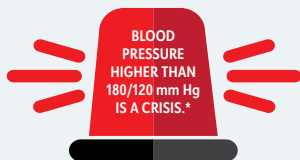
♥
USE PROPERLY CALIBRATED AND
VALIDATED INSTRUMENT. CHECK
THE CUFF SIZE AND FIT.

♥
PLACE THE BOTTOM OF
THE CUFF ABOVE THE
BEND OF THE ELBOW.



American Heart Association recommended blood pressure levels

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120-129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130-139	or	80-89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS consult your doctor IMMEDIATELY	HIGHER THAN 180	and/ or	HIGHER THAN 120



* Wait a few minutes and take blood pressure again.
If it's still high, contact your doctor immediately.

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ask for the Stroke Family Support Network.



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