



American Heart Association.



# Sodium-Smart **RECIPES**

*Cooking with more flavor and less salt*



**SPINACH-BEAN SOUP**



## SWEET POTATO NACHOS

Serves 6; ½ cup per serving

### INGREDIENTS

Cooking spray

- |    |  |   |   |
|----|--|---|---|
| 3  | medium sweet potatoes (about 1 pound), peeled and thinly sliced into ¼-inch-thick rounds | ⅓ | cup no-salt-added black beans, rinsed and drained   |
| 1  | tablespoon olive oil   | ⅓ | cup low-fat shredded Cheddar cheese   |
| 1½ | teaspoons paprika  | ⅓ | cup chopped tomato (1 medium Italian plum [Roma] tomato) or ⅓ cup canned no-salt-added diced tomatoes, rinsed and drained |
| 1  | teaspoon chili powder  | ⅓ | cup chopped avocado   |
| 1  | teaspoon garlic powder   |   |   |

DIRECTIONS

- 1. Preheat the oven to 425°F. Line two medium baking pans with aluminum foil. Lightly spray the foil with cooking spray.
- 2. In a large bowl, toss together the sweet potatoes, oil, paprika, chili powder, and garlic powder. Spread the sweet potato mixture in a single layer in the baking pans. Bake for 10 minutes. Using a spatula, turn over the sweet potatoes. Bake for 5 to 10 minutes, or until crisp.
- 3. Remove the pans from the oven. Sprinkle the beans and Cheddar over the sweet potatoes. Bake for 2 minutes, or until the Cheddar melts.
- 4. Sprinkle with the tomato and avocado.



**Sodium Smart:** *Using sweet potatoes instead of the tortilla chips traditionally used in nachos 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.*

NUTRITION ANALYSIS	Per serving
Calories .....	209
Total Fat .....	5.5 g
Saturated Fat .....	1.5 g
Trans Fat .....	0.0 g
Polyunsaturated Fat .....	0.5 g
Monounsaturated Fat .....	3.0 g
Cholesterol .....	5 mg
Sodium .....	194 mg
Carbohydrates .....	34 g
Fiber .....	6 g
Sugars .....	7 g
Protein .....	6 g
Dietary Exchanges: 2½ starch, 3 lean meat	



To see the cooking video for this recipe, go to [heart.org/recipes](https://heart.org/recipes).



## SPINACH- BEAN SOUP

Serves 6; 1 cup per serving

### INGREDIENTS

Cooking spray

- |   |   |                 |   |
|---|---|-----------------|---|
| 1 | small onion, chopped  | 1               | 14.5-ounce can no-salt-added diced tomatoes, undrained    |
| 2 | tablespoons bottled minced garlic or 2 medium garlic cloves, minced           | 1 $\frac{3}{4}$ | cups fat-free, low-sodium chicken or vegetable broth      |
| 1 | 15.5-ounce can no-salt-added navy beans, chickpeas, or pinto beans, undrained | 1               | teaspoon ground cumin                                     |
|   |   | $\frac{1}{4}$   | teaspoon pepper   |
|   |   | 4               | tightly packed cups spinach, large leaves torn or chopped |

DIRECTIONS

- 1. Lightly spray a large pot with cooking spray.
- 2. Cook the onion and garlic over medium-high heat for 5 minutes, or until the onion is very soft, stirring frequently.
- 3. Stir in the beans with liquid, tomatoes with liquid, broth, cumin, and pepper. Bring to a boil. Reduce the heat to medium. Stir in the spinach. Cook for 10 to 15 minutes, stirring occasionally.



**Sodium Smart:** Did you know that even some fresh, raw vegetables contain sodium? Spinach (1 cup/about 25 milligrams), artichokes (1 medium/ 120 milligrams), beets (1 cup/about 105 milligrams), celery (1 rib/about 30 milligrams), sweet potatoes (1 cup/about 75 milligrams), and chard (1 cup/about 75 milligrams) among others all contain naturally-occurring sodium. Their nutritional benefits far outweigh any sodium they have, so keep eating them; it's just good to know that even some unprocessed foods contain sodium, especially if you're monitoring your sodium consumption.

NUTRITION ANALYSIS	Per serving
Calories .....	95
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 .....	0 mg
Sodium .....	45 mg
Carbohydrates.....	17 g
Fiber .....	4 g
Sugars .....	5 g
Protein .....	6 g
Dietary Exchanges: 1 starch,	
½ lean meat	





## STRAWBERRY, JÍCAMA, AND CUCUMBER SALAD

Serves 4; ½ cup per serving

### INGREDIENTS

- |  |   |
|--|---|
| 2 cups hulled strawberries, chopped                      | 2 tablespoons fresh lime juice                  |
| 1 medium jícama, peeled and chopped                      | 1 tablespoon olive oil (extra virgin preferred) |
| 1 medium cucumber, peeled and chopped                    | 1 tablespoon sugar substitute                   |
| 1 small fresh jalapeño, seeds and ribs discarded, minced | 1 teaspoon poppy seeds                          |
| 1 tablespoon minced fresh cilantro                       |   |

## DIRECTIONS

1. In a medium bowl, gently stir together the strawberries, jícama, cucumber, jalapeño, and cilantro.
2. In a small bowl, whisk together the lime juice, oil, and sugar substitute.
3. Pour the lime juice mixture over the strawberry mixture, tossing gently to coat. Sprinkle the salad with the poppy seeds.



**Cook's Tip:** *For a spicier salad, don't discard the seeds and ribs of the jalapeño.*



**Sodium Smart:** Most of the salad dressings on supermarket shelves have at least 200 milligrams of sodium in a 2-tablespoon serving, with others close to 400 milligrams—and even more. If you're heavy-handed with the dressing, you can easily consume double those amounts—in the dressing alone. Watch out for low-fat or fat-free varieties because they can contain even more added sodium. Be sure to compare the nutrition facts labels.

<b>NUTRITION ANALYSIS</b>	<b>Per serving</b>
Calories .....	130
Total Fat.....	4.0
Saturated Fat.....	0.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	0.0 g
Monounsaturated Fat.....	0.0 g
Cholesterol .....	0 mg
Sodium .....	10 mg
Carbohydrates.....	24 g
Fiber .....	11 g
Sugars .....	8 g
Protein .....	3 g
Dietary Exchanges:	1 starch, ½ fruit, ½ fat



# BAKED CAJUN CATFISH AND EASY COLLARD GREENS

Serves 4; 3 ounces fish and ½ cup collard greens per serving

## INGREDIENTS

- |   |  |               |   |
|---|--|---------------|---|
| 1 | tablespoon canola or corn oil and 1 tablespoon canola or corn oil, divided use | ½             | teaspoon crushed red pepper flakes  |
| ½ | small onion, thinly sliced   | Cooking spray |   |
| 1 | teaspoon bottled minced garlic   | 1½            | teaspoons paprika   |
| 1 | bunch collard greens, tough stems discarded, sliced into 1-inch pieces         | 1             | teaspoon dried thyme, crumbled  |
| 1 | slice Canadian bacon (lowest sodium available), cooked and diced               | ½             | teaspoon garlic powder  |
| 2 | tablespoons water  | ½             | teaspoon onion powder   |
| 1 | tablespoon cider vinegar   | ½             | teaspoon cayenne  |
| 1 | teaspoon sugar   | ¼             | teaspoon pepper   |
|   |  | 4             | catfish fillets (about 4 ounces each) or other mild white fish fillets, such as tilapia or trout, rinsed and patted dry |



## DIRECTIONS

1. In a large skillet, heat 1 tablespoon oil over medium heat, swirling to coat the bottom. Cook the onion for 3 minutes, or until soft, stirring occasionally. Add the garlic. Cook for 30 seconds, stirring constantly. Stir in the greens, Canadian bacon, water, vinegar, sugar, and red pepper flakes. Cook, covered, for 20 minutes, or until the greens are tender.
2. Meanwhile, preheat the oven to 425°F. Lightly spray a 13 x 9 x 2-inch baking dish with cooking spray.
3. In a shallow bowl, whisk together the paprika, thyme, garlic powder, onion powder, cayenne, pepper, and the remaining 1 tablespoon oil. Using your fingertips, gently press half the mixture so it adheres to the fish. Turn over the fish. Repeat the process. Transfer the fish to the baking dish.
4. Bake for 15 minutes, or until the fish flakes easily when tested with a fork.



**Cook's Tip:** *To easily cut the collard greens into pieces, stack 8 leaves together at a time, roll them up, and slice them into 1-inch pieces.*



**Cook's Tip:** *If you like a spicier dish, increase the amount of red pepper flakes and cayenne.*



**Sodium Smart:** Both 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. This recipe calls for garlic powder and onion powder, both of which add great flavor, but are sodium free.

**NUTRITION ANALYSIS** Per serving

Calories .....	218
Total Fat.....	11.0 g
Saturated Fat.....	1.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	3.0 g
Monounsaturated Fat.....	5.5 g
Cholesterol .....	69 mg
Sodium .....	235 mg
Carbohydrates.....	7 g
Fiber .....	4 g
Sugars .....	2 g
Protein .....	22 g

Dietary Exchanges: 1 vegetable,  
3 lean meat, ½ fat



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).



## BARBECUE-GLAZED **CHICKEN TENDERS** AND OVEN FRIES

Serves 4; 3 ounces chicken and ½ cup fries per serving

### INGREDIENTS

Cooking spray

3 medium baking potatoes, cut  
into ⅛- to ¼-inch strips

½ teaspoon garlic powder

½ teaspoon paprika

⅛ teaspoon pepper

1 pound boneless, skinless  
chicken tenders, all visible fat  
discarded

½ cup barbecue sauce  
(lowest sodium available)

½ cup sugar-free orange  
marmalade or all-fruit grape  
spread

DIRECTIONS

- 1. Preheat the oven to 400°F. Lightly spray a baking sheet with cooking spray.
- 2. Arrange the potatoes in a single layer on the baking sheet.
- 3. In a small cup or bowl, stir together the garlic powder, paprika, and pepper. Sprinkle over the potatoes.
- 4. Bake for 25 minutes, or until the potatoes are tender when pierced with a fork.
- 5. Meanwhile, lightly spray a large skillet with cooking spray. Heat over medium-high heat. Cook the chicken for 4 minutes. Turn over the chicken. Cook for 3 to 4 minutes, or until no longer pink in the center. Transfer to serving plates.
- 6. In a small microwaveable bowl, stir together the barbecue sauce and marmalade. Microwave, covered, on 60 percent power (medium to medium-high) for 40 seconds. Using a spoon or spatula, spread the sauce over the chicken tenders. Serve the fries with the chicken.



**Sodium Smart:** *You may know that bottled barbecue sauce is full of sugar, but did you realize that it’s also loaded with sodium? This recipe combines barbecue sauce and all-fruit spread for a glaze that’s full of flavor, but has less sodium than using an equal amount of just the barbecue sauce.*

NUTRITION ANALYSIS	Per serving
Calories .....	397
Total Fat .....	3.0 g
Saturated Fat.....	0.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	0.5 g
Monounsaturated Fat.....	1.0 g
Cholesterol .....	73 mg
Sodium .....	360 mg
Carbohydrates.....	61 g
Fiber .....	3 g
Sugars .....	29 g
Protein .....	28 g
Dietary Exchanges: 2 starch,	
2 other carbohydrate,	
3 lean meat	



To see the cooking video for this recipe, go to [heart.org/recipes](https://heart.org/recipes).



# JERK PORK

## SANDWICHES WITH MANGO SAUCE

Serves 6; 1 sandwich per serving

### INGREDIENTS

#### *Rub*

- 1 teaspoon garlic powder
- 1 teaspoon dried thyme, crumbled
- ½ to 1 teaspoon crushed red pepper flakes
- ½ teaspoon ground allspice
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves

\*\*\*\*\*

- 1¼ pounds pork loin or roast, all visible fat discarded
- 2 cups fat-free, low-sodium beef broth
- 1 small onion, thinly sliced

#### *Sauce*

- 1 large mango, diced
- 2 tablespoons finely chopped red onion
- 1 tablespoon chopped fresh parsley or 1 teaspoon dried parsley, crumbled
- 1 tablespoon honey or agave nectar

Juice of ½ lime

\*\*\*\*\*

- 6 small whole-wheat buns (lowest sodium available)

## DIRECTIONS

1. In a small bowl, stir together the rub ingredients. Using your fingertips, gently press the spice mixture so it adheres to the pork.
2. Pour the broth into a slow cooker. Add the pork and onion. Cook, covered, on low for 8 to 10 hours.
3. Meanwhile, in a small glass bowl, stir together all the sauce ingredients. Cover and refrigerate.
4. When the pork is cooked, using a slotted spoon, transfer to a cutting board. Using two forks, shred the pork. Put the shredded pork on the bottom buns. Spoon the mango sauce over the pork. Put the top buns on the sandwiches.



**Sodium Smart:** Season your meats and poultry to perfection with herb rubs, which provide a quick and healthy alternative to the excessive sodium that can be found in many bottled marinades.

## NUTRITION ANALYSIS Per serving

Calories .....	282
Total Fat.....	7.5 g
Saturated Fat.....	2.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	1.0 g
Monounsaturated Fat.....	3.0 g
Cholesterol .....	53 mg
Sodium .....	252 mg
Carbohydrates.....	32 g
Fiber .....	4 g
Sugars .....	14 g
Protein.....	24 g

Dietary Exchanges: 1½ starch, 1 fruit,  
3 lean meat



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).





# EGGPLANT, CHEESE, AND TOMATO BAKE

Serves 8; 1½ cups per serving

## INGREDIENTS

### Cooking spray

- |  |   |
|--|---|
| 1 large eggplant, sliced<br>(about 17-20 slices)                           | 1 28-ounce can no-salt-added<br>diced tomatoes, drained                       |
| 2 medium zucchini, diced   | 1 8-ounce can no-salt-added<br>tomato sauce                                   |
| 1 medium onion, diced  | 3 tablespoons chopped fresh<br>basil or 1 tablespoon dried basil,<br>crumbled |
| 2 teaspoons olive oil<br>(extra virgin preferred)                          | ¾ cup fat-free ricotta cheese   |
| 3 cups sliced button mushrooms   | 1 cup shredded low-fat<br>mozzarella cheese                                   |
| 2 tablespoons water  | 1 cup whole-wheat panko<br>(Japanese-style bread crumbs)                      |
| 3 medium garlic cloves, minced,<br>or 3 teaspoons bottled minced<br>garlic |   |
| ¼ teaspoon pepper  |   |

DIRECTIONS

- 1. Preheat the oven to 375°F. Lightly spray a large baking sheet and a 13 x 9 x 2-inch baking dish with cooking spray.
- 2. Arrange the eggplant, zucchini, and onion in a single layer on the baking sheet. Lightly spray the top of the vegetables with cooking spray. Cover with aluminum foil. Bake, covered, for 10 minutes. Remove the foil. Bake for 10 minutes.
- 3. In a small saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the mushrooms, water, garlic, and pepper for 6 minutes, or until the mushrooms begin to soften. Stir in the tomatoes, tomato sauce, and basil. Reduce the heat and simmer for 10 minutes, stirring occasionally.
- 4. In the baking dish, layer as follows: half the tomato-mushroom mixture; half the eggplant, zucchini, and onion; all the ricotta; half the mozzarella; the remaining tomato-mushroom mixture; and the remaining eggplant, zucchini, and onion. Sprinkle the remaining mozzarella over all. Top with the panko.
- 5. Bake for 30 to 45 minutes, or until most of the liquid has evaporated and the mozzarella is beginning to brown. Let cool for 10 minutes before cutting.



**Sodium Smart:** *Fresh herbs contain no sodium and impart great flavor to a dish. Since they aren't concentrated like their dried counterparts, you'll need to use three times as much of the fresh herb as you would of the dried.*

NUTRITION ANALYSIS	Per serving
Calories .....	161
Total Fat .....	5.5 g
Saturated Fat.....	2.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat .....	0.5 g
Monounsaturated Fat.....	2.0 g
Cholesterol .....	13 mg
Sodium .....	138 mg
Carbohydrates.....	20 g
Fiber .....	5 g
Sugars .....	10 g
Protein .....	9 g
Dietary Exchanges: 2 vegetable, 2 lean meat	



To see the cooking video for this recipe, go to [heart.org/recipes](http://heart.org/recipes).



## EGG, AVOCADO, AND BLACK BEAN **BREAKFAST BURRITO**

Serves 4; 1 burrito per serving

### INGREDIENTS

Cooking spray

1½ cups liquid egg whites

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

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

2 medium avocados, sliced

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

DIRECTIONS

- 1. 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.
- 2. Microwave the tortillas on 100% power (high) for 45 seconds. (This makes them pliable and easier to roll.) Transfer to a work surface.
- 3. Spread the egg white mixture in the center of each tortilla. Top with the avocados and hot sauce.
- 4. 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:** *For a quick grab-and-go breakfast, make the burritos the night before and wrap them in parchment paper. When you're ready to eat the burritos, microwave them on 100% power (high) for 2 to 3 minutes.*



**Sodium Smart:** *When shopping for tortillas and pita breads, take note of the different sizes. You can reduce your sodium intake if you choose the ones with smaller diameters.*

NUTRITION 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



To see the cooking video for this recipe, go to [heart.org/recipes](https://heart.org/recipes).



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