

4 Chapter

Recipe List

Low-sodium Beef Taco Meat

Homemade taco seasoning:

- 1 tbsp chili powder
- 2 tsp onion powder
- 1 tsp ground cumin
- 1 tsp garlic powder
- 1 tsp paprika
- 1 tsp ground oregano

Combine ingredients in a bowl and mix together. Set aside.

1 lb extra lean ground beef

Add extra lean ground beef to frying pan. Cook beef on medium-high heat until it is no longer pink. Break up the ground beef with a spatula as it cooks. Add homemade taco seasoning (to taste) and 1-2 tbsp of water. Cook for another 3-5 minutes on low-medium heat.

Total servings: 4

Nutritional facts per serving (2 tacos):

- Calories: 200 kcal
- Protein: 27 g
- Sodium: 78 mg

Baked Chicken Thighs

- 1 lb boneless, skinless chicken thighs (about 6 medium thighs, thawed)
- 1 tbsp sodium-free seasoning (e.g., Mrs. Dash®)

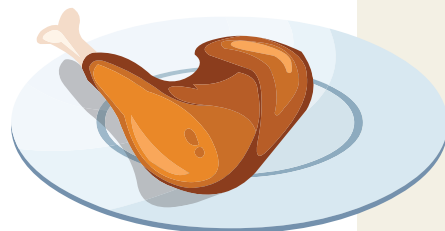
Preheat oven to 425 F.

Place chicken thighs onto a baking sheet lined with parchment paper. Season each side of chicken thighs with sodium-free seasoning or a homemade herb blend. Bake for 20-25 minutes.

Total servings: 3

Nutritional facts per serving (2 thighs):

- Calories: 260 kcal
- Protein: 40 g
- Sodium: 120 mg



Roasted Cauliflower

- ½ head of cauliflower, chopped into pieces
- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 clove garlic, minced
- 3 tbsp shredded parmesan cheese

Preheat oven to 400 F.

Add all ingredients to a large bowl and toss until all cauliflower pieces are coated. Line baking sheet with parchment paper. Spread cauliflower pieces across the parchment paper. Bake for 20 minutes or until cauliflower is soft.

Total servings: 3

Nutritional facts per serving:

- Calories: 133 kcal
- Protein: 4 g
- Sodium: 138 mg

Gourmet Hamburgers

- ½ cup minced onions
- ¼ tsp garlic powder
- ¼ tsp dried basil
- 1 tbsp olive or canola oil
- 1 tbsp lemon juice
- 2 tsp dried parsley
- 1 tsp water
- 1 lb lean ground beef

Mix all ingredients together in large bowl. Form into four 4" round patties that are ½ inch thick. Fry on medium heat or cook on BBQ until burger is no longer pink throughout.

Total servings: 4

Nutritional facts per serving ~1 patty:

- Calories: 380 kcal
- Protein: 38 g
- Sodium: 124 mg

Tuna Salad

- 1 can (120 g) tuna (canned in water, no salt added)
- 2 tbsp mayonnaise
- 1 splash lemon juice
- ¼ cup cucumber, chopped
- dash of black pepper to taste

Mix ingredients together in a medium bowl. Spread on bread or crackers.

Total servings: 1

Nutritional facts per serving (1 cup):

- Calories: 355 kcal
- Protein: 30 g
- Sodium: 267 mg

Tangy Coleslaw

6 cups pre-chopped coleslaw mix (or chopped cabbage and 1 shredded carrot)
½ medium chopped green pepper

Mix all of the above together in a large bowl.

Dressing:

3 tbsp sugar
¼ cup white vinegar
2 tbsp light corn syrup
2 tbsp oil
¼ tsp celery seed
dash garlic powder
dash onion powder

Add the dressing to the large bowl with the coleslaw and mix well.

Total servings: 6

Nutritional facts per serving (1 cup):

Calories: 105 kcal

Protein: 2 g

Sodium: 19 mg

Salmon Salad

1 can (214 g) salmon (canned in water, no-salt-added)
2 tbsp mayonnaise
¼ tsp black pepper (or to taste)
½ -1 tsp Mrs. Dash® lemon and pepper salt-free spice mix

Mix ingredients together in a medium bowl.

Total servings: 1

Nutritional fact per serving (1 cup):

Calories: 265 kcal

Protein: 21 g

Sodium: 256 mg

Banana Muffins

3 bananas, mashed
3 tbsp melted margarine
¾ cup sugar
2 eggs
¼ cup wheat germ
1 ¼ cup white flour
1 tsp baking soda
½ tsp baking powder
½ cup pecan or walnut pieces (optional)

Preheat oven to 350 F.

Mash ripe bananas in a large bowl using fingers or a spatula. Add margarine, sugar, and eggs and mix with a spatula until smooth. Add remaining ingredients and mix well. Spray muffin tin with cooking spray and add batter. Bake for 35-45 minutes.

Total servings: 13

Nutritional facts per serving (1 muffin):

Calories: 185 kcal

Protein: 3 g

Sodium: 154 mg



Hamburger Soup

1 ½ lb ground beef
1 onion, minced
4 carrots, minced
3 celery ribs, thinly sliced
½ cup barley
28 oz canned diced tomatoes
2 cup water
3 ½ cups no-sodium-added beef broth
1 can sodium reduced condensed tomato soup
1 bay leaf
1 tbsp parsley
1 clove minced garlic
½ tsp dried thyme
½ tsp ground black pepper

Crumble ground beef into a large soup pot. Place on medium-high heat and cook beef until it is no longer pink. Drain excess fat. Add remaining ingredients and bring to a boil, stirring frequently. Once boiling, turn the heat to medium-low and simmer for 2 hours.

Total servings: 6

Nutritional facts per serving (~1.5 cups):

Calories: 320 kcal

Protein: 28 g

Sodium: 376 mg

Flat Bread Chicken & Mushroom Pizza

1 large/2 small pita breads (choose lowest sodium by reading food labels)
1 boneless and skinless chicken breast
4 white button mushrooms
½ cup low-sodium tomato sauce
1 cup shredded mozzarella cheese

Preheat oven to 350 F.

Season chicken breast with low sodium seasoning (e.g., 'Garlic and Herb' or 'Italian Herb Blend' by Mrs. Dash®). Place chicken on a baking sheet covered in parchment paper. Bake chicken for 30 minutes, then let cool. Slice cooked chicken into thin slivers.

Increase oven to 425 F.

Spread tomato sauce over pitas, layer chicken and mushrooms to cover whole pizza. Top with shredded cheese. Place pizzas on a baking sheet lined with parchment paper. Bake for 5-7 minutes or until cheese is melted and browning. Sprinkle with pepper, chili flakes, fresh basil leaves, or parmesan cheese as desired.

Total servings: 2

Nutritional facts per serving (1 small pita or ½ large pita):

Calories: 270 kcal

Protein: 25 g

Sodium: 320 mg

Egg Salad

2 hard cooked eggs
1 tbsp mayonnaise
½ stalk celery, chopped fine
⅛ tsp dry mustard
Dash paprika



Mix ingredients together in a medium bowl. Spread on breads and crackers.

Total servings: 1

Nutritional facts per serving (1 cup):

Calories: 240 kcal
Protein: 13 g
Sodium: 201 mg

Southwest Egg Burrito

1 large tortilla (use lowest sodium content)
2 eggs
1 tsp cooking oil
2 tbsp diced onions
2 tbsp red pepper, chopped into bitesize pieces
2 tbsp frozen corn niblets
2 tbsp shredded cheese
1 tbsp salsa
Optional protein booster: ¼ cup black beans (from can, rinsed prior to using)

Heat cooking oil in fry pan. Add diced onion and red pepper; cook until they softened (about 2 minutes). Add frozen corn kernels (and black beans) and cook until heated through. Whisk 2 eggs in a medium bowl then pour into the pan. Continue frying until the eggs are cooked. Transfer the cooked egg mixture to the center fold of the wrap and top with salsa. Roll the wrap up.

Total servings: 1

Nutritional facts per serving (1 burrito):

Calories: 443 kcal
Protein: 24 g
Sodium: 382 mg

Hummus

15 oz can chickpeas, rinsed
1 garlic clove
¼ cup olive oil
2 tbsp fresh lemon juice
2 tbsp tahini
1 tsp ground cumin
¼ tsp paprika

Add all ingredients to a food processor. Blend until the mixture has a smooth consistency. If it is too thick, add water as needed.

Total servings: 5

Nutritional facts per serving (½ cup):

Calories: 235 kcal
Protein: 8 g
Sodium: 260 mg

Chicken Fried Rice

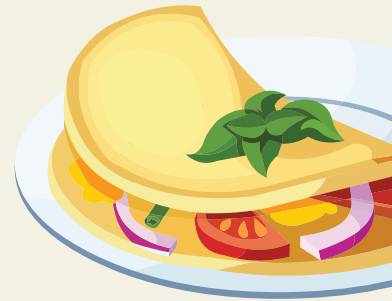
1 tbsp canola oil
1 tsp sesame oil (optional)
2 tbsp chopped white onion
½ cup frozen vegetable mixture (peas, corn, diced carrots)
1 cup leftover, cooked white rice
3 oz leftover, diced up cooked chicken
1 tsp reduced sodium soy sauce
1 tbsp water

Sauté onion in the mix of canola and sesame oil in a medium fry pan on medium heat for 1-2 minutes or until soft. Add frozen vegetables and cook until heated through. Add leftover rice and chicken, stirring them into the mix until the rice is broken up. Add reduced sodium soy sauce and water and stir. Cook for another 2-3 minutes and serve.

Total servings: 2

Nutritional facts per serving (1 cup):

Calories: 302 kcal
Protein: 19 g
Sodium: 137 mg



Cheese Omelet

2-3 eggs
¼ cup shredded mozzarella
1 spray of cooking spray

Beat 2 eggs in a medium bowl. Pour the mixture into a warmed and greased non-stick fry pan. Cook for ~1 minute. Sprinkle ¼ cup shredded mozzarella cheese over entire omelet. Cook on medium heat for another 1-2 minutes. Fold one half over to the other half. Cook another 2-3 minutes, flipping once.

Total servings: 1

Nutritional facts per serving (1 omelet):

Calories: 231 kcal
Protein: 17 g
Sodium: 233 mg

Fruit Smoothie

Blend together the following ingredients until the desired consistency is reached.

½ cup milk
½ banana
½ cup frozen fruit (any variety)
½ cup Greek yogurt

**Optional protein boosters – 1 scoop whey protein powder or ½ cup of canned then rinsed white kidney beans
**If too thick, add water or juice to dilute

Total servings: 1

Nutritional facts per serving (2 cups) with 1 scoop whey protein powder:

Calories: 385 kcal
Protein: 32 g
Sodium: 177 mg



Black Bean Soup

- 1 tbsp olive oil
- ½ cup chopped onion
- ½ cup quinoa or rice
- 2 cups chicken or vegetable broth (no-salt-added)
- 2½ lbs (40 oz or 2 large cans) black beans, rinsed
- 1tsp finely minced fresh garlic
- 1 tsp chili powder
- ½ tsp ground cumin
- ¼ tsp red pepper flakes
- 2 tbsp fresh cilantro, chopped
- 1 tbsp lime juice
- ½ cup unsalted tortilla chips
- ½ cup shredded cheddar cheese
- ½ cup plain yogurt or sour cream



Place the olive oil in a large saucepan over medium-high heat. Add the onion and sauté for 5-6 minutes. Add broth, black beans, quinoa, and garlic and bring to a boil. Cover and reduce heat so that the contents are simmering. Cook until the quinoa is tender, stirring frequently - about 14 minutes. Add the chili powder, cumin, and red pepper flakes. Purée the cooked mixture with a hand blender or cool slightly and purée in 2 batches using a blender or food processor. Return the soup to the saucepan over low heat. Stir in the cilantro and lime juice. Ladle the soup into wide-mouthed bowls and top with tortilla chips, cheddar cheese, and a dollop of yogurt.

Tip: Adding 2-3 tsp of unflavoured whey powder protein to each bowl provides 8-12 g of extra protein!

Total servings: 6

Nutritional facts per serving (1½ cups):

Calories: 487 kcal

Protein: 30 g

Sodium: 395 mg

