

## *Swap Salt for Spice* RECIPES

### Chicken Salad

3 1/4 cups chicken breast, cooked, cubed, and skinless  
1/4 cup celery, chopped  
1 Tbsp lemon juice  
1/2 tsp onion powder  
1/8 tsp salt\*  
3 Tbsp mayonnaise, low-fat

1. Bake chicken, cut into cubes, and refrigerate.
2. In a large bowl combine rest of ingredients, add chilled chicken and mix well.

Makes 5 servings  
Serving Size: 3/4 cup

#### **Per Serving:**

Calories 176	Carbohydrate 2 g
Total Fat 6 g	Calcium 16 mg
Saturated Fat 2 g	Magnesium 25 mg
Cholesterol 77 mg	Potassium 236 mg
Sodium 179 mg	Fiber 0 g
Protein 27 g	

*\* To reduce sodium, omit the 1/8 tsp of added salt. New sodium content for each serving is 120 mg.*

### New Potato Salad

16 small new potatoes (5 cups)  
2 Tbsp olive oil  
1/4 cup green onions, chopped  
1/4 tsp black pepper  
1 tsp dill weed, dried

1. Thoroughly clean potatoes with vegetable brush and water.
2. Boil potatoes for 20 minutes or until tender.
3. Drain and cool potatoes for 20 minutes.
4. Cut potatoes into quarters and mix with olive oil, onions, and spices.
5. Refrigerate until ready to serve.

Makes 5 servings  
Serving Size: 1 cup

#### **Per Serving:**

Calories 196	Carbohydrate 34 g
Total Fat 6 g	Calcium 31 mg
Saturated Fat 1 g	Magnesium 46 mg
Cholesterol 0 mg	Potassium 861 mg
Sodium 17 mg	Fiber 4 g
Protein 4 g	

### **Chicken and Spanish Rice**

1 cup onions, chopped  
3/4 cup green peppers  
2 tsp vegetable oil  
1 8 oz can tomato sauce\*  
1 tsp parsley, chopped  
1/2 tsp black pepper

1 1/4 tsp garlic, minced  
5 cups cooked brown rice (cooked in unsalted water)  
3 1/2 cups chicken breasts, cooked, skin and bone removed, and diced

1. In a large skillet, sauté onions and green peppers in oil for 5 minutes on medium heat.
2. Add tomato sauce and spices. Heat through.
3. Add cooked rice and chicken. Heat through.

Makes 5 servings  
Serving Size: 1 1/2 cup

#### **Per Serving:**

Calories 428  
Total Fat 8 g  
Saturated Fat 2 g  
Cholesterol 80 mg  
Sodium 341 mg  
Protein 35 g

Carbohydrate 52 g  
Calcium 50 mg  
Magnesium 122 mg  
Potassium 545 mg  
Fiber 8 g

*\* To reduce sodium, use one 4-oz can of low-sodium tomato sauce and one 4-oz can of regular tomato sauce. New sodium content for each serving is 215 mg.*

### **Turkey Meatloaf**

1 pound lean ground turkey  
1/2 cup regular oats, dry  
1 large egg, whole

1 Tbsp onion, dehydrated flakes  
1/4 cup ketchup\*

1. Combine all ingredients and mix well.
2. Bake in a loaf pan at 350 °F for 25 minutes or to an internal temperature of 165 °F.
3. Cut into five slices and serve.

Makes 5 servings  
Serving Size: 1 slice (3 oz)

#### **Per Serving:**

Calories 191  
Total Fat 7 g  
Saturated Fat 2 g  
Cholesterol 103 mg  
Sodium 205 mg  
Protein 23 g

Carbohydrate 9 g  
Calcium 24 mg  
Magnesium 33 mg  
Potassium 268 mg  
Fiber 1 g

*\* To reduce sodium, use low-sodium ketchup. New sodium content for each serving is 74 mg.*

### **Spicy Baked Fish**

1 pound salmon (or other fish) fillet  
1 Tbsp olive oil  
1 tsp spicy seasoning, salt-free

1. Preheat oven to 350 °F. Spray a casserole dish with cooking oil spray.
2. Wash and dry fish. Place in dish. Mix oil and seasoning and drizzle over fish.
3. Bake uncovered for 15 minutes or until fish flakes with fork. Cut into 4 pieces. Serve with rice.

Makes 4 servings

Serving Size: 1 piece (3 oz)

**Per Serving:**

Calories 192

Total Fat 11 g

Saturated Fat 2 g

Cholesterol 63 mg

Sodium 50 mg

Protein 23 g

Carbohydrate <1 g

Calcium 18 mg

Magnesium 34 mg

Potassium 560 mg

Fiber 0 g

**Vegetarian Spaghetti Sauce**

2 Tbsp olive oil

2 small onions, chopped

3 cloves garlic, chopped

1 1/4 cups zucchini, sliced

1 Tbsp oregano, dried

1 Tbsp basil, dried

1 8 oz can tomato sauce

1 6 oz can tomato paste\*

2 medium tomatoes, chopped

1 cup water

1. In a medium skillet, heat oil. Sauté onions, garlic, and zucchini in oil for 5 minutes on medium heat.
2. Add remaining ingredients and simmer covered for 45 minutes. Serve over spaghetti.

Makes 6 servings

Serving Size: 3/4 cup

**Per Serving:**

Calories 105

Total Fat 5 g

Saturated Fat 1 g

Cholesterol 0 mg

Sodium 479 mg

Protein 3 g

Carbohydrate 15 g

Calcium 49 mg

Magnesium 35 mg

Potassium 686 mg

Fiber 4 g

*\* To reduce sodium, use a 6-oz can of low-sodium tomato paste. New sodium content for each serving is 253 mg.*

**Vinaigrette Salad Dressing**

1 bulb garlic, separated and peeled

1/2 cup water

1 Tbsp red wine vinegar

1/4 tsp honey

1 Tbsp virgin olive oil

1/4 tsp black pepper

1. Place the garlic cloves into a small saucepan and pour enough water (about 1/2 cup) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 Tbsp and increase the heat for 3 minutes.

4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Makes 4 servings  
Serving Size: 2 Tbsp

**Per Serving:**

Calories 33	Carbohydrate 1 g
Total Fat 3 g	Calcium 3 mg
Saturated Fat 1 g	Magnesium 1 mg
Cholesterol 0 mg	Potassium 6 mg
Sodium 1 mg	Fiber 0 g
Protein 0 g	

**Tuna Salad**

2 6 oz cans tuna, water pack  
1/2 cup raw celery, chopped  
1/3 cup green onions, chopped  
6 1/2 Tbsp mayonnaise, low-fat

1. Rinse and drain tuna for 5 minutes. Break apart with a fork.
2. Add celery, onion, and mayonnaise and mix well.

Makes 5 servings  
Serving Size: 1/2 cup

**Per Serving:**

Calories 138	Carbohydrate 2 g
Total Fat 7 g	Calcium 17 mg
Saturated Fat 1 g	Magnesium 19 mg
Cholesterol 25 mg	Potassium 198 mg
Sodium 171 mg	Fiber 0 g
Protein 16 g	

**Yogurt Salad Dressing**

8 oz plain yogurt, fat-free  
1/4 cup mayonnaise, low-fat  
2 Tbsp chives, dried  
2 Tbsp dill, dried  
2 Tbsp lemon juice

Mix all ingredients in bowl and refrigerate.

Makes 5 servings  
Serving Size: 2 Tbsp

**Per Serving:**

Calories 39	Sodium 66 mg
Total Fat 2 g	Protein 2 g
Saturated Fat 0 g	Carbohydrate 4 g
Cholesterol 3 mg	Calcium 76 mg

Magnesium 10 mg  
Potassium 110 mg

Fiber 0 g

### **Scallion Rice**

4 1/2 cups cooked brown rice (cooked in unsalted water)  
1 1/2 tsp bouillon granules, low sodium  
1/4 cup scallions (green onions), chopped

1. Cook rice according to directions on the package.
2. Combine the cooked rice, scallions, and bouillon granules and mix well.
3. Measure 1-cup portions and serve.

Makes 5 servings  
Serving Size: 1 cup

#### **Per Serving:**

Calories 200  
Total Fat 2 g  
Saturated Fat 0 g  
Cholesterol 0 mg  
Sodium 18 mg  
Protein 5 g

Carbohydrate 41 g  
Calcium 23 mg  
Magnesium 77 mg  
Potassium 92 mg  
Fiber 6 g

### **Zucchini Lasagna**

1/2 pound cooked lasagna noodles, cooked in unsalted water  
3/4 cup part-skim mozzarella cheese, grated  
1 1/2 cups cottage cheese,\* fat-free  
1/4 cup Parmesan cheese, grated  
1 1/2 cups raw zucchini, sliced  
2 1/2 cups low-sodium tomato sauce  
2 tsp basil, dried  
2 tsp oregano, dried  
1/4 cup onion, chopped  
1 clove garlic  
1/8 tsp black pepper

1. Preheat oven to 350 °F. Lightly spray a 9- by 13-inch baking dish with vegetable oil spray.
2. In a small bowl, combine 1/8 cup mozzarella and 1 Tbsp Parmesan cheese. Set aside.
3. In a medium bowl, combine remaining mozzarella and Parmesan cheese with all the cottage cheese. Mix well and set aside.
4. Combine tomato sauce with remaining ingredients. Spread a thin layer of tomato sauce in the bottom of the baking dish. Add a third of the noodles in a single layer. Spread half of the cottage cheese mixture on top. Add a layer of zucchini.
5. Repeat layering. Add a thin coating of sauce. Top with noodles, sauce, and reserved cheese mixture. Cover with aluminum foil.
6. Bake 30 to 40 minutes. Cool for 10 to 15 minutes. Cut into 6 portions.

Makes 6 servings  
Serving Size: 1 piece

#### **Per Serving:**

Calories 200  
Total Fat 5 g

Saturated Fat 3 g  
Cholesterol 12 mg

Sodium 368 mg  
Protein 15 g  
Carbohydrate 24 g  
Calcium 310 mg

Magnesium 46 mg  
Potassium 593 mg  
Fiber 3 g

*\* To reduce sodium, use low-sodium cottage cheese. New sodium content for each serving is 165 mg.*