



## Low-Sodium, Full-Flavor Cooking

Herbs and spices can really help to accentuate the flavor of foods without adding any sodium. Adding a little heat (spicy heat) or sweet to foods can also add a flavor punch.

Here are a few other seasoning ideas to get you started.

- Onions and garlic as well as green or red peppers are great ways to add flavor and extra nutrients to grains, meats, fish, poultry and vegetables.
- Adding low-sodium chicken broth and wine to foods is another way to add extra flavor with out adding sodium. Use the chicken broth to cook rice and pasta instead of water. Wine is useful when poaching or baking fish. It can also be used to make a pan sauce when cooking chicken or meat.
- Citrus is one of my favorite seasoning ideas, the zest is great in grains, and vegetables. The juice can also be used in vegetables, on salads and of course pairs well with fish.

Salt-free products are becoming more available. Look for salt-free seasoning blends that typically work well on meat and vegetables. Mrs. Dash® now has salt-free marinades that are great for marinating meat, and can also be used as a salad dressing by mixing with oil.

Until next time: Eat Well, Live Well ☺

*EatingWell*  
with **KIM**

  
UNIVERSITY  
HEALTH CARE SYSTEM

NEWS 12 