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EAT WELL, CARE WELL. LOW-SODIUM COOKING TIPS

Sodium (salt) is used in most dishes and processed foods. Salt seems to be the first spice that we reach for because it enhances the flavor of foods, but many other spices or herbs can do the same. Regularly consuming too much sodium can increase one's risk of developing high blood pressure, heart disease, and stroke. So, it is important to limit one's sodium intake to 2300 mg or less per day for prolonged health.

Shopping tips: Canned beans, vegetables, sauces, and soups are often very high in sodium. However, there are usually "low-sodium" or "no salt added" versions that can help you monitor and limit your daily sodium intake while enjoying and cooking with the same types of foods.

Focus on fresh: Select fresh foods like whole fruits and vegetables which naturally contain little to no sodium. Incorporate these into your cooking or eat them as a snack instead of a salty processed food.

Alternatives to salt – When seasoning your recipes, try to use spices instead of salt. Spices such as garlic powder, onion powder, paprika, cumin, oregano, and pepper add much flavor without the addition of sodium. Fresh herbs or citrus juices can also increase flavor too.

How to consume less sodium. Start by making small changes. It will be hard to suddenly cut sodium out of your diet. Focus on fresh options, incorporate more sodium-free spices, and select low-sodium foods.

WEEKLY CHALLENGES

READ NUTRITION
LABELS TO KNOW
HOW MUCH SODIUM A
FOOD CONTAINS

USE SPICES AND
HERBS INSTEAD OF
SALT IN YOUR MEALS
THIS WEEK

CHOOSE FRESH FRUITS
AND VEGETABLES
OVER PROCESSED
FOODS

DID YOU KNOW?

2300 MG OF SODIUM IS
EQUAL TO 1 TSP OF SALT.
IT IS RECOMMENDED TO
LIMIT YOUR DAILY INTAKE
TO 2300 MG OR LESS

LOW-SODIUM SHEET PAN CHICKEN AND VEGGIE FAJITAS

Ingredients

- 2 lb chicken breast, sliced in half lengthwise and cut into small strips
- 1 green pepper, sliced
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 1 onion, sliced
- Cooking spray (can brush the pan with regular oil)
- 1 tbsp olive oil (or oil of choice)
- 8 low-sodium tortillas

Seasoning

- 1 tsp chili powder
- ½ tsp paprika
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp dried oregano
- ½ tsp dried cilantro
- ½ tsp cumin
- ¼ tsp cayenne pepper

Instructions

1. Preheat the oven to 350 degrees F.
2. Lightly coat the sheet pan with cooking spray or oil
3. Slice the peppers, onion, and the chicken into strips
4. Combine the spice mixture in a small dish
5. Spread the sliced peppers, onions, and chicken on the prepared sheet pan (make sure the chicken strips do not overlap)
6. Drizzle 1 tbsp olive oil over the entire pan
7. Sprinkle the seasoning mixture over the entire pan
8. Gently toss the ingredients to evenly coat the chicken and vegetables with oil and seasoning
9. Bake for 20 minutes or until the chicken reaches 165 degrees F
10. Serve in warm low-sodium tortillas
11. Top the fajitas with toppings of your choice*

Yield: 8 fajitas | 300 calories per fajita | Prep time: 10-15 minutes | Total time: 30-35 minutes

Each fajita contains 225 mg sodium, which makes it a low-sodium meal option.

*Additional toppings such as cheese, salsa, or guacamole will add some additional sodium, so this is something to be mindful of.

Recipe adapted from the following source: <https://www.nourishedsimply.com/sheet-pan-chicken-fajitas/>