

EAT WELL, AGE WELL. SALT FREE COOKING

Let's Talk Salt.

There are various types of salts that include but are not limited to: Himalayan salt, flake salt, sea salt, kosher salt, and iodized salt.

However, salt has the same influence on the body regardless of the form that it comes in. Too much sodium can lead to many negative health complications, so it is important to consume sodium in moderation.

It is recommended that adults consume no more than 2,300 mg of sodium per day. However, adults often exceed this recommendation by consuming about 3,400 mg of sodium a day.

The good news is your sense of taste will adjust quickly to lower amounts of salt.

Sweet Potato, Pepper, and Onion Hash

Servings: 2-4



Photo Courtesy of pixabay.com

Ingredients:

- 2 large, sweet potatoes, peeled & diced into 1" cubes
- ½ red onion, diced
- ½ green bell pepper, diced
- ¾ red/yellow/orange bell pepper, diced
- 2 Tbsp. extra virgin olive oil
- 4 cloves garlic, minced
- Black pepper, to taste, about ¼ tsp
- ¼ tsp. paprika
- 1/8 tsp. cayenne pepper
- ¼ tsp. Italian seasoning (salt-free)
- 1/8 tsp. garlic powder
- 4 sprigs fresh rosemary, chopped or ¼ tsp dried

Directions

1. Preheat oven to 425F. Line a baking sheet with aluminum foil.
2. Place sweet potatoes in a glass bowl, and microwave 2.5 mins to slightly soften.
3. Add diced onions and peppers to bowl. Pour oil and garlic over the vegetables. Season with pepper, paprika, cayenne pepper, Italian seasoning, garlic powder and fresh rosemary. Stir to combine.
4. Spread the potatoes and vegetables evenly on a baking sheet.
5. Roast 15-20 mins stirring pan halfway through.
6. Remove from oven and serve hot!

Recipe adapted from:

<https://www.delish.com/holiday-recipes/thanksgiving/a22628915/healthy-sweet-potato-hash-recipe/>

EAT WELL, AGE WELL: SALT-FREE COOKING

Why Go Salt-free With Cooking?

A diet high in sodium can lead to many health complications over time. However, reducing sodium intake has many benefits and can be done easily through the addition of new herbs and spices to keep great flavor and reduce sodium content. Salt-free cooking means that no extra sodium is added to a dish while cooking. By finding or making new salt-free spice mixtures, meals can easily be made without compromising taste in any way.

Crispy Potato Skins

Servings: 2



Photo Courtesy of Pexels.com

Ingredients:

- 2 medium russet potatoes
- Butter-flavored cooking spray
- 1 tablespoon fresh rosemary, minced or ½ tsp dried
- 1/8 teaspoon freshly ground black pepper

Directions

1. Heat the oven to 375 F.
2. Wash the potatoes and pierce with a fork. Place in the oven and bake until the skins are crisp, about 1 hour.
3. Carefully — potatoes will be very hot — cut the potatoes in half and scoop out the pulp, leaving about 1/8 inch of the potato flesh attached to the skin. Save the pulp for another use.
4. Spray the inside of each potato skin with butter-flavored cooking spray. Press in the rosemary and pepper. Return the skins to the oven for 5 to 10 minutes. Serve immediately.

Variation: roast other veggies with the potatoes to enjoy as a topping or side.

Source: <https://www.mayoclinic.org/healthy-lifestyle/recipes/crispy-potato-skins/rcp-20049658>

“The greatest wealth is health” – Sarchar Leone

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Benefits of Salt Free Cooking

Did you know nearly 90% of Americans are consuming too much sodium? This is largely due to the prevalence of processed foods. Salt can increase blood pressure which can be concerning in older adults. There are many health benefits of limiting salt while cooking. Limiting salt while cooking also provides opportunity to explore other flavors! Spicing up a meal with seasonings you do not normally use can be a fun challenge!

Salt Free Seasoning



Photo courtesy of pixabay.com

This recipe is a simple and versatile way to spice up your meals salt free.

This seasoning is great on everything from chicken to fish to popcorn.

The opportunities are endless!

Ingredients

- 1 T. garlic powder
- 1 T. onion powder
- 1 T. dry mustard
- 1 T. paprika
- 1 t. dry thyme
- 1 t. dried basil
- 1 t. cayenne pepper or to taste
- 1/2 t. pepper

Directions

Mix all the ingredients together and place in a shaker jar.

Recipe Yields: 5 tablespoons

Time: 5 minutes

Recipe adapted from: susieqpiescafe.com

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Let's Talk About Salt!

Salt is often something that is kept at the dinner table and used often to add to our meals. It is often added while cooking and eating to add flavor to foods.

Too much sodium, or salt, can lead to high blood pressure. Consuming low amounts of salt is important for heart health. Adults should consume no more than 2,300 mg of sodium a day. Most adults currently consume about 3,400 mg of sodium a day or more!

An easy way to cut down on the amount of salt used during cooking and eating is to add herbs and spices. Examples include paprika, garlic, rosemary, sage, lemon pepper, lemon juice, mint, parsley and many others.

Lemon Herb Roasted Potatoes

Serves 3



Image by Christo Anestev from Pixabay

Ingredients:

- 3 large red potatoes, cut into small pieces
- ¼ cup lemon juice
- 1 tablespoon garlic, minced
- ¼ cup olive oil
- ¼ cup fresh basil, chopped or 1 tsp dried
- 1 tablespoon thin chives, chopped
- 1 tablespoon fresh parsley, chopped or 1 tsp dried
- 1/8 teaspoon ground black pepper

Directions

1. Preheat oven to 400 degrees F. Combine chopped basil, chives, parsley, lemon juice, and garlic in a bowl and mix well.
2. Pour the mixture over the potatoes, season with pepper and mix well.
3. Bake in the oven for about 45 minutes-1 hour or until potatoes are soft. Stir potatoes every 10 minutes so the potatoes do not stick to the pan.

This delicious recipe for roasted potatoes uses no salt but adds many different flavors. Flavor compounds of the recipe include lemon juice, garlic, basil, chives, parsley, and pepper.

Recipe adapted from:
Rants From My Crazy Kitchen