



Blueberry Fruit Crumble

Low Sodium
Serves 2

1 ¼ cups frozen or fresh blueberries
2 teaspoons sugar
1 tablespoons whole-wheat flour
2 teaspoons orange juice
¼ cup rolled oats
1 tablespoon chopped almonds
1 tablespoon brown sugar
sprinkle of ground cinnamon
½ teaspoon canola oil

Preheat oven to 400°

Combine fruit with sugar, ½ tablespoon flour and orange juice. Divide among 2 ovenproof custard dishes. Combine oats, nuts, brown sugar, remaining flour and cinnamon.

Drizzle with oil and stir to combine. Sprinkle over the fruit mixture. Place custard dishes on baking sheet. Bake until the fruit is bubbling and the topping is golden, 20 to 25 minutes. Let stand for at least 10 minutes before serving.

Nutrition per serving: 252 calories; 11 g fat; 38 g carbohydrates; 5 g fiber; 4 g protein, 1 mg sodium



Creamy Chopped Cauliflower Salad

Low Sodium
Serves 2

1½ tablespoons reduced-fat mayonnaise
2 teaspoons cider vinegar
1 teaspoon finely chopped shallot
½ teaspoon crushed fennel seeds (optional)
ground pepper to taste
1 ½ cups chopped cauliflower florets
1 cup chopped romaine lettuce
½ apple, chopped

Whisk mayonnaise, vinegar, shallot, fennel seeds (if using) and pepper in a large bowl until smooth. Add cauliflower, romaine and apple; toss to coat

Nutrition per serving: 54 calories; 2 g fat, 0 g saturated fat; 2 g protein; 2 g fiber; 110 mg sodium



Moroccan Couscous with Chickpeas

Low sodium
Serves 2

½ cup dry wheat couscous
1 cup boiling water
½ cup canned chickpeas (garbanzo beans), drained
1 tablespoon minced parsley
2 teaspoons minced scallions
1 tablespoon lemon juice
1 tablespoon olive oil
1 teaspoon cumin
¼ teaspoon coriander
¼ teaspoon paprika
dash cayenne pepper
½ teaspoon minced garlic

Pour boiling water over the couscous in a heat-proof bowl. Let stand for 5 minutes until the water is absorbed. Add chickpeas, parsley and scallions. Combine remaining ingredients in another bowl and pour over the couscous and chickpeas. Serve at room temperature or refrigerate until ready to serve.

Nutrition per serving: 258 calories; 10.1 g fat; 1/3 g saturated fat; 16 mg sodium; 32.1 g carbohydrate; 9.1 g fiber 10 g protein



Grilled Chicken Ratatouille

Low Sodium
Serves 2

1 tablespoon extra-virgin olive oil
1 tablespoon basil
1 teaspoon marjoram
¼ teaspoon salt
cooking spray
½ red bell pepper, stemmed and seeded
½ eggplant, cut into ½ -inch thick rounds
1 small zucchini halved lengthwise
2 plum tomatoes, halved lengthwise
1 small red onion, cut into ½-inch-thick rounds
2 boneless, skinless chicken breasts
Dash ground pepper
1 teaspoon red-wine vinegar

1. Preheat grill to medium-high
2. Combine oil, basil, marjoram and salt in a small bowl and reserve 1 teaspoon of the mixture in another small bowl
3. Coat both sides of the bell pepper, eggplant, zucchini, tomato, and onion pieces with cooking spray. Grill the vegetables, turning once, until soft and charred in spots, about 3-5 minutes. As the vegetables finish cooking, place them in a large bowl and cover with plastic wrap.
4. Rub the teaspoon of reserved herb mixture on both sides of chicken and sprinkle with pepper. Grill the chicken until cooked through and no longer pink in the center, 4-5 minutes per side.
5. Meanwhile, transfer the grilled vegetables to a cutting board and chop into 1-inch pieces. Return to the bowl and toss with vinegar and the remaining herb mixture. Serve the grilled chicken with the ratatouille.

Nutrition per serving: 325 calories; 7.3 g fat; 1 g saturated fat; 316 mg sodium;
16 g carbohydrate; 7.3 g fiber; 36 g protein



Hungarian Beef Goulash

Low sodium
Serves 4

1 pound beef stew meat, such as chuck, trimmed and cubed
1 teaspoon caraway seed
1 tablespoon sweet or hot paprika, preferably Hungarian
freshly ground pepper to taste
1 medium onion, chopped
½ red bell pepper, chopped
1 14-ounce can no salt added chopped tomatoes
1 cup reduced-sodium beef broth
½ teaspoon Worcestershire sauce
2 cloves garlic, minced
1 bay leaf
2 teaspoons cornstarch mixed with 2 teaspoons water

1. Place beef in slow cooker. Crush caraway seeds with the bottom of a saucepan. Transfer to a small bowl and stir in paprika, salt and pepper. Sprinkle the beef with the spice mixture and toss to coat well. Top with onion and bell pepper.
2. Combine tomatoes, broth, Worcestershire sauce and garlic in a medium saucepan; bring to a simmer. Pour over the beef and vegetables. Place bay leaf on top. Cover and cook until the beef is very tender, about 7 hours on low.
3. Discard the bay leaf; skim any visible fat from the surface of the stew. Add the cornstarch mixture to the stew and cook on high, stirring 2 or 3 times, until slightly thickened, 10 to 15 minutes.

Nutrition per serving: 180 calories; 5 g fat; 2 g saturated fat; 6 g carbohydrates; 25 g protein; 1 g fiber; 140 mg sodium



Southern-Style Pork Stir-Fry

Low Sodium
Serves 2

1 teaspoon canola oil
½ lb. boneless pork tenderloin chops, cut into ¼ inch slices
1 medium sweet potato, peeled and cut into 1x½ inch strips
4 tablespoons water
½ medium onion, sliced
3 teaspoons raisins
1-½ teaspoons cornstarch
2 tablespoons white wine
1 cup apples, unpeeled, cut into wedges and thinly sliced

Heat oil in a heavy nonstick skillet over medium high heat. Stir-fry pork 4-5 minutes. Transfer pork to a platter and season with pepper to taste. Add potatoes and water to skillet, cover and cook 5 minutes. Return pork to skillet. Add onion and raisins. Continue to stir-fry 3 minutes. Combine cornstarch and wine in a jar with a tight-fitting lid. Shake well and stir into pork mixture until sauce is thickened. Fold in apple wedges and stir-fry 1 minute.

Nutrition per serving: 352 calories; 7.3 grams fat, 2.7 g saturated fat; 43.5 g carbohydrate; 5.2 g fiber; 27.9 g protein; 67 mg sodium.



Salmon Burgers with Avocado and Red Onion

Low Sodium
Serves 2

½ lb wild salmon filet, skinned, chopped in ¼ inch pieces
1 tablespoon finely chopped red onion
1 tablespoon chopped fresh cilantro
¼ teaspoon ground ginger
1/8 teaspoon freshly ground pepper
2 teaspoons extra-virgin olive oil
½ avocado, sliced
¼ red onion, sliced

In a medium sized bowl, combine the wild salmon pieces, chopped onion, cilantro, ginger and pepper, being careful not to overmix.

Divide the mixture into 2 patties, about 1 inch thick. Chill in the refrigerator for at least 20 minutes before cooking.

Heat oil in a nonstick skillet over medium heat. Add the burgers and cook until browned on both sides and just cooked through, 4 to 6 minutes total.

Garnish with slices of avocado and onion.

Nutrition per serving: 239 calories, 13 g fat, 2 g saturated fat, 2 g carbohydrates, 26 g protein, 60 mg sodium.



Spinach Salad with Strawberries and Goat Cheese

Low sodium
Serves 2

1 teaspoon brown sugar
1 tablespoon red-wine vinegar
1 ½ teaspoons extra-virgin olive oil
pinch of salt
ground pepper to taste
3 cups baby spinach
1 cup sliced fresh strawberries
¼ cup toasted chopped pecans *
¼ cup crumbled goat cheese

Whisk brown sugar, vinegar, oil, salt and pepper in large bowl. Add spinach and strawberries; toss to coat. Divide the salad among 2 plates and top with pecans and goat cheese.

*To toast nuts, stir constantly in small dry skillet over medium-low heat until fragrant and lightly browned, 2-4 minutes

Nutrition per serving: 156 calories; 10 g fat; .0.9 g saturated fat; 114 mg sodium, 10.5 g carbohydrate, 3.7 g fiber, 6 g protein



Stir-Fried Curried Pasta with Spinach and Shrimp

Low Sodium
Serves 2

¼ pound medium whole-wheat pasta shells
2 tablespoons light sour cream
1 tablespoon reduced-sodium chicken broth
1 teaspoon canola oil
2 scallions, thinly sliced
½ teaspoon ground ginger
1 teaspoon curry powder
1 small garlic clove, minced
¼ pound medium raw shrimp, peeled
3 cups fresh baby spinach
2 medium plum tomatoes, diced

1. Cook pasta in a large pot of boiling salted water until tender but firm, 10 to 15 minutes. Drain and rinse under cold water until cooled. Set aside.
2. Whisk together sour cream and chicken broth in a small bowl. Set aside
3. Heat oil in a wok or large non-stick skillet over high heat. Add scallions, ginger, curry powder and garlic and stir-fry about 10 seconds. Add shrimp and stir-fry until the shrimp is pink, about 2-3 minutes. Add spinach and stir-fry until the spinach is wilted but still bright green, about 1 minute. Add tomatoes and the reserved pasta shells and toss until evenly distributed. Add the reserved sour cream mixture and toss again. Cover and cook until heated through, about 30 seconds. Serve immediately

Nutrition per serving: 414 calories; 5 g fat; 0 g saturated fat; 67 g carbohydrates; 25 g protein; 9 g fiber; 235 mg sodium



Chili Chicken Soup

Low Sodium
Serves 2

3 cups reduced-sodium chicken broth
¼ cup water
4 cloves garlic, peeled
4 ounces boneless, skinless chicken breast
1 teaspoon canola oil
½ cup chopped onion
1 small poblano chili pepper, chopped
½ canned chipotle pepper in adobo sauce
½ cup instant brown rice
2 radishes, sliced
½ avocado, chopped
1
tablespoon chopped fresh cilantro
2 lime wedges

1. Bring broth, water, garlic and chicken to a boil in saucepan over medium-high heat. Reduce heat to a simmer and cook, skimming any foam that rises to the top, until the garlic is tender and the chicken is cooked through, 12 to 15 minutes. Transfer the garlic with a slotted spoon to a blender and the chicken to a clean cutting board. 2.

Meanwhile, heat oil in a medium skillet over medium heat. Add onion and poblano chile and cook, stirring until beginning to brown, 8 to 10 minutes. Add to the broth. 3. Add ½ cup

of the broth and chipotle pepper to the blender and process until smooth (use caution when pureeing hot liquids). Pour the mixture back into the broth in the pan. Stir in rice. Bring to a boil, reduce to a simmer and cook until the rice is tender, about 10 minutes.

4. Shred the chicken and divide among 2 bowls. Ladle the broth over the chicken and top with equal portions of radish, avocado and cilantro. Serve with a wedge of lime.

Nutrition per serving: 318 calories, 13 g fat; 2 g saturated fat; 31 g carbohydrate; 22 g protein, 6 g fiber, 264 mg sodium.