

Spice Up Your Meals Without Salt! - Adapted for South Asian Communities

We all need some sodium, but too much sodium can be harmful to our health. Too much sodium can lead to high blood pressure, heart disease, stroke, and kidney disease.

Sodium is the main ingredient of salt. All types of salt, for example, table salt or sea salt, are high in sodium.

Healthy adults only need about 1500 milligrams of sodium each day. This is the amount of sodium in 2/3 teaspoon of salt.

One way to decrease the sodium in our diet is to avoid adding salt when cooking. There are many combinations of flavorful ingredients to make food tasty without adding salt.

If you would like an adventure in the kitchen you can start by choosing one or more of the ingredients in the chart below to rub, sprinkle, stir-fry or add to your favorite dishes. If you would like to follow a recipe, see the samples below. Everyone likes different flavors; these are a few ideas to get you started.

<i>Dish</i>	<i>Flavour Ideas</i>	
Pork/Beef/Mutton Lamb/Goat	<ul style="list-style-type: none"> Ginger Mustard Paprika Garlic powder Rosemary Sage Thyme Lemon Vinegar Onion 	<ul style="list-style-type: none"> Chili flakes Green chili Onion Powder Onion paste Black pepper Apple Applesauce Thyme Sage Oregano

	<ul style="list-style-type: none"> Mint Coriander Garlic Black pepper Red chilies 	<ul style="list-style-type: none"> Garlic Rosemary Lemon Chili powder Ginger
Poultry	<ul style="list-style-type: none"> Lemon Tarragon Basil Paprika Shallots Thyme Garlic Dill 	<ul style="list-style-type: none"> Honey Ginger Vinegar Green chili Coriander Mint Chili flakes Black pepper
Fish	<ul style="list-style-type: none"> Lemon Ginger paste Black pepper Basil Chives Green onions 	<ul style="list-style-type: none"> Parsley Fennel Dill Green chili Chili flakes Tamarind juice
Legumes	<ul style="list-style-type: none"> Black pepper Garlic crushed Chives Coriander Chili powder Kalonji (onion seed) Carom seeds (ajwain) 	<ul style="list-style-type: none"> Lemon Curry leaves Green chili Mustard seeds Anardana (pomegranate seeds)

	<ul style="list-style-type: none"> Parsley Dried fenugreek leaves Whole red chili dry Turmeric powder 	<ul style="list-style-type: none"> Cumin Tamarind juice Cloves Onion
Pasta	<ul style="list-style-type: none"> Oregano Thyme Marjoram Parsley Mint 	<ul style="list-style-type: none"> Lemon juice Olive oil Onion Garlic Ginger Coriander
Cooked Vegetables	<ul style="list-style-type: none"> Thyme Parsley Oregano Black pepper Garlic Ginger Green chili Red chili powder Dried fenugreek leaves Carom Seeds (ajawain) 	<ul style="list-style-type: none"> Cumin Kalonji Mustard seeds Coriander Onion Red chili whole dry Curry leaves Tamarind Lemon
Salad	<ul style="list-style-type: none"> Extra virgin olive oil Canola oil Safflower oil Grapeseed oil Red wine vinegar White wine vinegar 	<ul style="list-style-type: none"> Tamarind Fresh herbs such as mint, basil, cilantro, coriander, green chili, red chili

	<ul style="list-style-type: none"> Lemon juice Balsamic vinegar Yogurt 	<ul style="list-style-type: none"> Thinly sliced or minced scallions or red onions
<p>Grains i.e. brown rice, quinoa, bulgur</p>	<p>To cook these grains combine water with any one of these liquids:</p> <ul style="list-style-type: none"> No salt added broth No salt added tomato juice 100% orange juice Black cardamom Cumin Black or white whole pppers Cloves Green cardamom Cinnamon Anardana (pomegranate seeds) Curry leaves Red whole chili Mint Tamarind Nuts (roasted unsalted) Raisins Saffron 	

Try these sample recipes that add flavor without salt:

For Marinating of Meat

1 bunch	coriander	1 bunch
5	green chilis	5
1 bunch	mint leaves	1 bunch
5 whole	garlic	5 whole
1 inch	ginger	2.5 cm
¼ cup	canola or olive oil	60 mL
1 medium	onion	1 medium
¼ cup	lemon juice	60 mL

1. Peel onion, ginger and garlic and cut into small pieces.
2. Finely chop coriander and mint.
3. Put onion, ginger, garlic, coriander, mint, green chilies into blender.
4. Add oil, lemon juice and blend to make thick paste.
5. Rub mixture onto meat and leave it on side for at least 1-2 hour.
6. Cook or grill meat.

Tip: Try this marinade with chicken, beef, pork, lamb goat or mutton.

Cajun Marinade

1 clove	garlic, finely minced	1 clove
2 tsp	chili powder	10 mL
2 tsp	ground cumin	10 mL
2 tsp	ground coriander	10 mL
½ tsp	freshly ground black pepper	2.5 mL
2 tbsp	canola oil	30 mL
2 tbsp	water	30 mL
4 tsp	freshly squeezed lime juice	20 mL

1. In a small bowl, whisk together garlic, chili powder, cumin, coriander, pepper, oil, water and lime juice.
2. Place 4 chicken fillets (from 2 large breasts) in a glass or ceramic plate or resalable bag. Pour marinade over chicken and coat both sides. Cover and refrigerate for at least 30 minutes or for up to 2 hours. When ready to

cook, drain off and discard excess marinade.

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Tip: Try this marinade with beef, pork, lamb or fish.

Mango Chutney

2 medium	ripe mangos fresh or frozen	2 medium
2 tbsp	oil	30 mL
2 tsp	chili flakes	10 mL
¼ tsp	ground black pepper	1 mL
1 pinch	cumin seeds	1 pinch
¼ tsp	coriander seeds	1 mL
¼ tsp	kalonji (onion seeds)	1 mL
¼ tsp	mustard seeds	1 mL
¼ tsp	fresh ginger finely grated	1 mL
1 tsp	sugar	5 mL
¼ tsp	paprika/ ground chili	1 mL
¼ cup	lemon juice	60 mL

1. Peel the mangoes and mashed it into pulp with spoon.
2. Heat oil in a pan. Pop and sizzle chili flakes, black pepper, cumin seeds, coriander seeds and onion seeds.
3. Add mustard seeds and ginger.
4. Add sugar and paprika.
5. Add lemon juice and stir.
6. Next, add the mashed mango pulp. Mix and cook on low heat for 5 minutes. Stir occasionally.
7. Serve the chutney with kabab or grilled chicken.
8. It can be stored up to a week in an airtight container in a fridge.

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