

Spice Up Your Meals Without Salt! - Adapted for Chinese 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 flavourful 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 favourite dishes. If you would like to follow a recipe, see the samples below. Everyone likes different flavours; these are a few ideas to get you started.

<i>Dish</i>	<i>Flavour Ideas</i>	
Beef	<ul style="list-style-type: none"> Ginger Mustard Garlic powder Rosemary Curry Garlic Green onions Pineapple Mango 	<ul style="list-style-type: none"> Chili pepper Sweet green or red bell pepper Mushroom Celery Tomato Cilantro Sesame oil Vinegar

Pork	<ul style="list-style-type: none"> Onion Black pepper/ white pepper Apple Garlic Rosemary Chives Ginger 	<ul style="list-style-type: none"> Green onions Basil Five-spice powder Star anise Sesame oil Chili pepper Vinegar
Poultry	<ul style="list-style-type: none"> Lemon Lemon grass Basil Shallots Garlic Green onions Mango Pineapple 	<ul style="list-style-type: none"> Black pepper/ white pepper Ginger Five-spice powder Star anise Sesame oil Chili pepper Vinegar Curry
Fish	<ul style="list-style-type: none"> Lemon Ginger Garlic Black pepper/ white pepper Basil Chives 	<ul style="list-style-type: none"> Green onions Parsley Curry Dill Lemon grass Chili pepper
Legumes/tofu	<ul style="list-style-type: none"> Black pepper Onion Mushroom Red onion 	<ul style="list-style-type: none"> Parsley Ginger Garlic Shitake

	<ul style="list-style-type: none"> Szechwan peppercorn Green onions Leek 	<ul style="list-style-type: none"> mushroom Black fungus Chili pepper Sesame oil
Pasta	<ul style="list-style-type: none"> Oregano Basil Parsley Garlic 	<ul style="list-style-type: none"> Lime juice Sesame oil Thinly sliced or minced scallions or red onions
Cooked Vegetables	<ul style="list-style-type: none"> Cilantro Black pepper Garlic 	<ul style="list-style-type: none"> Ginger Shitake mushroom Chili pepper
Salad	<ul style="list-style-type: none"> Extra virgin olive oil Canola, safflower, grapeseed, sesame oil Vinegar Lemon juice 	<ul style="list-style-type: none"> Apple juice Fresh herbs such as mint, basil, cilantro, Thinly sliced or minced scallions or red onions Garlic
Grains i.e. brown rice, soup noodles, wanton soup	<p>Enhance the grain dishes with the following ingredients:</p> <ul style="list-style-type: none"> Sodium-reduced chicken broth Fresh tomato soup and tomato paste Szechuan peppercorn Chili pepper Basil Ginger 	

- | Sesame oil
- | Pineapple
- | Shitake mushrooms
- | Black pepper
- | Vinegar
- | Cilantro
- | Onion

Try these sample recipes that add flavour without salt:

Asian Vinaigrette

Make 10 servings

2	green onions, finely chopped	2
½ cup	rice wine vinegar	125 mL
¼ cup	unsweetened apple juice	50 mL
2 tbsp	sesame oil	25 mL
2 tbsp	reduced-sodium soy sauce	25 mL
1 tbsp	grated gingerroot	15 mL
1 tsp	granulated sugar	5 mL

1. In blender, on high speed, blend green onions, vinegar, apple juice, sesame oil, soy sauce, ginger and sugar until well combined
Tip: Serve over your favourite fruit and vegetable salad.

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Sweet Chili Tofu Stir-Fry

Make 4 servings

	Vegetable cooking spray	
5 oz	firm tofu, cut into thin strips	150 g
¾ cup	sliced Spanish onion	175 mL
1 cup	broccoli florets	250 mL
1 cup	baby carrots, cut into bite-size pieces	250 mL
¾ cup	sugar snap peas, trimmed	175 mL
½ cup	julienned red bell pepper	125 mL
½ cup	vegetable broth or water	125 mL
¼ cup	sweet chili sauce	50 mL
1 tsp	grated orange zest	5 mL
1 tbsp	chopped fresh cilantro (optional)	15 mL

1. Heat a wok or large skillet over medium-high heat. Spray with vegetable cooking spray. Brown tofu on both sides, then remove from pan and set aside.
2. Add onion to wok and sauté for 1 minute. Add broccoli, carrots, peas and red pepper; stir-fry until tender-crisp, about 5 minutes. Return tofu to wok and stir in broth, chili sauce and orange zest. Heat until bubbling.
3. Transfer stir-fry to serving platter and sprinkle with cilantro, if using.

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Pineapple Vegetable Rice

Make 12 servings

2 tbsp	vegetable oil	25 mL
1 clove	garlic, finely chopped	1 clove
½ cup	chopped yellow onion	125 mL
½ cup	diced carrot	125 mL
½ cup	diced red bell pepper	125 mL
3 cups	cooked brown rice	750 mL
1 cup	fresh or canned pineapple chunks	250 mL
½ cup	unsalted dry-roasted cashew pieces	125 mL
¼ cup	dried cranberries	50 mL
3 tbsp	reduced-sodium soy sauce	45 mL
1 tbsp	granulated sugar	15 mL
½ cup	frozen green peas, thawed	125 mL
1	green onion, chopped	1
2 tbsp	chopped fresh cilantro	25 mL

1. In ovenproof skillet, heat oil over medium heat. Saute garlic and onion until softened, about 5 minutes. Add carrot and red pepper; sauté until slightly softened, about 5 minutes. Stir in rice, pineapple, cashews, cranberries, soy sauce and sugar.
2. Place skillet in preheated oven and baked for 30 minutes. Remove from oven and stir in green peas. Bake for 10 minutes, until peas are hot.
3. Transfer to a serving bowl and sprinkle with green onion and cilantro.

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