

LOW SODIUM RECIPE STARTER KIT

Angel Biscuits

- 1 pkg. yeast-(0 mg sodium)
- 2 c. flour- (6 mg sodium)
- 2 tbsp. sugar-(0 mg sodium)
- ½ c. buttermilk-(80 mg sodium)
- ¼ c. lukewarm water-(0 mg sodium)
- 3 tbsp. shortening or canola oil (see directions)-(0mg)
- 3 tbsp. Featherweight Baking Powder (available at Whole Foods or www.healthyheartmarket.com)-(0mg)

Soften yeast in warm water and set aside. Sift dry ingredients together. Cut shortening or mix canola oil into dry ingredients. Add milk and yeast mixture. Stir until well blended. Store in the refrigerator for 1 hour. Roll out and cut biscuits ½" thick, 2" wide. Let rise for 1 hour. Bake at 425 degrees for 10 minutes.

This recipe makes approximately 10 biscuits
Each biscuit contains approximately 8.6 mg sodium

Baking Powder Cornbread

- 1 cup yellow cornmeal
- 1 cup bread flour
- ¼ cup granulated sugar
- 1 tablespoon Featherweight Baking Powder (can purchase at Whole Foods & on www.healthyheartmarket.com)
- ¼ cup unsalted applesauce
- 1 egg, lightly beaten
- 1 cup nonfat milk
- 2 tablespoons diced jalapeno peppers (optional)

Preheat oven to 400 degrees. Combine cornmeal, flour, sugar, & baking powder in a medium bowl. Combine applesauce, egg, & milk in another bowl. Mix well. Add wet mixture to dry mixture & stir until blended. Pour batter into a greased 8 inch square pan. Bake at 400 degrees for 25 minutes, or until wooden pick inserted into center comes out clean.

Serves 12 Calories: 114 per serving Sodium: 17mg per serving
Carbohydrates: 24 g per serving

Low Sodium Chili

- 1 pound lean ground beef
- 1 can no-salt-added pinto beans
- 1 can no-salt-added kidney beans
- 1 can low-sodium crushed tomatoes
- 1 can low-sodium tomato puree
- 4 teaspoons oregano
- 4 tablespoons paprika
- 2 tablespoons garlic powder
- 1 tablespoon onion powder
- 2 teaspoons Tabasco sauce
- ¼ teaspoon salt
- 1 ½ teaspoons black pepper
- 1 teaspoon cayenne pepper
- 2 teaspoons ground cumin
- 2 teaspoons minced garlic
- 1 ½ cups chopped onions
- 1 ½ cups chopped green peppers

(May substitute Williams No Sodium Chili Seasoning for above spices)

Directions:

1. Brown ground beef & drain fat
2. Brown peppers, garlic, & onion
3. Mix all ingredients in crock pot
4. Let cook on low heat for 4-8 hours

Servings: 8, Serving size: 1 cup

Calories: 148 per serving, Sodium: 128mg, Carbohydrates: 36mg

Mexican Seasoning

- 2 teaspoons chili powder
- 1 ½ teaspoons paprika
- 1 ½ teaspoons ground cumin
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- ¼ teaspoon cayenne pepper

Preparation:

Mix spices together in small bowl. Use to season meat for tacos.

Store unused portion in sealed container. One recipe makes enough for one pound of meat.

Portions: 8, Serving size: ¾ teaspoon Calories: 8 per serving

Sodium: 10mg per serving Carbohydrates: 2g per serving

Soft Tacos with Mexican Seasoning

- 1 recipe of Mexican Seasoning (see above)
- 1 pound ground beef, browned & drained
- ½ cup low sodium tomato sauce
- 14 six-inch corn tortillas, warm (corn tortillas have 11 mg sodium, flour tortillas have 190 mg)
- 5 tablespoons shredded cheddar cheese
- 5 tablespoons chopped onion
- 5 tablespoons sour cream
- 1 cup shredded lettuce

Preparation:

Make Mexican Seasoning. Brown & drain ground beef. Add seasoning mixture & low sodium tomato sauce. Heat over medium heat. Assemble soft tacos- Take 1 corn tortilla add 2 Tbsp. seasoned ground beef, 1 teaspoon cheese, 1 teaspoon onion, 1 teaspoon sour cream, & lettuce as desired.

Portions: 7, Serving size: 2

Sodium : 119 mg per serving

Calories: 314 per serving

Carbohydrates: 32g per serving

Mock Sausage

- 1 pound ground pork
- 2 teaspoons ground sage
- 2 teaspoons sugar or sugar substitute
- 1 teaspoon dried, crushed basil
- 1 ½ teaspoons black pepper
- ¼ teaspoon ground red pepper (add more for hot sausage)

Directions:

Mix all ingredients together in a large bowl. Divide into 8 equal portions & form into individual patties. Cook or freeze for later use.

Servings: 8, Serving size: 1 ½ ounces of cooked patty Calories: 133 per serving
Sodium: 31mg per serving Carbohydrates: 2g per serving

Old-Fashioned Chicken Noodle Soup

- 6 cups Kitchen Basics (or other brand) Unsalted Chicken Stock (150mg sodium/cup)
- ½ medium onion, thinly sliced
- 1 small carrot, thin sliced
- 2 stalks celery, thin sliced
- 2 sprigs fresh thyme
- 2 sprigs flat leaf parsley
- ½ cup water
- 1/3 lb. wide egg noodles
- 2 cups shredded cooked chicken
- 1 tablespoon minced parsley leaves for garnish
- Freshly ground black pepper

Preparation:

Put onion, carrot, celery, thyme, parsley, stock, & water in medium pot. Bring to a simmer over medium high heat until vegetables are almost tender (about 5 min). Add noodles & cook until tender (5-8 minutes). Add chicken & warm through. Garnish with parsley.

Servings: 6

Calories: 208mg per serving Sodium: 206 mg per serving

Carbohydrates: 19g per serving

“Healthified” Ranch Dressing

- ½ cup Fat Free plain yogurt
- ¼ cup reduced fat mayonnaise
- ¾ cup buttermilk
- 1 tablespoon chopped fresh chives
- 2 teaspoons chopped fresh parsley
- 1/8 teaspoon garlic powder
- 1/8 teaspoon pepper

Preparation:

Mix ingredients in small bowl then cover & refrigerate for 1 hour to blend flavors. May store up to 2 days in refrigerator.

Servings: 12, Serving size: 2 tablespoons

Sodium: 85mg per serving

Calories: 30 per serving

Carbohydrates: 2g per serving

Vinaigrette Dressing

- 1 part vinegar to 3 or 4 parts oil
- (try balsamic vinegar & olive oil)
- Freshly ground black pepper to taste

Preparation:

Whisk in bowl until creamy.

Pour over fresh tomatoes & fresh basil or use as a salad dressing – Instead of bottled Ranch!

Education is power. The more you know about managing your heart failure symptoms, the sooner you can start down the path to taking back control of your health. Your healthcare team at Arkansas Heart Hospital is here to support you on this journey.

If you have questions about managing your Heart Failure, please call the AHHC CHF clinic at (501) 978-8633.

FAILURE IS NOT AN OPTION!