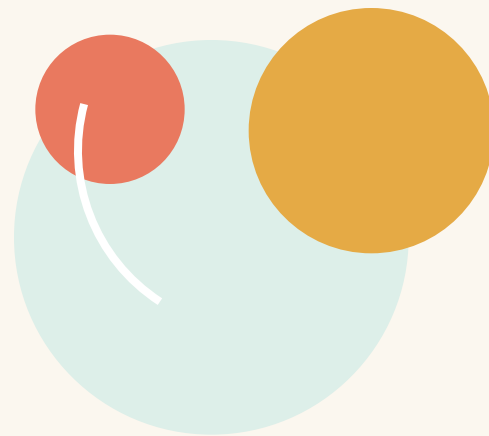




SEVEN

Low-Sodium Dinner Recipes

FOR BETTER HEART HEALTH

Flavor-forward meals built around lean protein, colorful vegetables and whole grains.

THE LOW-SODIUM APPROACH

Each meal is generally under 600 mg of sodium per serving when prepared with no-added-salt ingredients and low-sodium products.

7 DINNERS • SIMPLE INGREDIENTS • BIG FLAVOR

Lemon Herb Grilled Salmon

with Roasted Vegetables

380

CALORIES
per serving

140 mg

SODIUM
per serving

SALMON

WHAT YOU'LL NEED

- 4-6 oz salmon fillet
- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 tsp olive oil
- Lemon juice
- Dill and parsley
- Garlic powder and black pepper

MAKE IT

01

Season the salmon with herbs and lemon juice. Roast the vegetables at 400°F (205°C) for 20-25 minutes while grilling or baking the salmon until it flakes easily.

SMART FLAVOR TIP

Build flavor with citrus, herbs, garlic and salt-free spices before reaching for the salt shaker.

Grilled Chicken

with Quinoa & Steamed Green Beans

400

CALORIES
per serving

170 mg

SODIUM
per serving

CHICKEN

WHAT YOU'LL NEED

- 4 oz skinless chicken breast
- 1/2 cup cooked quinoa
- 1 cup green beans
- Olive oil
- Garlic, paprika and oregano
- Lemon juice

MAKE IT

01

Grill the seasoned chicken. Serve with cooked quinoa and steamed green beans drizzled with olive oil and lemon.

SMART FLAVOR TIP

Build flavor with citrus, herbs, garlic and salt-free spices before reaching for the salt shaker.

Turkey & Vegetable Stir-Fry

served over Brown Rice

430

CALORIES
per serving

250 mg

SODIUM
per serving

TURKEY

WHAT YOU'LL NEED

- 4 oz lean ground turkey
- Bell peppers
- Broccoli
- Mushrooms
- Brown rice
- Garlic and ginger
- Sesame oil
- Low-sodium coconut aminos (optional)

MAKE IT

01

Brown the turkey, add the vegetables, and stir-fry until tender-crisp. Serve over brown rice.

SMART FLAVOR TIP

Build flavor with citrus, herbs, garlic and salt-free spices before reaching for the salt shaker.

Baked Cod

with Sweet Potato & Asparagus

360

CALORIES
per serving

150 mg

SODIUM
per serving

COD

WHAT YOU'LL NEED

- 5 oz cod
- 1 medium sweet potato
- 1 cup asparagus
- Olive oil
- Lemon juice
- Garlic powder
- Paprika and parsley

MAKE IT

01

Bake the cod and sweet potato at 400°F (205°C). Roast the asparagus during the last 12-15 minutes.

SMART FLAVOR TIP

Build flavor with citrus, herbs, garlic and salt-free spices before reaching for the salt shaker.

Black Bean Stuffed Peppers

with Vegetables & Brown Rice

390

CALORIES
per serving

210 mg

SODIUM
per serving

PLANT-BASED

WHAT YOU'LL NEED

- 2 bell peppers
- No-salt-added black beans
- Brown rice
- Corn
- No-salt-added diced tomatoes
- Onion
- Cumin and chili powder
- Cilantro

MAKE IT

01

Mix the filling ingredients, stuff the peppers, and bake for 30-35 minutes.

SMART FLAVOR TIP

Build flavor with citrus, herbs, garlic and salt-free spices before reaching for the salt shaker.

Shrimp & Whole-Wheat Pasta

with Spinach and Cherry Tomatoes

420

CALORIES
per serving

220 mg

SODIUM
per serving

SHRIMP

WHAT YOU'LL NEED

- 4 oz fresh shrimp
- 1 cup cooked whole-wheat pasta
- Fresh spinach
- Cherry tomatoes
- Olive oil
- Garlic, basil and oregano

MAKE IT

01

Sauté the shrimp with garlic, add the spinach and tomatoes, then toss with the cooked pasta.

SMART FLAVOR TIP

Build flavor with citrus, herbs, garlic and salt-free spices before reaching for the salt shaker.

Lentil & Vegetable Bowl

with Brown Rice

410

CALORIES
per serving

120 mg

SODIUM
per serving

PLANT-BASED

WHAT YOU'LL NEED

- 1 cup no-salt-added cooked lentils
- 1/2 cup cooked brown rice
- Roasted zucchini
- Bell peppers
- Carrots
- Olive oil
- Cumin, turmeric and black pepper

MAKE IT

01

Roast the vegetables, warm the lentils, and serve with brown rice and a drizzle of olive oil.

SMART FLAVOR TIP

Build flavor with citrus, herbs, garlic and salt-free spices before reaching for the salt shaker.

KEEP DINNER

Low in Sodium

Simple shopping and cooking swaps

1

SHOP FRESH

Choose fresh or frozen vegetables without added sauces.

2

CHECK THE LABEL

Buy meats, poultry and seafood that have not been injected with sodium solutions.

3

SEASON SMART

Use herbs, garlic, onions, citrus juice, vinegar and salt-free seasoning blends instead of salt.

4

RINSE & REDUCE

Choose no-salt-added beans and tomatoes, or rinse canned products well.

5

SAUCE WITH CARE

Limit processed sauces and seasonings, or choose low-sodium versions.

LEAN PROTEIN • FIBER • VEGETABLES • WHOLE GRAINS