

Healthy Vegetables: One Key to Low Sodium Eating

Are you looking for a way to decrease your sodium consumption? Then simply eat more whole produce. Most vegetables also have low glycemic indices. This is especially true of those that are derived from the leaf, stem, or flower portions of a plant. However, not all produce needs to be prepared without salt—this is especially true if much of your produce is eaten without salt.

Recipes from the Kitchen of Judy Mueller

<p>Creamy Kale Harvest Salad</p> <p>2 small avocados 1 Granny Smith apple 2/3 cup pecans 2/3 cup dried cranberries 2 bunches of Kale (organic if possible)</p> <p>Dressing:</p> <p>1/2 cup olive oil 3 lemons juiced (approx. 1/3 cup lemon juice) 1/2 teaspoon garlic powder 2 tablespoons honey 2 tablespoons apple cider vinegar 1 tablespoon Vegetarian mayo 1 teaspoon poppy seeds</p> <p>Directions:</p> <ul style="list-style-type: none">• Remove the middle stem and any large veins from the kale leaves• Chop by hand or in a food processor. <p>Make the Dressing:</p> <ul style="list-style-type: none">• Add the following to a food processor: flesh of one avocado, lemon juice, garlic powder, honey, apple cider vinegar, mayo, and poppy seeds.• Pulse to combine.• Add the olive oil in a slow, steady stream with the food processor turned on if possible.• Salt to taste.	<p>Fresh Kale Salad</p> <p>3 cups fresh kale, finely chopped 12 Cherry tomatoes, quartered 1/2 Cup Sweet onions, diced 1/3 Cup Black olives, sliced 3 Tablespoons sunflower seeds 2 Tablespoons Red bell peppers, diced 1/4 cup Green onions, sliced 1/4 Cup Water 3 Tablespoons Fresh lemon juice 2 Tablespoons Bragg Liquid Aminos* 2 Tablespoons Flax seed oil 2 Tablespoons Honey 1/2 Teaspoon onion powder 1/4 Teaspoon garlic powder</p> <p>Directions:</p> <ul style="list-style-type: none">• Combine kale, tomatoes, onions, olives and cucumber in a serving bowl.• In a separate bowl or jar, combine water, lemon juice, liquid aminos, flax oil, honey and seasonings to make the dressing and mix well.• Pour over salad and marinate in the refrigerator 2 hours.• Add the sunflower seeds, red peppers and green onions just before serving.• This salad keeps well in the refrigerator for several days. <p>* 310 mg of sodium per teaspoon (930 mg per tablespoon)</p>
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Cheese Sauce and Cheesy Krispy Kale Chips

Cheese Sauce

- 1 Cup raw cashews
- 1 Cup hot water
- 3 Tablespoons sesame seeds or 2 Tablespoons tahini
- 4 Tablespoons nutritional yeast flakes
- 1 jar (4oz.) pimientos, drained or ½ large red bell pepper
- 1/3 Cup fresh lemon juice
- 1 Teaspoon onion powder
- 1¼ Teaspoons sea salt*
- ½ Teaspoon garlic powder
- ½ Teaspoon cayenne (opt.)
- 2 Tablespoons olive oil

Cheese Sauce Directions:

Combine the cashews, water, and sesame seed in a blender and process until very smooth. Add the rest of the ingredients and process until smooth. Can be stored in the refrigerator for 3-4 days or frozen for later use.

Kale Chips Directions:

- Wash and dry 1 large bunch of kale or 2 small bunches
- Tear the leaves off the stem and place in a large bowl.
- Pour the cheese sauce over the leaves
- With your gloved hands massage the cheese sauce into the leaves
- Place the leaves on silicon or parchment paper in single layer into dehydrator on 105 degrees for 12-24 hours or until crisp.

* Approx.. 2300 mg of sodium per tsp of salt

Fried Cabbage and Noodles

- 1 small head cabbage or purchased shredded cabbage
- 1 Tablespoon organic coconut oil
- ¼ to ½ pound vegan “egg” whole wheat noodles

Directions:

- Sprinkle cabbage with seasoning salt
- Fry cabbage in the oil and a little water until it starts to cook down
- In another pot cook noodles according to directions
- Add noodles to cabbage and serve
- Note: For an extra treat, add baked Tofu cubes to the cabbage and noodles

Cleveland Clinic Sodium Facts

From:

<https://my.clevelandclinic.org/health/articles/16881-sodium--heart-health>

“The differences among salts are related to how they are processed, resulting in different tastes and textures. But, regardless of the type of salt, it contains 40% sodium. Any differences in sodium content are because of the volume and shape of the crystals. “Kosher and sea salt have larger crystals, which means they take up more space and, in theory, are lower in sodium by volume standards. For example:

- One teaspoon of table salt weighs 6 grams and contains 2,325 mg sodium.
- One teaspoon of sea salt weighs 5 grams and contains 1,872 mg sodium.
- One teaspoon of kosher salt weighs 3 grams and contains 1,120 mg sodium.