

NO SALT KITCHEN

5 Everyday Recipes Without Added Salt

Full flavor. Simple ingredients. Real food.

A free starter guide from nosaltkitchen.com

These recipes are prepared without adding salt. Ingredients can still contain naturally occurring sodium; check packaged-food labels. This guide is for general cooking inspiration and does not provide individualized medical advice.

1. Fresh Tomato Salsa

Ingredients

4 large plum tomatoes; 1 cup cilantro; 2 garlic cloves; 1/4 cup onion; 1/2 jalapeño

Directions

Finely chop the tomatoes, cilantro, garlic, onion and jalapeño. Mix together, taste and adjust the balance of herbs and heat. Refrigerate until ready to serve.

Kitchen tip

Use with homemade tacos or as a fresh topping.

2. Herb-Baked Whiting

Ingredients

About 6 whiting fillets; thyme; rosemary; garlic powder; sage; black pepper; 2–3 tablespoons olive oil

Directions

Season the frozen fish with the herbs and spices, then allow to thaw in the refrigerator with the seasonings overnight. Place in a glass baking dish, drizzle with olive oil and bake at 315°F for approximately 30 minutes, until the fish is fully cooked and flakes easily.

Kitchen tip

Cook fish to 145°F at its thickest point.

3. Garlic Sautéed Spinach

Ingredients

Fresh spinach; olive oil; salt-free garlic powder

Directions

Heat a little olive oil in a skillet. Add spinach and garlic powder. Stir frequently until the leaves wilt and reach your preferred tenderness.

Kitchen tip

Serve alongside chicken or a baked potato.

4. Roasted Asparagus

Ingredients

Fresh asparagus; olive oil; black pepper; salt-free garlic powder

Directions

Heat oven to 400°F. Rinse and dry the asparagus. Bend each stalk near the base until it snaps, reserving or discarding the woody ends. Toss with olive oil and seasonings. Roast 25 minutes, rotate, then roast about 10 minutes more for very tender spears with lightly crisp edges.

Kitchen tip

Keep a discard bag beside the sink while snapping the ends. Thinner spears may cook faster.

5. Whole Grain Pasta with Lemon and Herbs

Ingredients

Whole grain pasta; olive oil; parsley; lemon juice; optional cayenne pepper and fresh basil

Directions

Cook the pasta in unsalted boiling water according to the package. Drain and toss with a little olive oil, lemon juice and parsley. Add cayenne for heat, or finish with torn fresh basil for an earthy, pungent flavor.

Kitchen tip

Use as a simple base for a meal or enjoy on its own.

More ideas at nosaltkitchen.com