



American Stroke Association.
A division of the American Heart Association.

Together to End Stroke®

SODIUM- SMART **RECIPES**

Cooking with **more flavor**
and **less salt**

DIGITAL SAMPLER EDITION



Encompass Health is a national
sponsor of Together to End Stroke®



Encompass
Health.

Healthy for Good™

Healthy for Good is a movement that encourages Americans to lead healthier lives by delivering science-based recommendations, tools, tips, and motivation to build healthier behaviors. It's about small steps that can be done each day that will make a big difference tomorrow. You can tackle several behaviors at once, or just take one at a time—but no matter where you start, the American Heart Association (AHA) and American Stroke Association (ASA) will be there to cheer you on every step of the way.

Four key ideas ground the movement: Eat smart. Add color. Move more. Be well.



To join the Healthy for Good™ movement, go to heart.org/healthyforgood.



Eat Smart.

What's on your plate? Eating healthy doesn't have to mean dieting or giving up all the foods you love. Food is about nourishing and connecting with self, family, and friends, and it should be enjoyed. Eating mostly nutrient-dense foods will help you maintain health and wellbeing, avoid illness and disease, and live longer.

A healthy eating pattern is about making smart choices.

- Eat a healthy diet that includes a variety of fruits and vegetables, whole grains, low-fat and fat-free dairy products, nuts, seeds, beans, legumes, non-tropical vegetable oils, and healthy proteins (fish, skinless poultry, lean and extra-lean meats, and vegetable-based alternatives).
- Limit sweets and sugary drinks; salty or highly processed foods; and fatty or processed meats.
- Cook meals at home to help control more of what you and your family are eating. This book has 28 recipes you can try.
- Make smart choices when shopping for foods and beverages. Read and compare nutrition facts labels and other package information. Look for the Heart-Check mark to easily identify foods that can be part of a healthy eating pattern.
- Choose wisely when dining out. Asking a few questions and making some simple substitutions can help you find the smart choices. Healthier options are available wherever you eat when you know what to look for.

For more information on eating smart, shareable tips, hacks, videos, and recipes, go to heart.org/healthyforgood.

Sodium and Your Health

Almost all of us eat more sodium than is healthy for our bodies, but breaking up with sodium is easier than you might think. The American Stroke Association, a division of the American Heart Association, is here with the tools and recipes you need to take action and cook the foods you love with more flavor and less salt.

What's a healthy amount of sodium?

Did you know? The average American adult eats about 3,500 milligrams (mg) of sodium a day—more than twice the ideal amount. We all need some sodium for our bodies to function properly. However, most of us get much more than we need. The American Heart Association recommends no more than 2,300 mg a day and an ideal limit of no more than 1,500 mg a day for most adults.

How does sodium affect my health?

Did you know? High blood pressure is one of the major risk factors for heart disease, the No. 1 cause of death worldwide. Too much sodium has been linked to high blood pressure. One-third of American adults already have high blood pressure, and 90 percent of us are expected to develop it over our lifetimes. High blood pressure often has no signs or symptoms. The only way to know if you have it is to have your blood pressure tested. Even if you don't have high blood pressure now, eating less sodium can help blunt the rise in blood pressure that occurs with age and reduce your risk of heart attack, heart failure, stroke, kidney disease, osteoporosis, stomach cancer, and even headaches.

What are some ways I can reduce the sodium in my diet?

Did you know? Most (71%) of the sodium Americans eat comes from restaurant and processed foods.

- If you eat out, check the menu for nutritional information online to make smart choices. Ask if your food can be prepared without added salt. Also, be mindful of the portions you eat; most restaurant servings are much larger than a recommended healthy serving.
- Read nutrition facts labels on food packages and compare serving sizes and sodium amounts.
- Cook and prepare meals and snacks at home more often.
- Ask food companies and restaurants to reduce sodium in the foods available to you.

For more information on sodium, visit heart.org/sodium.

About the Recipes

The following guidelines will give you some details on how the nutritional analyses were calculated and the products that were used in the recipes.

- Because of the many variables involved, the nutrient values and the serving sizes provided should be considered approximate.
- Each analysis is for a single serving; garnishes or optional ingredients are not included.
- When ingredient options are listed, the first one is analyzed. When a range of ingredients is given, the average is analyzed.
- Values other than fats are rounded to the nearest whole number. Fat values are rounded to the nearest half gram. Because of the rounding, values for saturated, trans, monounsaturated, and polyunsaturated fats may not add up to the amount shown for total fat value.
- All the recipes are analyzed using unsalted or low-sodium ingredients whenever possible. In some cases, we call for unprocessed foods or no-salt-added and low-sodium products, then add table salt sparingly for flavor.
- We specify canola, corn, and olive oils in these recipes, but you can use other heart-healthy oils rich in unsaturated fats.
- Analyses of meat are based on cooked lean meat with all visible fat discarded.
- We use 95% fat-free ground beef for analysis.
- When food is marinated and the marinade is discarded, the analysis includes all of the sodium from the marinade but none of the other nutrients from it.
- We use the abbreviations “g” for gram and “mg” for milligram.



INGREDIENTS

- | | |
|-------------------------------------|---|
| 2 medium bananas, peeled and sliced | 1 teaspoon vanilla extract |
| 1½ cups ice cubes | ¼ teaspoon ground cinnamon and (optional) pinch of ground cinnamon (for garnish), divided use |
| ¾ cup fat-free plain Greek yogurt | 1 tablespoon finely chopped unsalted pecans or walnuts (optional) |
| ¼ cup fat-free milk | |
| 2 tablespoons rolled oats | |
| 2 teaspoons pure maple syrup | |

BANANA BREAD SMOOTHIE

Serves 2; 1¼ cups per serving

DIRECTIONS

1. In a food processor or blender, process the bananas, ice cubes, yogurt, milk, oats, maple syrup, vanilla, and ¼ teaspoon cinnamon until smooth.
2. Pour into 2 glasses. Garnish with the chopped pecans and the remaining pinch of cinnamon. Serve immediately.



Cook's Tip: For a smoothie with more fiber, increase the amount of oats to ½ cup.



Sodium Smart: Greek yogurt typically contains only half the sodium of regular yogurt.

NUTRITION ANALYSIS		Per serving
Calories	203	
Total Fat	1.0 g	
Saturated Fat	0.0 g	
Trans Fat	0.0 g	
Polyunsaturated Fat	0.0 g	
Monounsaturated Fat	0.0 g	
Cholesterol	1 mg	
Sodium	47 mg	
Carbohydrates	40 g	
Fiber	4 g	
Sugars	24 g	
Protein	11 g	
Dietary Exchanges:		½ fat-free milk,
		2 fruit,
		½ other carbohydrate



To see the cooking video for this recipe, go to heart.org/recipes.



INGREDIENTS

- | | | | |
|---------------|---|----------------|---|
| 3 | 14.5-ounce cans no-salt-added diced tomatoes, undrained | $\frac{1}{8}$ | teaspoon salt |
| 2 | cups fat-free milk | $1\frac{1}{2}$ | cups fresh basil and (optional) sprigs of fresh basil (for garnish) |
| $\frac{1}{2}$ | teaspoon garlic powder | $\frac{1}{2}$ | teaspoon baking soda |
| $\frac{1}{2}$ | teaspoon pepper (freshly ground preferred) | | |

TOMATO-BASIL SOUP

Serves 6; generous $1\frac{1}{4}$ cups per serving

DIRECTIONS

1. In a large pot, stir together the tomatoes with liquid, milk, garlic powder, pepper, and salt. Bring to a boil over high heat. Reduce the heat to low. Let the soup simmer for 15 minutes, stirring occasionally.
2. Stir in $1\frac{1}{2}$ cups basil. Cook for 5 minutes, stirring occasionally. Remove from the heat.
3. Stir in the baking soda (this will cause the soup to foam for a minute). Using an immersion (handheld) blender, carefully purée the mixture until smooth. Alternatively, in a food processor or blender (vent the blender lid), process the soup in batches until smooth. Ladle the soup into bowls. Garnish with the remaining sprigs of basil.



Cook's Tip: Don't have fresh basil? Just crumble and stir in 2 teaspoons of dried basil with the garlic powder.



Cook's Tip: Stirring a touch of baking soda into the cooked soup reduces the acidity of the tomatoes and greatly improves the flavor of the soup.



Sodium Smart: Most canned tomato products contain a great deal of sodium. Using no-salt-added canned tomato products, though, will save you hundreds of milligrams of sodium. For instance, this recipe calls for three 14.5-ounce cans of no-salt-added tomatoes, which contain about 15 milligrams of sodium each. If you used the same size cans of regular tomatoes, you would increase the sodium by as much as 185 milligrams, or 12 times as much.

NUTRITION ANALYSIS Per serving

Calories	79
Total Fat	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	2 mg
Sodium	212 mg
Carbohydrates	14 g
Fiber	2 g
Sugars	10 g
Protein	5 g

Dietary Exchanges: $\frac{1}{2}$ fat-free milk,
2 vegetable



To see the cooking video for this recipe, go to heart.org/recipes.



THAI
CHICKEN BROCCOLI
SALAD WITH PEANUT DRESSING

Serves 4; 1½ cups per serving

DIRECTIONS

1. In a small bowl, whisk together the peanut butter, vinegar, and soy sauce.
2. Starting with 2 tablespoons water, whisk in enough to thin the dressing to your desired consistency.
3. In a large bowl, stir together the remaining ingredients.
4. Pour the dressing over the salad, tossing to combine.



Sodium Smart: *Rice vinegar is an important ingredient in Asian dishes, but it's high in sodium. Be sure to purchase the plain, not the seasoned, rice vinegar to keep the sodium in check. Plain rice vinegar has about 15 milligrams of sodium per tablespoon, but seasoned rice vinegar can have between 250 and 550 milligrams for an equivalent amount. Using seasoned, instead of plain, rice vinegar for this salad could add more than 500 milligrams of unnecessary sodium.*

INGREDIENTS

- 2 tablespoons low-sodium peanut butter
- 1 tablespoon plain rice vinegar or fresh lemon juice
- 2 teaspoons soy sauce (lowest sodium available)
- 2 to 3 tablespoons water
- 2 cups chopped broccoli or 12 ounces frozen broccoli florets, thawed and drained
- 2 cups chopped cooked skinless chicken breast, cooked without salt, all visible fat discarded, or 20 ounces canned salt-free white meat chicken, rinsed and drained
- 1 15-ounce can no-salt-added sweet peas, rinsed and drained
- 1 11-ounce can mandarin orange slices in their own juices or light syrup, drained
- ¼ cup chopped onion

NUTRITION ANALYSIS	Per serving
Calories	268
Total Fat.....	8.0 g
Saturated Fat.....	2.0 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	1.5 g
Monounsaturated Fat	3.5 g
Cholesterol	70 mg
Sodium	347 mg
Carbohydrates.....	23 g
Fiber	7 g
Sugars	13 g
Protein	27 g
Dietary Exchanges: ½ starch, ½ fruit,	
1 vegetable,	
3½ lean meat	



To see the cooking video for this recipe, go to heart.org/recipes.



INGREDIENTS

- | | |
|--|---|
| 1 medium bell pepper (any color), finely chopped | 2 tablespoons fat-free milk |
| 1 small onion, finely chopped | 1 tablespoon Dijon mustard (lowest sodium available) |
| 1 teaspoon canola, corn, or olive oil (extra virgin preferred) | 1 teaspoon dried parsley, crumbled |
| 1½ pounds ground skinless turkey breast, extra-lean ground beef, or extra-lean ground pork | 2 medium garlic cloves, minced, or 1 teaspoon bottled minced garlic |
| ⅓ cup quick-cooking rolled oats | ¼ teaspoon pepper |
| 2 large eggs, lightly beaten using a fork | Cooking spray |
| 1 8-ounce can no-salt-added tomato sauce | 1 teaspoon cider vinegar |
| | 2 15-ounce cans no-salt-added black-eyed peas, undrained |



Sodium Smart: Many meat loaves are made with bread crumbs, which can be high in sodium, to help bind the loaf. This recipe calls for rolled oats instead, which are very low in sodium.

MEAT LOAF

WITH BLACK-EYED PEAS

Serves 6; 1 slice meat loaf and ½ cup black-eyed peas per serving

DIRECTIONS

1. Preheat the oven to 350°F.
2. In a 9 x 5 x 3-inch glass loaf pan, stir together the bell pepper and onion. Drizzle with the oil, tossing to coat. Cover the loaf pan with a plate. Microwave on 100 percent (high) for 3 minutes. Allow the bell pepper mixture to cool slightly.
3. In a medium bowl, using your hands or a spoon, combine the bell pepper mixture, turkey, oats, eggs, 2 tablespoons of the tomato sauce, the milk, mustard, parsley, garlic, and pepper.
4. Lightly spray the loaf pan with cooking spray. Shape the turkey mixture into a loaf. Place it in the pan.
5. In the same medium bowl, stir together the remaining tomato sauce and the cider vinegar. Pour over the loaf.
6. Bake for 50 minutes to 1 hour, or until the loaf registers 165°F (160°F for beef or pork) on an instant-read thermometer. Let stand for 5 to 10 minutes before slicing.
7. Meanwhile, in a microwaveable dish, microwave the black-eyed peas with liquid on 100 percent power (high) for 5 minutes, or until heated through. Rinse and drain. Serve the peas with the meat loaf.



Cook's Tip: If you're in a rush or just want fun mini meat loaves for the kids, divide the turkey mixture among the cups of a standard 12-cup muffin pan. Bake for 30 minutes, or until each "muffin" registers 165°F (160°F for beef or pork) on an instant-read thermometer.

NUTRITION ANALYSIS		Per serving
Calories		322
Total Fat		3.5 g
Saturated Fat		1.0 g
Trans Fat		0.0 g
Polyunsaturated Fat		0.5 g
Monounsaturated Fat		1.5 g
Cholesterol		132 mg
Sodium		138 mg
Carbohydrates		31 g
Fiber		7 g
Sugars		7 g
Protein		40 g
Dietary Exchanges: 2 starch,		4½ lean meat



To see the cooking video for this recipe, go to heart.org/recipes.



EGGPLANT,

CHEESE, AND TOMATO BAKE

Serves 8; 1½ cups per serving

DIRECTIONS

1. Preheat the oven to 375°F. Lightly spray a large baking sheet and a 13 x 9 x 2-inch baking dish with cooking spray.
2. Arrange the eggplant, zucchini, and onion in a single layer on the baking sheet. Lightly spray the top of the vegetables with cooking spray. Cover with aluminum foil. Bake, covered, for 10 minutes. Remove the foil. Bake for 10 minutes.
3. In a small saucepan, heat the oil over medium heat, swirling to coat the bottom. Cook the mushrooms, water, garlic, and pepper for 6 minutes, or until the mushrooms begin to soften. Stir in the tomatoes, tomato sauce, and basil. Reduce the heat and simmer for 10 minutes, stirring occasionally.
4. In the baking dish, layer as follows: half the tomato-mushroom mixture; half the eggplant, zucchini, and onion; all the ricotta; half the mozzarella; the remaining tomato-mushroom mixture; and the remaining eggplant, zucchini, and onion. Sprinkle the remaining mozzarella over all. Top with the panko.
5. Bake for 30 to 45 minutes, or until most of the liquid has evaporated and the mozzarella is beginning to brown. Let cool for 10 minutes before cutting.

INGREDIENTS

Cooking spray

- | | |
|--|---|
| 1 large eggplant, sliced
(about 17-20 slices) | 1 28-ounce can no-salt-added
diced tomatoes, drained |
| 2 medium zucchini, diced | 1 8-ounce can no-salt-added
tomato sauce |
| 1 medium onion, diced | 3 tablespoons chopped fresh
basil or 1 tablespoon dried basil,
crumbled |
| 2 teaspoons olive oil
(extra virgin preferred) | ¾ cup fat-free ricotta cheese |
| 3 cups sliced button mushrooms | 1 cup shredded low-fat
mozzarella cheese |
| 2 tablespoons water | 1 cup whole-wheat panko
(Japanese-style bread crumbs) |
| 3 medium garlic cloves, minced,
or 3 teaspoons bottled minced
garlic | |
| ¼ teaspoon pepper | |



Sodium Smart: Fresh herbs contain no sodium and impart great flavor to a dish. Since they aren't concentrated like their dried counterparts, you'll need to use three times as much of the fresh herb as you would of the dried.

NUTRITION ANALYSIS	Per serving
Calories	161
Total Fat.....	5.5 g
Saturated Fat.....	2.5 g
Trans Fat.....	0.0 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat.....	2.0 g
Cholesterol	13 mg
Sodium	138 mg
Carbohydrates.....	20 g
Fiber	5 g
Sugars	10 g
Protein	9 g
Dietary Exchanges: 2 vegetable, 2 lean meat	



To see the cooking video for this recipe, go to heart.org/recipes.

SODIUM-FREE SEASONINGS & FLAVORINGS

BREADS	Anise, caraway seeds, cardamom, citrus zest, dried fruits, fennel, poppy seeds, sesame seeds
DESSERTS	Anise, caraway seeds, cardamom, cinnamon, cloves, coriander, dry-roasted unsalted nuts, ginger, mace, mint, nutmeg, poppy seeds, vanilla and other extracts
ENTRÉES	
Beef	Allspice, bay leaf, bell pepper, cayenne, cumin, curry powder, garlic, fresh horseradish, marjoram, fresh mushrooms, dry mustard, nutmeg, onion, pepper, rosemary, sage, thyme, table wine
Pork	Apple, applesauce, caraway seeds, cherries, cinnamon, cloves, fennel, garlic, ginger, mint, onion, oranges or orange juice, peaches, sage, savory, table wine
Poultry	Basil, bay leaf, bell pepper, cinnamon, citrus fruits, cranberries, curry powder, garlic, kiwifruit, lemon juice, lemon pepper, mace, marjoram, fresh mushrooms, onion, oregano, paprika, parsley, rosemary, saffron, sage, savory, sesame, tarragon, thyme, table wine
Seafood	Allspice, basil, bay leaf, bell pepper, cayenne, curry powder, cumin, fennel, garlic, lemon juice, mace, marjoram, mint, fresh mushrooms, dry mustard, onion, paprika, saffron, sage, sesame seeds, tarragon, thyme, turmeric, table wine
SALADS	Basil, chervil, coriander, dill, lemon juice, mint, mustard, oregano, parsley, rosemary, sage, savory, sesame seeds, turmeric, vinegar, watercress
VEGETABLES	
Asparagus	Garlic, lemon juice, onion, dry-roasted sesame seeds
Beans, Dried	Caraway seeds, cloves, cumin, mint, savory, tarragon, thyme
Beets	Anise, caraway seeds, fennel, ginger, orange juice, savory
Carrots	Anise, cinnamon, cloves, mint, sage, tarragon
Corn	Allspice, bell pepper, cumin, pimiento, tomato
Cucumbers	Chives, dillweed, garlic, vinegar
Green Beans	Dillweed, lemon juice, marjoram, nutmeg, pimiento
Greens	Garlic, lemon juice, onion, pepper, vinegar
Peas	Allspice, bell pepper, mint, fresh mushrooms, onions, parsley, sage, savory
Potatoes	Bell pepper, chives, dillweed, garlic, onion, pimiento, saffron
Spinach	Garlic, lemon juice, vinegar
Squash	Allspice, brown sugar, cinnamon, cloves, fennel, ginger, mace, nutmeg, onion, savory
Tomatoes	Allspice, basil, garlic, marjoram, onion, oregano, sage, savory, tarragon, thyme



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Can Processed Food Be Healthy?

There are a lot of conflicting messages about what processed food is.

Most of the food we eat today has been processed in some way, from salad mix to frozen dinners. Some processed foods have ingredients added, some are fortified to add nutrients, some are prepared for convenience, and some are packaged to last longer or for food safety. Even foods labeled "natural" or "organic" can be processed.

More people are paying attention to processed food.

74% of consumers prefer less sodium in processed foods.

Almost **50%** of consumers have tried to eat fewer processed foods.



What do you need to know?



Minimally processed foods have been manipulated (cut, cooked, packaged) in some way.



Some foods are processed with ingredients typically used in cooking, such as salt or sugar.



Highly processed foods are manufactured with ingredients that are not typically used in cooking.

1 Choose healthier processed foods.

By one recent estimate
highly processed foods
contribute

50% of the calories & 90% of added sugars
in the American diet

It's important to:

- Read food labels.
- Look for the **Heart-Check mark** on packaged foods.
- Make healthier choices when eating out.



2 Seek healthier alternatives to highly processed foods.



Cook more meals at home.

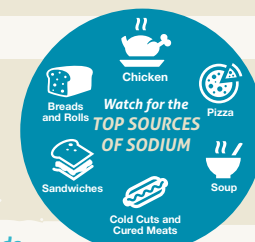


3 Watch out for sneaky sodium.

Extensive research has shown that too much sodium is related to high blood pressure, a primary risk factor for heart disease and stroke.

Shake your sodium habit.

Most of the sodium we eat comes from **PROCESSED, PREPACKAGED, AND RESTAURANT FOODS, NOT THE SALT SHAKER.**



4 Take your food into your own hands.



American Heart Association advocates have written **more than 29,000 letters to the food companies and restaurants** that provide processed foods, asking that healthier options be made available.

You can too! Join our growing community, take action, get helpful tips and #BreakUpWithSalt today by visiting heart.org/sodium.



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I WILL THRIVE

There is life – and hope – after stroke. Rehabilitation can build strength, capability and confidence, and can enable survivors to continue daily activities despite the effects of stroke. If you are the caregiver, family member or friend of a stroke survivor, your role is vital. With a committed health care team and a rehabilitation plan specific to their needs, most stroke survivors can prevent another stroke and thrive.

Understand the effects of stroke and how to maximize rehabilitation and recovery by downloading our

Life After Stroke Guide.

stroke.org/LifeAfterStrokeGuide

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