

# Sausage Gravy

*This recipe is from [aahfnpatienteducation.com](http://aahfnpatienteducation.com);*

*<https://cdn.ymaws.com/www.aahfn.org/resource/resmgr/Docs/awareness/cookbookpdf.pdf>*

Number of Servings: 4

Prep Time: 15 min

Cook Time: 15 min

## Ingredients

4 oz low sodium breakfast sausage

4 tbsp flour

2 tbsp olive or canola oil

½ tsp no sodium chicken base or 1 packet no sodium chicken broth and seasoning

¼ tsp black pepper

1/8 tsp table salt (optional)\*

1 ½ cups skim or low fat milk

## Directions

1. Heat milk on stove top or in microwave until hot but not boiling.
2. Heat oil in a pan. Add flour and stir with a whisk until smooth. Cook for 5 minutes, stirring occasionally.
3. Pour in hot milk, while stirring constantly.
4. Add chicken base and seasonings. Stir to mix thoroughly. Adjust seasonings to taste as needed.
5. Mix in 4 oz. crumbled, cooked sausage, and heat thoroughly.
6. Serve over biscuits, grits, or potatoes.

## Nutritional Info

Serving Size: ¾ cup

Cholesterol: 15 mg

Serving per Recipe: 4

Sodium: 203 mg

Calories: 154

Total Carbohydrates: 11 g

Total Fat: 8 g

Protein: 10 g

Saturated Fat: 1 g

Potassium: 212 mg

*\*Nutritional analysis performed including table salt and skim milk.*

# Chicken Tenders

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Number of Servings: 4

Prep Time: 10 min

Cook Time: 30 min if frozen, 20 min if thawed

## Ingredients

1 pound tenders and place in a baking dish

2 tbsp olive oil

1 tbsp honey

¼ tsp rosemary

¼ tsp garlic powder

Zest and juice of one lemon

## Directions

1. Place tenders in a baking dish.
2. Combine ingredients in a bowl.
3. Spread over chicken.
4. Bake at 350 degrees for 30 minutes if frozen; 20 minutes if thawed.

## Nutritional Info

Serving Size: 4 oz. chicken

Cholesterol: 70 mg

Serving per Recipe: 4

Sodium: 62 mg

Calories: 216

Total Carbohydrates: 6 g

Total Fat: 10 g

Protein: 26 g

Saturated Fat: 2 g

Potassium: 233 mg

# BBQ Sirloin with Zesty Sauce

*This recipe is from aahfnpatienteducation.com;*

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Number of Servings: 1-2

Prep Time: 5 min

Cook Time: per desired degree of doneness

## Ingredients

2 tbsp Mrs. Dash extra spicy seasoning blend

½ c. low sodium ketchup

3 tbsp. red wine vinegar

6 oz. top sirloin steaks, boneless, trimmed of fat into ½ to ¾ inches in thickness

## Directions

1. Whisk together Mrs. Dash extra Spicy Seasoning Blend, ketchup, and red wine vinegar one hour before cooking the steak. Set mixture aside.
2. Preheat barbecue grill to medium high.
3. Brush both sides of the steaks generously with sauce, place on grill, turning once while grilling.
4. Cook 4-5 minutes for medium, and 6-7 minutes for well-done. Serve hot.

# Baked Cod

*This recipe is from [aahfnpatienteducation.com](http://aahfnpatienteducation.com);*

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Number of Servings: 4

Prep Time: 10 min

Cook Time: 15 min

## Ingredients

4 Cod fish fillet (4-5 oz. each)

1 cup Panko (low sodium Japanese style bread crumbs)

1 tbsp unsalted butter, melted

2 tbsp chopped parsley

¼ tsp garlic powder

1 lemon, juice and zest

Cooking spray or vegetable oil

## Directions

1. Preheat oven to 400 degrees. Spray cooking pan with non-stick cooking spray or brush with a bit of olive oil.
2. Combine parsley, garlic, lemon zest, melted butter, and bread crumb mixture. Stir until well combined.
3. Dip Cod fillets in lemon juice and coat with bread crumb mixture. Place fish on prepared baking pan. Top each fish with additional bread crumb mixture.
4. Baked until fish is firm, about 12-15 minutes, depending on thickness of fish.

## Nutritional Info

Serving Size: 1 Cod fillet

Cholesterol: 104 mg

Serving per Recipe: 4

Sodium: 165 mg

Calories: 265

Total Carbohydrates: 12 g

Total Fat: 4 g

Protein: 41 g

Saturated Fat: 2 g

Potassium: 453 mg

# Lemon Pepper and Garlic Chicken

*This recipe is from aahfnpatienteducation.com;*

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Number of Servings: 4

Prep Time: 10 min

Cook Time: 20 min

## Ingredients

2 boneless chicken breasts with skin removed and cut into bite size pieces

1 ½ c. portabella mushrooms

2 cloves garlic diced

1 medium shallot thin sliced

Golden balsamic vinegar

2 tbsp lemon pepper and garlic marinade and sauce of choice\*

Olive oil cooking spray

1 c. rice, prepared according to package instructions, without added salt

## Directions

1. Spray nonstick skillet and chicken with olive oil.
2. Over medium heat, add chicken till just cooked (may need to spray oil again while chicken is cooking).
3. Add shallots and garlic, (if needed olive oil spray) cook for 1 minute.
4. Add mushrooms when shallots are tender and a splash golden balsamic vinegar, stir till mushrooms are warm and tender.
5. Reduce heat and add lemon pepper and garlic sauce and simmer till warmed. Serve over rice and steamed vegetables of choice.

## Nutritional Info

Serving Size: ¼ recipe

Cholesterol: 72 mg

Serving per Recipe: 4

Sodium: 193 mg

Calories: 256

Total Carbohydrates: 26 g

Total Fat: 3 g

Protein: 29 g

Saturated Fat: 1 g

Potassium: 323 mg\*\*

*\*Author used World Harbor Maine's Own Lemon Pepper and Garlic Marinade and Sauce, 260 mg per 1 tbsp serving, which was used for nutritional analysis.*

*Sodium content of Lemon Pepper and Garlic Marinades/Sauces varies depending on brand name used.*

*\*\*Potassium content does not reflect Lemon Pepper and Garlic Sauce, no data was available on the potassium content of that product.*

# Garlicky Shrimp with Tomatoes and Linguine

*This recipe is from aahfnpatienteducation.com;*

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Number of Servings: 4

Prep Time: 15-20 min

Cook Time: 10 min

## Ingredients

3 tbsp olive oil

4-5 cloves garlic, thinly sliced crosswise

2 shallots, thinly sliced crosswise

1 pint cherry tomatoes, halved

1 pound large shrimp (about 16) cleaned and shells removed\*

½ tsp red pepper flakes or 1 guindill chili pepper, chopped

2-3 tsp fresh thyme leaves plus more thyme sprigs for garnish

½ to 1 c. dry white wine

Freshly ground black pepper

½ lb linguine or spaghetti

## Directions

1. Boil 4 quarts of water in a large pot. When shrimp is added to the sauté pan, add linguine to boiling water and cook until al dente.
2. Heat olive oil in a large skillet over medium-high heat. Add garlic and shallots, sauté stirring occasionally until fragrant – 1 minute.
3. Add tomatoes, sauté stirring occasionally until they begin to soften. 3-4 minutes
4. Add shrimp, red pepper flakes, and thyme leaves. Stir and toss until shrimp are completely pink, about 3 minutes. Season with pepper. Add white wine, bring to a boil (use larger amount for more sauce).
5. Reduce heat to low and simmer until liquid is reduced by half - 2 minutes. Season to taste with additional herbs. Serve over cooked pasta.

## Nutritional Info

Serving Size: 1 c. pasta a 4 shrimp and sauce,  
¼ of recipe

Serving per Recipe: 4

Calories: 432

Total Fat: 13 g

Saturated Fat: 2 g

Cholesterol: 141 mg

Sodium: 271 mg

Total Carbohydrates: 44 g

Protein: 23 g

Potassium: 131 mg

*\*Nutrient analysis based on using fresh raw shrimp. If planning to use frozen raw shrimp, check package Nutrition Facts label carefully. Compare brands to find the package with the lowest sodium content, many are quite high in sodium due to moisture retentive agents used in processing.*

# Easy Chicken Pot Pie

*This recipe is from aahfnpatienteducation.com;*

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Number of Servings: 6

Prep Time: 20 min

Cook Time: 30 min

## Ingredients

1 package Green Giant Steamers frozen mixed vegetables

1 ½ to 2 c. diced, cooked chicken

1 can (10 ¾ oz.) Campbell's Healthy Request Cream of Celery soup

½ c. water

1 tsp Orrington Farm's Low Sodium Chicken base

½ tsp poultry seasoning

1 c. Lower Sodium Easy Baking Mix (see recipe)

½ c. milk

1 egg

## Directions

1. Heat oven to 400 degrees.
2. Mix vegetables, chicken, soup, water, poultry seasoning, and chicken base in an ungreased glass pie plate, 9x1 ¼ inches.
3. Stir together remaining ingredients with fork until blended. Pour over chicken mixture.

## Nutritional Info

Serving Size: 1/6 of recipe

Cholesterol: 57 mg

Serving per Recipe: 6

Sodium: 309 mg

Calories: 278

Total Carbohydrates: 25 g

Total Fat: 10 g

Protein: 21 g

Saturated Fat: 3 g

Potassium: 461 mg

*\*Skim milk and 2 cups cooked chicken used for nutrition analysis.*

# Crock Pot Pulled Pork with Low Sodium BBQ Sauce

*This recipe is from aahfnpatienteducation.com;*

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Number of Servings: 15

Prep Time: 15 min

Cook Time: 6 hr

## Ingredients

3-5 lb pork loin, shoulder, or butt roast

Dry Rub BBQ Seasoning\*

3 tbsp paprika

¼ c. brown sugar

1 tsp garlic powder

1 tsp onion powder

½ tsp thyme or poultry seasoning

¼ tsp cayenne pepper

½ tsp table salt (optional)\*\*

## Low Sodium BBQ Sauce

½ c. no added salt ketchup

½ c. no added salt tomato sauce

3 tbsp brown sugar

1/3 c. apple cider vinegar

¼ c. molasses

½ tsp chili powder

¼ tsp smoke paprika

¼ tsp mustard

¼ tsp black pepper

¼ tsp garlic powder

1/8 tsp onion powder

1/8 tsp cinnamon

## Directions

1. Combine all ingredients of dry rub and mix well. Work dry rub into the entire surface of the pork roast.
2. Place meat into the crock pot and set on low. Cook for 6-8 hours or until meat cooked thoroughly and fork tender.
3. Remove meat from the crock pot. Remove fat and any bones. Shred pork with 2 forks.
4. Mix all ingredients for the BBQ sauce in a saucepan over medium heat. Simmer for 20 minutes, stirring occasionally.
5. Refrigerate any sauce not being immediately used. Makes 1 ½ cups.

## Nutritional Info

Serving Size: 3 oz. pork roast with 2 tbsp BBQ

Sodium: 227 mg

Serving per Recipe: 15

Total Carbohydrates: 12 g

Calories: 196

Protein: 21 g

Total Fat: 5 g

Potassium: 489 mg

Cholesterol: 61 mg

*\*In general, the rule of thumb for how much BBQ dry rub to use is as much as you can get to stick. This recipe will make enough for the average 5# roast.*

*\*\*Optional table salt and 4 pounds of pork was used for nutrition analysis.*