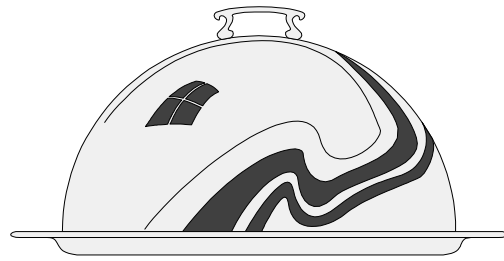


Low Salt Sauces



Try Substitutes for:

- ✓ Stock cubes
 - stock from vegetables or meat bones.
 - Freeze in ice cube trays up to 6 months.
- ✓ Sauces and gravies
 - see recipes and ideas below
- ✓ Soy/Worcestershire Sauce
 - few drops of Tabasco sauce, try low salt varieties

Pan Sauces

Cook 2 cups finely chopped vegetables (carrots, celery, onion, and garlic (optional) in water or little oil until tender. Add 2 cups of stock, 3 Tbsps vinegar and flavouring of choice and cook until reduced to 1/2 cup. Strain and serve. Add 1 Tbsp flour if it needs thickening. As an alternative, leave the vegetables out.

Vegetable Purees

Start with fresh stock. Reduce it over heat by 2/3. Meanwhile steam fresh vegetables until tender. Puree/blend the vegies until smooth, then whisk vegetable puree through hot, reduced stock. Add a little evaporated skim milk for a creamy consistency.

Tomato Sauce

1/2 onion chopped
1/2 teaspoon basil/mixed herbs
1/2 teaspoon honey
425 grams canned tomatoes (no added salt)
1 tablespoon tomato paste (no added salt)
1/2 teaspoon white vinegar

Combine ingredients in a saucepan. Bring to boil and reduce heat and simmer for 15 minutes. Puree/sieve.

Apple/Fruit Sauce

Cook 4 green apples (peeled and sliced) in a little water until soft or use fruit canned in natural juice. Blend until smooth and stir in 1 cup non-fat natural yoghurt.

Mint Sauce

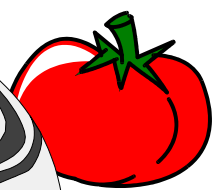
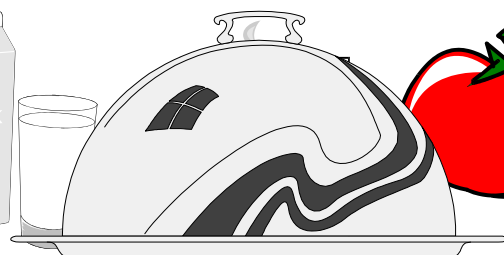
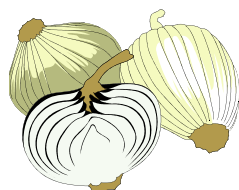
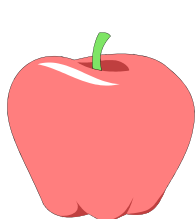
Chop 1/2 cup of mint finely and add 1 Tbsp boiling water. Leave to stand a few minutes and then add 1/2 cup of vinegar.

Pasta Sauce

Base these on vegetables. Add cooked lentils or very lean minced beef. Use low salt or no salt tomato paste. Use evaporated skim milk instead of cream and use reduced fat cheeses or ricotta cheese for lasagna.

White Sauces

Use low fat milk and thicken with flour. Flavour by adding herbs and spices to warmed milk, eg: **savoury:** bay leaves and bouquet garni or chopped chives, parsley, spring onions, basil, oregano etc **sweet:** vanilla pod, whole nutmeg or cinnamon stick



Low Salt Dressings

Salad Dressing Ideas

Standard commercial mayonnaise and dressing are high in fat and generally high in salt. They can be extended with equal quantities of non-fat natural yoghurt. Reduce the oil in french dressing by using equal quantities of vinegar & add mustard, pepper and garlic. Try low joule or 'no oil' dressings.

Citrus Salad Dressing

1/2 cup orange juice
juice 1 lemon
1 clove garlic crushed
ground pepper

Place all ingredients in a jar and mix well with a fork.
Store in fridge

Variations

Herb dressing: add 1/2 tsp dill, sweet basil or oregano

Paprika dressing: add 1/2 tsp paprika and 1 tsp finely chopped chives

Curry dressing: add 1 Tbsp mango chutney, 1 Tbsp finely chopped apple and curry powder to taste

Herb Yoghurt Dressing

Delicious with potato or coleslaw

1 cup low fat natural yoghurt
1 teaspoon honey
1 tablespoon lemon juice
1 tablespoon parsley, chives, mint or basil, finely chopped

Place all ingredients in a jar and mix well with a fork.
Store in fridge.

Mayonnaise Substitute

1/2 cup non-fat yoghurt
1/4 tsp cumin
1 Tbsp lemon juice
ground pepper

Blend together or mix with a fork

Thousand Island Dressing

1/2 cup tomato juice
2 Tbsps non-fat natural yoghurt
1 small clove garlic crushed (optional)
4 Tbsps tomato paste (no added salt)
1/4 tsp chives
1/2 tsp parsley

