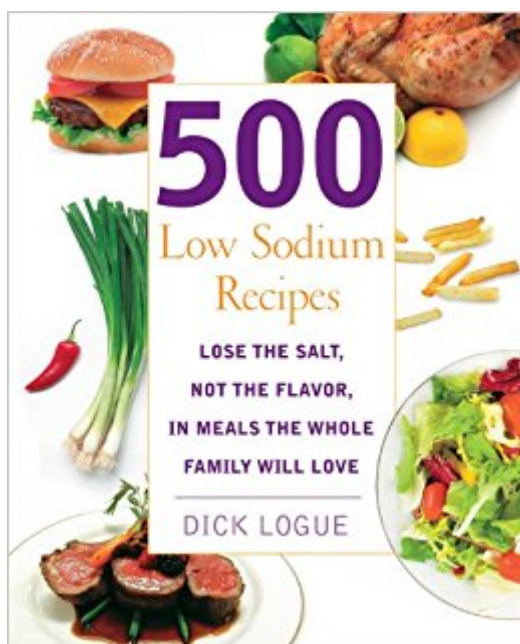


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# 500 Low Sodium Recipes: Lose The Salt, Not The Flavor In Meals The Whole Family Will Love



## Synopsis

Every recipe you need if you want to cut out salt! Sixty-five million Americans have high blood pressure and 5 million suffer from congestive heart failure. When their doctors advise them to watch their weight and lower their sodium intake, they imagine a lifetime of repeatedly bland and unappetizing meals. Their anxieties about their health are compounded by the notion that eating will no longer be fun and enjoyable. This book will assure them otherwise. Packed with 500 recipes (both classic and daring), *500 No-Salt, Low-Sodium Recipes* beats back the boredom and allows people with high blood pressure, heart, kidney, or liver disease to maintain a diverse and exciting low-sodium diet. *500 No-Salt, Low-Sodium Recipes* features simple recipes with nutritional breakdowns and useful tips for a low-sodium lifestyle, including what food items to avoid for their hidden sodium content, plus information about convenient and tasty low-sodium substitutes and where to find them. Recipes include: Spicy Potato Skins, Lemon Glazed Doughnuts, Three-Bean Salad, Stuffing, Apple Pie, Velvet Crumb Cake, Barbecue Sauce.

## Book Information

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## Customer Reviews

Dick Logue is the author of several diet-friendly cookbooks and has been following a heart-healthy lifestyle for decades now. After being diagnosed with congestive heart failure more than 20 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes and writing about it on his website, *Low Sodium Cooking*. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of *500 Low Sodium*

Recipes, 500 Low-Cholesterol Recipes, 500 High Fiber Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes, among others. He lives in La Plata, MD.

This book was very helpful to me in starting a low-sodium diet. There are recipes for basic comfort foods as well as breads, cakes (with the help of no-sodium baking powder) and sweets. Recipes for condiments also are especially helpful. Using this book and with effort, I am able to make most foods that we were accustomed to. Most of the recipes are quite tasty. A few of them had my salt-loving son forgetting to reach for the salt shaker on the table. The very first recipe I made was a hit with the entire family, and the recipes for mustard, hummus and bread turned out well with practice. My only quibble is with the index, and is the reason I can't give this book 5 stars. It is basically just an alphabetical listing of recipes. Occasionally there are some more helpful entries but it is spotty. An example of where it is helpful is raisins, giving the list of recipes that include raisins. Same for chicken and for salads. There are several instances in which the index works just fine, but that makes it so much more frustrating when it doesn't. For instance, there is a recipe called "slow cooker pork stew". It is listed under its exact title, and it is listed under slow cooker dishes, but not under the heading "soups, stews, and chilis." Another example is "Potato dumplings." It is listed under potatoes but not under dumplings, and in this case not alphabetically by recipe name. "Chicken and Dumplings" is also not listed under dumplings, but it can be found under "chicken". Both "Turkey and Zucchini Meatloaf" and "Cindy's Meatloaf" are in the book but there is no heading for "meatloaf" in the index. It is maddening when I know a recipe is in the book but I can't find it unless I remember the exact title. Then I need to page through the entire section. The index situation would be less important but there is also no listing of recipes in the table of contents and no listing of recipes at the beginning of each chapter, either. Slightly off-topic, I like this author's book of 15-minute recipes even better. It has an improved "soy sauce" recipe (!) and lots of tasty items that can be made in 30 minutes if not 15. Although there are several recipes in common, it has mostly new ones. But the index there is even worse.

This is a great cookbook. I am an avid cook. My husband's low salt diet seemed like it would be a low taste one - but amazingly using Dick L's recipes has meant we have good food. I haven't even gotten the salt shaker out to flavor up my portions. There are plenty of comfort foods that taste great. The low salt bread machine recipes came out really well - which was a surprise to me since I had always thought salt was a necessity for proper bread. Every recipe I've prepared so far has

been excellent. He has included little tricks and ingredients that make you not miss the salt. If you are newly diagnosed with any kind of illness that necessitates a low salt diet - you need this cookbook. He includes complete nutrition information for every recipe (including sodium and potassium).

I own a few low-sodium cookbooks, and this is the one I use most often. It is full of recipes that are easy to make, and that are actually useful. One of my favorites is Sesame Chicken. I make that about once a week. It also has a small collection of low-sodium bread machine recipes that I use often. My only criticism is that there seem to be a lot of mistakes in the recipes. For example, one bread machine recipe calls for two tablespoons of yeast, which is far too much. I'm sure it is supposed to say two teaspoons. Also, in some instances, the author's website ([...]) will include a recipe that is in the book, but the amounts of the ingredients differ, often confusing teaspoons and tablespoons. There have been two instances when I've emailed the author to verify the ingredients in a recipe. On one occasion, he replied to tell me there was an error. The other time he did not reply. All in all, I'd say this is a must-have cookbook in the low salt category. Just watch for any ingredients that seem suspicious.

This book is a 'must have' book for anyone on a low sodium diet. My dad can only have 1500 mg of sodium daily and this book actually makes it easy! I now make his chili powder, Mexican seasonings, rib/meat rub, mustard and mayonnaise - and it is a very simple, quick process. Wonderful 'normal' recipes - meat loaf, a gourmet hamburger, etc. Chapters divided by meat type and also by ethnic types (Mexican, Asian, etc). I bought my dad's doctor a copy of this book so he could recommend it to his patients, it's that good. This copy was purchased for my butcher's wife who just had a baby and discovered she had an enlarged heart. The book enables anyone to eat good tasting food and still maintain a low sodium diet. Wonderful!!!

This is a great cookbook. I use it all the time. Easy to read, no "weird" ingredients in recipes. I really like the section that gives recipes for mixing your own spice combinations, so you can make them without all the salt that's in the meat rubs or other seasonings in the grocery store.

Purchased other low sodium cookbooks but honestly this is now my go to cookbook. Has a lot of great recipes and tells you where to buy ingredients too. Well written and concise.

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