

A RECIPE FOR...



Chicken Breast w/Citrus Five Spice Marinade

Serves 4

Marinade: Makes 2 Cups

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| ½ cup packed light brown sugar | 2 tsp. minced garlic |
| ½ cup unsweetened orange juice | 2 tsp. fresh ginger |
| ¼ cup finely chopped fresh cilantro | 2 tsp. grated lemon zest |
| 2 Tbsp. finely chopped green onion | 2 tsp. low sodium soy sauce |
| 2 Tbsp. rice wine vinegar | 1 tsp. Chinese five spice powder |
| 2 Tbsp. toasted sesame oil | ½ tsp. crushed red chilies |
| 2 Tbsp. water | |

Combine all the ingredients in a medium bowl and mix well.

Chicken:

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| 4 4oz. skinless chicken breasts | 1 cup baby carrots (cut in half lengthwise) |
| ¼ tsp. extra virgin olive oil | 1 Tbsp. cornstarch mixed w/1 Tbsp. cold water |
| 1 cup sliced yellow squash & zucchini | 2 cups cooked brown rice |
| ¼ cup fresh shiitake mushrooms (halved) | |

Pour 1 cup marinade over the chicken breasts and marinate for 30 minutes. Preheat the oven to 325 degrees. Heat a sauté pan over medium-high heat and add the olive oil to lightly coat the bottom of the pan. Add the chicken breasts and sear on one side for 2 minutes. Place chicken breasts, seared side up, on baking pan and roast for 5 minutes. In the same sauté pan, quickly sauté the squash, mushrooms and carrots, about 2 minutes. Remove from the pan and keep warm. Add the remaining 1 cup of marinade to the pan and bring to a boil. Whisk in the cornstarch mixture and cook, stirring until the sauce is thickened.

To serve: Place ¼ cup sauce on each plate, ½ cup brown rice, ½ cup sautéed vegetables, and 1 chicken breast.



All Purpose Salt Substitute

- 2 teaspoons garlic powder
- 1 teaspoon basil
- 1 teaspoon dill weed
- 1 teaspoon oregano
- 1 teaspoon powdered lemon rind

Blend well. Store in a glass salt shaker. Add a few grains of rice to prevent caking.

Salt-Free Herb Blend

- 5 teaspoons onion powder
- 2 ½ teaspoons garlic powder
- 2 ½ teaspoons sweet paprika
- 2 ½ teaspoons dry mustard
- 1 ½ teaspoons thyme
- 1 teaspoon black pepper
- ¼ teaspoon celery seed
- 1 teaspoon cayenne pepper (opt.)

Blend together well and store in a glass shaker jar.

A RECIPE FOR...



Fresh Herb Mix

- ¼ cup finely chopped basil
- ¼ cup finely chopped oregano
- ½ cup finely chopped flat leaf (Italian) parsley
- ¼ cup finely chopped thyme

Combine all herbs & mix well. Store in an airtight container in the refrigerator for up to a week.

Always keep fresh lemons and/or limes around. You won't believe the difference they can make. Your tongue has trouble distinguishing between salt and sour as you pucker up with either. By adding a squeeze of fresh lemon juice at the end of your cooking or even at the table, you'll find many dishes brighten up with a hint of saltiness. You may have noticed that many Mexican dishes, especially soups, have a squeeze of lime at the table. Just take a little of your food to the side and try a little squeeze of fresh lemon or lime and test and see what the taste difference would be, before you add it to your whole plate or pot.

Fresh lemon zest (the yellow part of the lemon) adds a brightness and a lot of flavor to food. Do not use the white part of the lemon (the pith) as it is bitter. Sprinkle on just about anything. Also, lime zest works well. Actually, any citrus zest is amazing. This is where organic or citrus without sprays would be best.

Invest in a pepper mill. The difference in flavor between fresh ground pepper and pre-ground and packaged pepper is huge.

It's usually better to buy products that say "no salt added" rather than products that say "reduced sodium". Reduced sodium products may still be too high in sodium for a low sodium diet. Reduced sodium products just have to be a certain percentage lower (25-30% lower) than their regular product. Many times that does not make it a low sodium product, just a reduced sodium product.

Watch the serving size on the nutritional labels. The sodium level may not look too bad, until you look at the serving size. The sodium level stated may be for a half cup, when actually you know that your serving size is a cup. Or it may state one tablespoon, when you are actually using three tablespoons.

Never add salt to water. You will be surprised how flavorful your food will be without adding salt to the water when cooking vegetables, potatoes, pasta, rice, even oatmeal. If you think about it, usually you add toppings, or sauces, seasonings, etc. to these foods. There are enough flavors in these to compensate for not adding salt to the cooking water.

Don't be fooled. Sea salt, Kosher salt, and other designer salts contain the same amount of sodium as ordinary table salt and will do just as much damage.

Cook from scratch. Food in its natural state has enough sodium to give you what your body requires.

Choose. Fresh or frozen vegetables over canned vegetables whenever possible.

There are few good choices at fast food restaurants. Ordering a salad may appear to be the healthy choice, but all salad dressings contain an exorbitant amount of sodium. If you eat a salad, you should use vinegar or balsamic vinegar with a drop of olive oil.

A R E C I P E F O R . . .



Fresh Herb Couscous Salad

Makes 8, 1-1/2 cup servings

2 cups uncooked couscous

3 cups boiling water

½ cup chopped mixed fresh herbs (such as chives, parsley, and basil)

1 medium or large tomato

¼ cup lemon juice (2 medium lemons)

1 medium cucumber (about 8oz.)

¼ cup extra virgin olive oil

¼ to ½ cup chopped fresh mint or cilantro

½ tsp. minced garlic

Combine couscous and boiling water in a large bowl. Stir to combine and let cool for 15 minutes. Meanwhile, chop tomato; peel, seed, and chop cucumber. Add remaining ingredients to cooled couscous and stir together. Serve chilled or at room temperature.