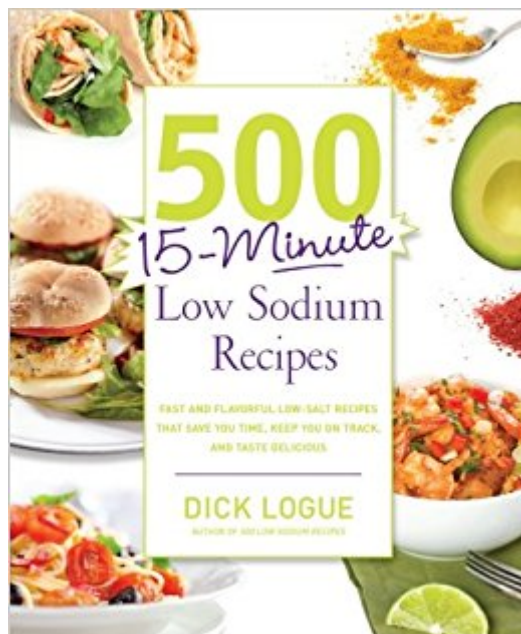


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# 500 15-Minute Low Sodium Recipes: Fast And Flavorful Low-Salt Recipes That Save You Time, Keep You On Track, And Taste Delicious



## Synopsis

Create great, low-sodium meals in a jiffy while still enjoying all the foods and flavors you love with 500 15-Minute Low-Sodium Recipes! In these pages, you'll be treated to dishes so delightful you'd never guess they're low in salt and quick to prepare. Packed with 500 recipes to choose from, you'll find everything from beef, chicken, and vegetables dishes to international takeout-style recipes, desserts, and more. And with 15 minutes or less prep time on every recipe, staying on track is as easy as pie! You'll also find a nutritional breakdown on every recipe, making it easier than ever to track your daily sodium intake. Cutting sodium doesn't mean cutting flavor or variety, or spending hours in the kitchen on complicated recipes. Make staying on course easy and delicious! with 500 15-Minute Low-Sodium Recipes.

## 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.

**Ricotta-Stuffed Chicken Breasts** Stuffed chicken breasts, just oozing with cheese, are bound to be a hit with kids and adults alike.

**Ingredients:**

- 3/4 cup (83 g) shredded Swiss cheese
- 1/2 cup (125 g) ricotta cheese
- 1 tablespoon (2.4 g) chopped fresh thyme
- 1/8 teaspoon coarsely ground black pepper
- 6 boneless skinless chicken breasts
- 2 tablespoons unsalted butter

**Directions:** In a small bowl, fold together the Swiss and ricotta cheeses, thyme, and black pepper. Place a chicken breast on a flat surface. Cut a 2 1/2-inch (6.4-cm) horizontal slit into the side of each chicken breast to form a pocket. Stuff each pocket with 2 tablespoons (30 g) of the cheese mixture. Melt the butter in a skillet over medium-high heat. Add the chicken and cook for 6 minutes. Turn; reduce the heat to medium and cook for 4-5 minutes longer, until the chicken is cooked through.

**Yield:** 6 servings

**Per Serving:** 181 calories (42% from fat, 53% from protein, 4% from carbohydrate); 23 g protein; 8 g total fat; 5 g saturated fat; 2 g monounsaturated fat; 0 g polyunsaturated fat; 2 g carbohydrate; 0 g fiber; 0 g sugar; 278 mg phosphorus; 232 mg calcium; 75 mg sodium; 230 mg potassium; 286 IU vitamin A; 71 mg vitamin E; 1 mg vitamin C; 66 mg cholesterol

I received this book today and, consequently I haven't tried any of the recipes yet but I already have a problem. Of the recipes I've checked so far, most will have to be reworked before I can use them. Unlike the author who was put on a sodium restricted diet due to congestive heart failure, my husband's problem is hypertension and the medication he's on precludes the use of potassium supplements and "salt substitutes" which are high in potassium. We've found in the months since his diagnosis that many "no salt added" products -- especially tomato products -- make up for the absence of salt with large amounts of potassium. Many of the recipes in this book call for "no salt added" products which achieve the "low sodium" designation while putting them off limits for persons on certain hypertension medications. I don't fault the author for this oversight but if you are wanting to get this book because you're cooking for someone with hypertension, be aware that depending on that person's medication you will have to rework certain recipes before you can use them. Consult with your doctor and I suggest developing a label reading habit bordering on obsessive.

If you are on a low sodium diet and don't have much time. Like me, this is perfect. Great product I highly recommend it.

very precise with the nutritional information. the wife has cirrhosis of the liver I needed low sodium recipes. The recipes are easy to follow and taste good.

I use it all the time for my Dad, it has been so helpful in maintaining his dietary restrictions. We've found lots of quick and easy to prepare dishes that are tasty. I like the section for meals using a slow cooker.

My blood pressure has gone from bad to awesome with this book. It has great recipes that real people can eat. It's not cow tongue and hoity toity ingredients you've never heard of. You don't have to be a master chef to understand it either! I've also lost some weight with it too!! Since I'm eating less pre-prepared food I'm also saving money.

Excellent cookbook with all the nutritional info per serving, including salt!!!!!!

Got this for my mother that needs to be on a reduced sodium diet. Seems to have a lot of great recipes.

For us who are on a low sodium diet. This is a great book. The food is suprising good.

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