



Week 1: The Pressure's On!

Foods to Reduce High Blood Pressure

We have known for a long time that getting too much sodium in the diet is not great for our health. It leads to increased risk for high blood pressure or *hypertension*, which in turn is a risk factor for heart disease. But reducing sodium intake means more than just avoiding the salt shaker. Many processed and prepared foods are very high in salt. Cooking more meals at home makes it possible to slash your salt intake, without cutting back on flavor!

- The 2010 Dietary Guidelines for Americans revised the previous recommendation for sodium intake. Now, it is recommended that those at increased risk for hypertension not exceed 1500 mg of sodium per day from food and beverages. Those at increased risk include anyone with a diagnosis of hypertension, everyone age 50 and up, and African-Americans. Altogether, this accounts for about 68% of the US adult population!
- In addition to eating less sodium, it's a good idea to eat plenty of foods rich in potassium, which may be protective against hypertension. Foods that are high in potassium include many kinds of fruits and vegetables, low-fat dairy foods and legumes. Try to eat fruit at breakfast and snacks, and include vegetables at lunch and dinner.
- Recipes that are low in sodium can still be high in flavor! There are many delicious herbs and spices that lend a lot of flavor to food without increasing sodium content. See the "Seasoning Without Salt" chart in your packet.
- Those who exercise regularly, maintain a healthy weight, and do not drink alcohol to excess also have reduced rates of hypertension. Remember to get moving at least for a little bit every day!

The **DASH Diet** or “*Dietary Approach to Stop Hypertension*” is a dietary pattern that has been shown in studies to help reduce blood pressure and rates of hypertension*. It features foods that are low in sodium and high in potassium, magnesium and calcium. To make your diet look a little more like DASH, try to follow a few of the recommendations below:



- Eat plenty of fruits and vegetables, which are rich in **potassium**, **magnesium**, and **fiber** (especially dark green and bright red or orange fruits and vegetables).
- Eat nuts or beans most days of the week, which are packed with **magnesium**, **protein** and **fiber**.
- Choose whole grains for their high **fiber** content.
- Include a few servings each day of lowfat or nonfat dairy (or equivalents, like fortified soy milk) for the **calcium** and **protein**.

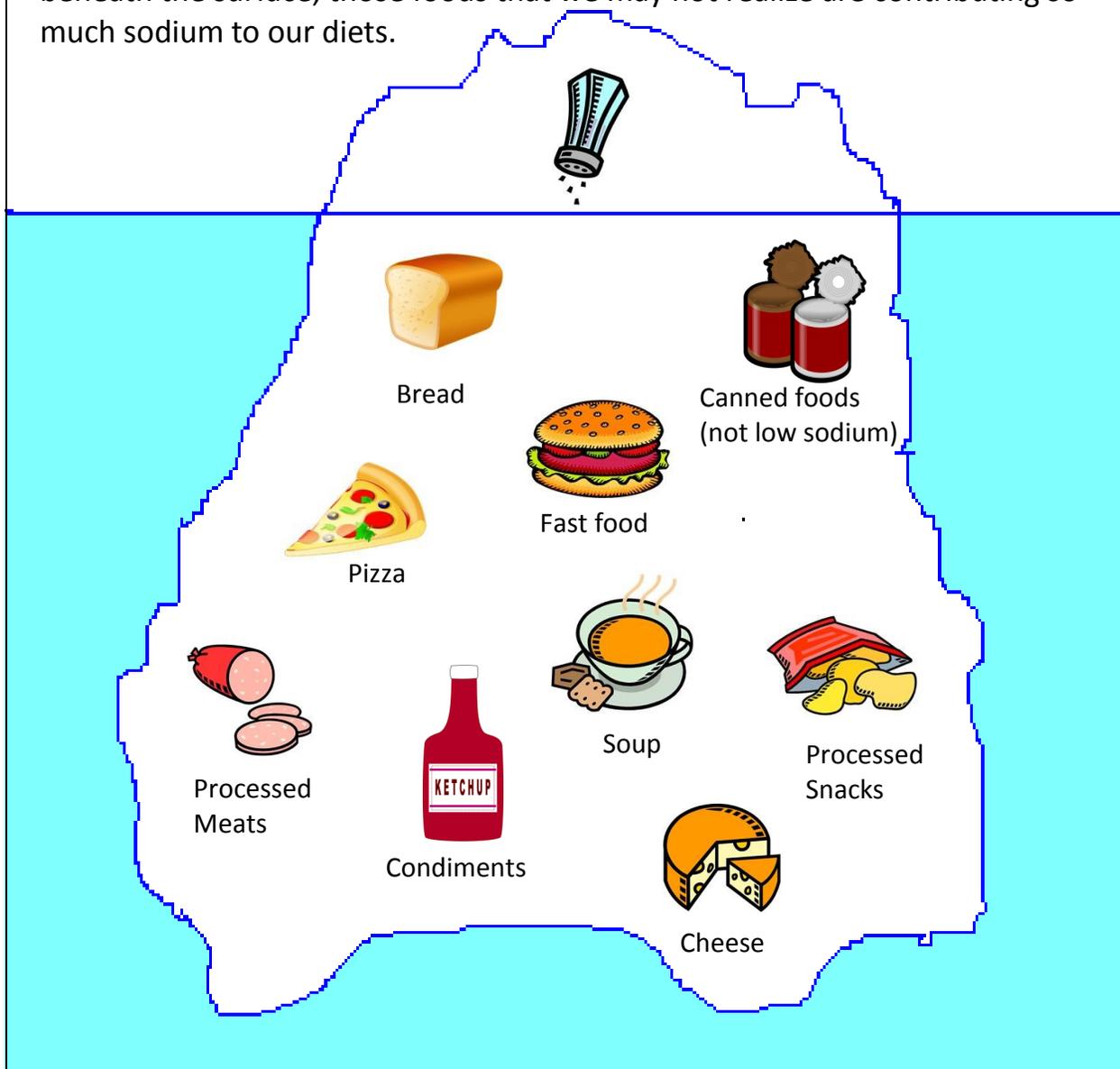
*http://www.nhlbi.nih.gov/health/public/heart/hbp/dash/new_dash.pdf



A single teaspoon of table salt contains about 2300 mg of sodium. Remember that for those at higher risk of hypertension, including anyone over the age of 50, the Dietary Guidelines recommend no more than 1500 mg of sodium per day, or about $\frac{2}{3}$ of a teaspoon!

The Salt Iceberg

If you are watching your sodium intake, you may have been diligent about pushing the salt shaker away at the table. However, you may not know that the majority of the salt we eat is already in the food that we buy! That includes food purchased in restaurants and from the grocery store. The Centers for Disease Control and Prevention (CDC) in their 2011 report state that the average American gets only **10%** of their sodium from salt added in cooking or at the table! The “**Salt Iceberg**” illustrates those foods that “lurk” beneath the surface, those foods that we may not realize are contributing so much sodium to our diets.



Seasoning Without Salt

Try experimenting with different herbs and spices when cooking at home to add flavor without adding salt. Use the following chart as a guide. Check out the bulk section of your local grocery store to find better deals on herbs and spices. Buy just what you need for a few recipes, so that you can use seasonings when they are fresh and have their best flavor and nutrient profile.

	Flavor	Uses
Allspice	Mix nutmeg/cloves/cinnamon	Everything from salads to desserts
Basil	Sweet, with clove-like pungent tang	Eggs, meats, pesto, salads, soups, stews, tomato dishes
Bay leaves	Pungent, aromatic	Meats, pickling, sauces, soups, stews,
Chives	Onion-like	Appetizers, cream soups, eggs, salads
Cilantro	Spicy, sweet or hot	In Middle Eastern, southeast Asian, Chinese, Latin American cuisine
Cinnamon	Sweet, pungent	In sweet dishes, curries, stews
Coriander	Spicy, sweet or hot but different than cilantro	In cakes, cookies, breads, as a pickling spice or in curry mixtures
Cumin	Peppery	Soups, stews, sauces
Curry	Can be sweet, spicy, or hot	Curries
Dill	Pungent, tangy	Breads, fish, sauces, vegetables
Ginger	Mix of pepper and sweetness	Cakes, breads, cookies, as well as Asian dishes like stir-fries
Marjoram	Aromatic, with slightly bitter overtone	Cottage cheese, fish, lamb, poultry, sausages, soups, stews, vegetables

	Flavor	Uses
Mint	Strong, sweet with cool aftertaste	Beverages, desserts, fish, lamb, sauces, soups
Mustard	Tangy	Great addition to marinades or sauces, also good as part of rub for meat
Oregano	Strong, aromatic with pleasantly bitter undertone	Cheese, eggs, fish, Italian dishes, meats, sauces, soups, vegetables
Paprika	Sweet to hot, somewhat bitter	Goulash, in soups, in potato or egg salad, great sprinkled on meats or on vegetarian dishes
Parsley (curly or flat leaf)	Slightly peppery	Garnishes, herb mixtures, sauces, soups, stews, egg dishes
Rosemary	Fresh, sweet flavor	Casseroles, fish, lamb, salads, seafood, soups, vegetables
Sage	Aromatic, slightly bitter	Fish, meats, poultry, salads, sausages, soups
Tarragon	Piquant, anise-like	Eggs, meats, poultry, salads, sauces, tomatoes
Thyme	Aromatic, pungent	Fish, meats, poultry, stews, tomato dishes

Storing Fresh Herbs

Fresh herbs can add a huge punch of flavor to a dish, and are a great way to boost flavor without adding extra salt. When you buy a container of fresh herbs, it is likely you will not use the whole container in one recipe. This means storing the herbs for later use. For more delicate herbs like cilantro, basil, or parsley, you can trim the stems and place them into a shallow cup of water. Basil can sit on the counter, while the others should go into the refrigerator. Or you can wrap them in a damp paper towel and keep them in a resealable plastic bag in the refrigerator. As for the “woodier” types like rosemary and thyme, they can just be placed in a loose plastic bag and kept in the refrigerator.

Pots and Plans Recipes

In each Pots and Plans recipe packet, we strive to fill the pages with recipes that are good-tasting, nutritious, easy to prepare, and use low-cost ingredients. Try doubling a recipe if you want lots of leftovers, or cutting it in half if you only want to make a little bit at a time. Nutrition facts for all recipes are provided at the back of the packet. At times you will see a text box like this in a recipe:



Wherever you see this speech bubble in a text box, a nutrition tip or recipe preparation tip follows.

Preparing recipes with ingredients that are in season results in better-tasting meals, and also helps you save on food costs. In-season ingredients are likely to be less expensive. We have developed a “seasonality guide” with symbols to show you which recipes are appropriate for different seasons. We also give ways to modify some recipes for different seasons. Use these symbols to find recipes that are great for the season:



Fall



Winter



Spring



Summer

Pita Pizza (Serves 1)

Instead of ordering pizza out, try this simple alternative.



- 1 whole wheat pita
- ¼ cup of tomato sauce (see recipe for tomato sauce in the packet or use a jar of low-sodium tomato sauce)
- 1/4 cup of mozzarella cheese
- 1 teaspoon of oregano
- Any of your favorite pizza ingredients! Try sliced bell peppers, onions, mushrooms, fresh tomato, zucchini, eggplant, spinach, or fresh basil sliced thinly

2. Spread tomato sauce across entire pita. Add your favorite pizza ingredients.
3. Sprinkle pita with mozzarella cheese, and add oregano on top of cheese.
4. Bake in oven for 8-10 minutes or until cheese is melted.

1. Heat oven to 400 degrees.

Chickpea Spread (Serves 3)

- 1 can chickpeas (garbanzo beans), drained and well-rinsed
 - ½ onion, chopped
 - 1 stalk celery, chopped
 - 1 tablespoon mayonnaise
 - 1 tablespoon lemon juice
 - 1 teaspoon dried dill weed
 - Pepper and a pinch of salt
1. Drain and thoroughly rinse chickpeas. Pour into a food processor and pulse until smooth.

2. Mix in onion, celery, mayo, lemon juice, dill, and pepper. Pulse a few more times until well-mixed.
3. Spread on whole wheat bread or toast with your pick of sandwich toppings and serve.



Chunky Guacamole (Serves 4)

Adapted from a recipe found at www.allrecipes.com



- 1 ripe avocado, pitted and mashed
 - ½ small lime, juiced
 - ¼ cup finely diced onion
 - 2 tablespoons fresh cilantro
 - 1 Roma tomato, diced
 - 1 clove finely minced garlic
 - 1 pinch ground cayenne pepper (optional)
 - Salt to taste
1. In a medium-sized bowl, mix the avocado, lime and salt.
 2. Mix in the rest of the ingredients until evenly distributed.
 3. Serve as a dip or in burritos, tacos, quesadillas, etc.

10 Minute Salsa (Serves 5)



- 2 large tomatoes, diced
 - ½ of a seeded and minced jalapeno pepper (optional)
 - 1 tablespoon red onion, minced
 - 1 tablespoon fresh cilantro, minced
 - 1 garlic clove, minced
 - 1 tablespoon olive oil
 - Dash of pepper
 - Salt to taste
1. In a small bowl, combine the tomatoes and chilis, jalapeno, red onion, cilantro, garlic, olive oil, salt and pepper.
 2. Refrigerate until ready to serve.



The oils in jalapeno peppers can irritate your skin. Avoid touching the seeds and membranes when prepping. Try wearing rubber gloves, or use a spoon to scoop them out.

When it comes to sodium, chip dips are some of the worst offenders! Pre-made bean dips, processed cheese dips, and the jarred salsa found on grocery store shelves can be very high in sodium. To keep your dips light on the salt, use fresh ingredients and make your own simple dips with other ingredients to boost flavor!

10-Minute Tomato Sauce

Recipe by Kate Schenk, CN

- ½ tablespoon olive oil
 - 2 cloves garlic, minced
 - 1 14-ounce can crushed tomatoes (look for no salt added)
 - Salt and pepper to taste
1. In a medium saucepan, heat olive oil over medium heat. Add the garlic and sauté for 30 seconds.
 2. Add crushed tomatoes and bring to a simmer. Cook for 10 minutes with lid on, stirring occasionally.
 3. Season with salt and pepper to taste.



Look for no-salt-added tomato sauce so you can salt this sauce just to taste. In addition to this sauce being very low in sodium, just a half cup of it provides about 400 mg of potassium!

Variations:

- Sauté diced onion before adding the garlic (use an additional 1/2 tablespoon of oil).
- Add 2 teaspoons of dried herbs (basil and oregano work well).
- Make a meat sauce by adding ground turkey or lean beef. Just cook the meat first, drain the fat, then add the garlic and continue with recipe.
- Add diced zucchini, peppers, mushrooms or other vegetables.
- Add ¼ cup fresh, chopped basil to the basic recipe after removing from the heat.
- Use roasted tomatoes instead of regular to create a smoky flavor.

Black Bean and Corn Taco Salad (Serves 2)



- 1 cup canned black beans, rinsed and drained
- ½ cup frozen corn, thawed
- 1 tomato, diced
- ½ avocado, diced
- 2 tablespoon fresh cilantro
- 1 tablespoon lemon juice
- 1 tablespoon taco seasoning (see homemade version below, or use a purchased variety)
- ½ cup shredded Monterey Jack cheese
- ½ head Bibb or romaine lettuce, shredded

1. In a small bowl stir together the first seven ingredients (through taco seasoning).
2. Serve on top of shredded lettuce. Top with cheese and salsa.

 Another approach would be to use cabbage as the wrapper for these tacos. Try plunging some cabbage leaves into boiling water for 60 seconds to poach them, then remove, drain and stuff with filling.



In the fall, ditch the tomatoes and sub in diced cucumbers

Homemade Taco Seasoning

- 1 tablespoon chili powder
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon crushed red pepper
- ½ teaspoon oregano
- ½ teaspoon paprika
- 1 ½ teaspoons cumin
- 1 teaspoon salt
- 1 teaspoon black pepper

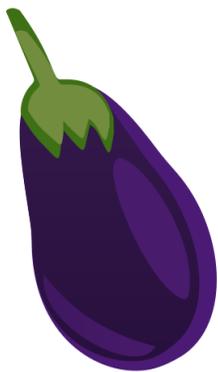
1. Mix all ingredients together.
2. Store in air-tight container in a cool, dry place.
3. Use to season burritos, tacos, quesadillas, soups and more!



Eggplant Beef (Serves 4)

- 1 cup rice, cooked to package directions (try brown rice)
- ¾-1lb of beef cut into strips
- 1 small eggplant, cut into strips
- 1 red bell pepper, cut into thin strips
- 4 green onions, cut into 3 segments
- 1 tablespoon flour
- 4 cloves of garlic, minced
- 1 ½ inch piece of ginger, minced
- ½ cup of low-sodium chicken broth
- 3 tablespoons of reduced-sodium soy sauce
- ⅓ cup cashews or peanuts

1. In a small bowl make the sauce. Combine chicken broth, soy sauce, and minced garlic and ginger. Set aside.



2. In a large skillet heat up 1 tablespoon of olive oil on medium high heat. Add in beef and cook 5-7 minutes or until pink color is gone

and the meat is still tender.



Drain off extra

oil and water in pan and set meat aside.

3. While the beef is cooking, prepare the vegetables as indicated.
4. Using the same pan, heat up 1 tablespoon of olive oil. Add bell pepper and eggplant, sautéing frequently for 2-3 minutes.
5. Add in the green onion and cook mixture another 3-5 minutes.
6. When veggies are almost done sprinkle 1 tablespoon of flour over the mixture and stir. Then pour the prepped sauce into the pan and stir until the flour is incorporated.
7. Serve over rice.



Cabbage, mushrooms



Bok choy, swiss chard

Lentils with Beets

Adapted from Urban Pantry, Amy Pennington

- 2 teaspoons olive oil
- 1 clove garlic, chopped
- ½ red onion, finely chopped
- 1 cup dried French Lentils
- ½ teaspoon salt
- 3 medium beets, scrubbed clean and tops removed
- 15 mint leaves, roughly chopped or 2 teaspoon dried dill

Dressing

- 3 tablespoons olive oil
 - 2 tablespoons red wine vinegar
 - 1 teaspoon Dijon Mustard
 - Fresh ground pepper
 - Salt to taste
1. In a medium sauce pan, heat olive oil on medium. Cook the onion and garlic, for 5-7 minutes until soft.
 2. Add lentils, salt, and about 2 cups water, or enough to just cover the lentils.
 3. Bring to a boil and reduce to a simmer. Cook covered for 20-25 minutes until lentils are cooked



but firm. Drain any excess water.

4. Meanwhile, in a medium pot, boil water. Add whole beets and cook until beets are soft and knife can be inserted through. Time will vary greatly depending on size of beets, so check beets after the first 20 minutes and then every 10 minutes after.
5. When the beets are done, cool them slightly and remove the skins with a paper towel or with your hands under cold running water. Chop the beets into ½ inch cubes.
6. In a large serving bowl, whisk together dressing ingredients.
7. Add lentils, beets, and mint or dill and gently stir to combine.
8. Serve cold or at room temperature.



Mix & Match

SOUP

MASTER RECIPE

MAKES 4 SERVINGS



BASE INGREDIENTS:

- 1-2 tablespoons canola or olive oil
- ¼ - ½ cup chopped onion
- 1-2 cloves garlic (optional)
- **PROTEIN** choice (choose 1 or more)
- 4 cups **BROTH**
- 1 ½-2 cups **VEGGIES**, chopped
- 2 tablespoons **DRIED HERBS** total or to taste
- Salt & pepper to taste
- 1 cup **STARCH** choice

YOU CHOOSE:

PROTEIN

- Raw meat such as beef, sausage, chicken or turkey, ¼ - ½ lb (optional)
- Any cooked meats - ½ cup
- Lentils—dry, ½ cup
- Extra-firm tofu (cut into ½ inch cubes) - ½ cup
- Beans—1 can, rinsed or ½ cup dry (soak for 8-12 hours in refrigerator, then rinse)

BROTH

- **Chicken, Beef, or Vegetable Broth**—1 quart (4 cups) of store bought or homemade. Always look for low-sodium option when buying.
- **Tomato Broth**— 6 oz can low-sodium tomato paste, one 16 oz can of chopped tomatoes with juice (low sodium) and 2 ½ cups of water

VEGGIES

- Carrots
- Celery
- Cabbage
- Tomatoes (canned work well, too!)
- Bell peppers
- Peas
- Mushrooms
- Zucchini
- Green beans
- Winter squash
- Greens (collard, kale, spinach, etc.)
- Eggplant
- Asparagus
- Leeks
- Parsnips

DRIED HERBS

- Bay leaf (great for all soups)
- Basil
- Parsley
- Thyme
- Tarragon
- Marjoram
- Lemon pepper

STARCH

- Pasta, cooked
- Brown rice, cooked
- Wild rice mix, cooked
- Barley, cooked
- Quinoa, cooked
- Egg noodles, cooked
- Corn, canned, fresh or frozen
- Couscous, cooked
- Potatoes (diced, add with **VEGGIES**)
- Bulgur, cooked
- Farro, cooked

WHAT TO DO:

1. Heat oil in a large pot (3 qt size or larger).
2. Add onion and garlic and cook until soft.
3. If using a raw meat **PROTEIN**, add to pot and brown.
4. Pour in **BROTH**.
5. Add **PROTEIN** (other than raw), chopped **VEGGIES**, **DRIED HERBS**, and salt & pepper.
6. Bring to a boil, then reduce heat and simmer for 30-40 minutes. If using beans that were dry, simmer for 1 ½ hours.
7. When ready to serve, add a portion of your **STARCH** choice to your bowl and ladle soup over it.

CROCK POT INSTRUCTIONS:

Sautéing the ingredients in step 1 is optional. Put all ingredients into a crock pot and simmer for 5-7 hours on low. If using dried, soaked beans, 30-60 more minutes may be needed to ensure the beans are done.

Mix & Match

MASTER RECIPE

CASSEROLES



BASE INGREDIENTS:

- ½ cup onion, diced
- 2 tablespoons canola or olive oil
- ¾ lb or 1 ½ cups **PROTEIN**, raw or cooked
- 2-3 cups **VEGGIES**, chopped fresh, frozen, or drained and rinsed from cans
- **SAUCE** ingredients (see below)
- **HERBS**—2-4 teaspoons **dried** or 3-4 tablespoons **fresh**, (chopped)
- **GRAIN/STARCH** choice (see below)
- ¾ cup one or more **TOPPINGS**

YOU CHOOSE:

PROTEIN

- ground beef, turkey, chicken or sausage
- chicken, turkey, beef, or pork, cut into bite-sized pieces
- tuna, salmon or chicken (2 cans)
- ham, cubed
- firm tofu, cut into 1" cubes
- canned beans, drained and rinsed
- cooked beans

VEGGIES

- Mushrooms
- Peas
- Bell peppers
- Zucchini
- Squash (yellow, butternut or other)
- Broccoli
- Spinach (or other greens)
- Asparagus
- Frozen mixed veggies
- Green beans
- Celery
- Carrots
- Edamame, shelled (soybeans)
- Cauliflower
- Cabbage
- Olives
- Corn
- Eggplant
- Canned, diced tomatoes (drained)

HERBS

- Basil
- Thyme
- Oregano
- Curry powder
- Sage
- Marjoram
- Dill
- Chives
- Parsley
- Cilantro
- Garlic powder
- Tarragon
- Cumin
- Taco seasoning

GRAIN/ STARCH

- 1 cup **uncooked** white rice
- ¾ cup **uncooked** brown rice
- 3 cups **cooked** pasta or egg noodles (whole wheat or regular) *NOTE: cook for only ¾ of time stated in package directions*
- 2 cups **raw** potatoes, sliced or diced
- 12 corn tortillas or 6-8 flour tortillas, torn as needed
- 2 cups **cooked** barley
- 2 cups **cooked** quinoa
- 2 cups **cooked** millet

WHAT TO DO:

1. Pre-heat oven to 350°
2. Heat a large pan over medium to medium-high heat. If using a **raw PROTEIN**, add to pan and cook until no longer pink.
3. **Add ½ cup diced onion and 2 tablespoons canola or olive oil to pan.**
4. Add **fresh VEGGIES** to pan and sauté until slightly softened.
5. Next, add any **frozen** or **canned VEGGIES** and stir.
6. See **SAUCE** choices on next page and follow instructions for your choice.
7. Add **HERBS** and **salt and pepper** to taste; stir to combine.
8. Coat a 9-by-13-inch (or similar 3 quart) baking dish with cooking spray or a light coating of oil.
9. Mix the **GRAIN/STARCH** with the protein/veg mixture, and spoon into a prepared dish.
10. Sprinkle with a **TOPPER**. Cover and bake at 350 degrees on lower rack for 30-45 minutes or until bubbly.

OVER

TOPPER

- Shredded cheese
- Breadcrumbs
- Crushed crackers
- Crushed cereal
- Sunflower seeds
- Slivered almonds
- Flax seeds
- Wheat germ
- Sesame seeds
- Nuts

NOTE 1: If using rice, cover dish tightly with lid or foil to bake.

CHOOSE YOUR SAUCE:

TOMATO

2 cups of spaghetti sauce (low-sodium)
OR
1 can tomato sauce + 1 can undrained diced tomatoes (no salt added)

NOTE 2: casseroles made with brown rice will take longer to bake, approx. 45-60 min.

BROTH-BASED

Sprinkle $\frac{1}{4}$ cup flour over protein/vegetable mixture and stir to coat.

Add **2 cups chicken, beef, or vegetable broth**; bring to a simmer and cook for 1 min while stirring to allow the sauce to thicken.

CREAMY

Sprinkle $\frac{1}{4}$ cup flour over protein/veggie mixture and stir to coat.

Add **2 cups milk**; bring to a simmer and cook for 1 minute while stirring to allow the sauce to thicken.

CHEESY

Follow creamy sauce instructions, then add **$\frac{3}{4}$ cup shredded cheese** and stir until melted.

SOME CASSEROLE IDEAS TO GET YOU STARTED:

1. Cubed beef, fresh mushrooms, frozen peas, egg noodles and beef broth seasoned with thyme and basil and topped with breadcrumbs.
2. **Indian Curry Casserole:** Chicken or garbanzo beans, cauliflower, frozen peas, fresh red bell pepper, potatoes and milk seasoned with curry powder and topped with breadcrumbs or crushed crackers.
3. Ground pork and chicken, fresh garlic, zucchini, arugula and potatoes seasoned with thyme, oregano, basil and cayenne pepper, topped with breadcrumbs and shredded parmesan cheese.
4. **Tuna Casserole:** Canned tuna, frozen peas, egg noodles and milk seasoned with dill and topped with crushed crackers.
5. **Baked Italian Pasta:** Ground beef, canned black olives, fresh bell peppers, fresh garlic, fresh mushrooms, pasta and tomato sauce and canned, diced tomatoes seasoned with oregano and basil and topped with shredded mozzarella cheese.
6. **Enchilada Casserole:** Ground beef or turkey and canned kidney beans, canned black olives, can of diced tomatoes (drained), corn tortillas and enchilada sauce, no extra seasoning, topped with shredded cheese.

Recipe	Calories (cal)	Total Fat (g)	Sat. Fat (g)	Total CHO (g)	Total Sugar (g)	Protein (g)	Sodium (mg)	Potassium (mg)	Phosphorus (mg)	Cholesterol (mg)	Comments
Black Bean & Corn Taco Salad	304	16	7	33	5	15	770	952	204	25	
Chickpea Spread	262	4	0.4	44	4	12	277	568	218	3	
Eggplant Beef	435	13	3.5	54	5.5	26	410	844	404	50	
Guacamole	90	7	1	7	1	1	150	307	34	0	
Lentil & Beet Salad	360	14	2	47	7.5	15	600	834	44	0	
Pita Pizza	314	8	4	50	13	12	636	130	214	22	Does not include vegetable options
Salsa	36	3	0.5	2.5	1.5	0.5	120	127	14	0	
Taco Seasoning							283				Sodium is per 1 teaspoon of the spice mix
Tomato Sauce	114	4	0.5	17	8	4	311	464	15	0	