



Home On The Range



Low-Salt Recipes For Healty Diets

Salt is added to our diets to flavor foods. Most of us believe food tastes very bland without it. Unfortunately, high-sodium diets increase the risk of high blood pressure and aggravate high blood pressure once it exists. High blood pressure increases the risk of heart attacks, strokes and kidney disease.

To reduce heart disease, keep sodium intake to less than three grams a day.

Salt substitutes can be used. One of the most popular ways to reduce salt intake is to use different herbal blends. Like salt, herbs are a flavor enhancer. Herbs do the same thing as salt and they are healthier for you.

You can buy herb butter blends to saute eggs, a salad herb blend for salads. You can use dill, savory or dried chives for for eggs, poultry and fish.

Also good quality pepper is a great substitute for salt. Taste preferences are different. But if you preferred lots of salt, don't think you can't modify your tastes. Avoid adding salt to your food at the table and limit your intake of salty foods for two weeks. By gradually reducing your salt intake, your tastes buds will adapt and you may even begin to prefer foods unsalted.

Try these recipes that use herbs and spices as flavor enhancers instead of salt with its harmful side effects.

SPICED RED CABBAGE

4 cups shredded red cabbage
 ¼ cups cider vinegar
 ½ cup water
 ½ teaspoon ground allspice
 ¼ teaspoon ground cinnamon
 ¼ teaspoon ground nutmeg
 2 tart apples, peeled, cored and diced
 1 tablespoon sugar

In a saucepan, combine shredded cabbage with all ingredients except apples and sugar. Cover and cook over moderate heat for 15 minutes, tossing several times so the cabbage will cook evenly.

Add apples and toss again. Cover and cook 5 minutes longer. Add sugar.

If more water is needed during cooking, add 2 or 3 tablespoons, but when the dish is done, all moisture should have cooked away.

Am. Heart Assoc.

MARINATED FISH STEAKS

1½ pounds fish steaks
 Combine:
 2 tablespoons oil
 ½ cup tarragon oil
 1 teaspoon Worcestershire sauce
 ¼ teaspoon black pepper
 1 bay leaf
 2 tablespoons chopped parsley
 Marinate fish steaks in oil mixture for at least 3 hours before cooking. Broil 10 minutes on both sides. Before serving, pour lemon sauce on top of steaks.

Sauce:

½ cup margarine or salt-free butter
 3 tablespoons lemon juice
 1 teaspoon lemon rind
 1 tablespoon parsley

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MASHED POTATOES

8 to 10 potatoes
 1 stalk celery
 1 bay leaf
 1 large clove garlic
 4 tablespoons butter
 ½ cup heavy cream or milk
 Pepper to taste

Combine celery, bay leaf and garlic in a small cooking bag and cook with potatoes until soft. Discard flavoring bag. Mash potatoes, adding cream and butter. Can be served with burnt onion gravy with tarragon.

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GINGERBREAD

1 cup dark molasses
 ½ cup brown sugar
 ½ cup oil
 ½ teaspoon cinnamon
 ½ teaspoon cloves
 ½ teaspoon nutmeg
 1 teaspoon ginger
 1 cup boiling water
 2½ cups flour, unsifted
 1 teaspoon baking soda

Blend together the first seven ingredients and stir in boiling water.

Mix the unsifted flour. Dissolve the baking soda in 2 tablespoons hot water; add to batter. Pour into a greased 8x8x2-inch cake pan. Bake 30 minutes at 350 degrees.

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If you use the right combination of herbs and seasonings, you'll never miss the salt.

NO—SALT SUBSTITUTE

1 tablespoon chives
 1 tablespoon parsley
 1 teaspoon sage
 ¼ teaspoon cayenne pepper
 ¼ teaspoon savory
 ¼ teaspoon majoran
 ¼ teaspoon garlic

Combine ingredients and substitute the mixture for salt in seasoning vegetables and meats. Add black pepper when seasoning meat.

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BURNT ONION GRAVY WITH TARRAGON

1 teaspoon safflower oil
 1 large white onion, diced
 1½ cups water
 2 teaspoons vegit
 ¼ teaspoon tarragon
 ¼ teaspoon sage
 Dash nutmeg
 ¼ teaspoon chevil

Brown onion in oil. Add water and all other seasonings. Simmer for 10 minutes. Add 3 tablespoons flour, if desired.

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RED FRENCH DRESSING

½ cup polyunsaturated oil
 2 tablespoons vinegar
 2 tablespoons lemon juice
 ½ teaspoon dry mustard
 ½ teaspoon paprika
 ¼ teaspoon coarse pepper
 ¼ cup mayonnaise
 ¼ cup tomato paste
 ¼ teaspoon Worcestershire sauce

Mix ingredients together and shake well. Chill before using. Makes 1¼ cups.

MINTED PEAS

1 10-ounce package frozen peas
 2 tablespoons water
 1 tablespoon green creme de menthe
 1 tablespoon margarine
 Place peas and water in a saucepan. Bring to a boil, reduce heat and cook, covered, 3 to 5 minutes. Remove cover, dot with margarine and pour in creme de menthe.

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EAST INDIAN STUFFED FISH

3 pounds whitefish or bass, deboned
 ¼ teaspoon black pepper
 2 tablespoons fresh onion, minced
 ¼ teaspoon garlic powder
 1 teaspoon curry powder
 ¼ teaspoon black pepper
 2 cups whole grain bread crumbs
 ¼ cup celery, finely chopped
 1 tablespoon parsley, chopped
 2 tablespoons butter, melted
 Preheat oven to 350 degrees. Sprinkle inside of fish with pepper mixed together.

Combine the remaining ingredients, tossing lightly. Spoon into cavity of fish. Close opening with skewers and lace with strong thread.

Sprinkle skin of fish with pepper.

Bake in buttered baking pan for

350 to 40 minutes or until fish flakes. Serves six.

HOMEMADE SAUSAGE

¼ pound ground turkey
 ¼ teaspoon pepper
 ¼ teaspoon basil
 ¼ teaspoon sage
 ¼ teaspoon oregano
 ¼ teaspoon allspice
 ¼ teaspoon nutmeg
 ¼ teaspoon garlic powder
 ¼ teaspoon chili powder
 ¼ teaspoon Tabasco, optional
 1 egg white
 2 tablespoons water

Combine all ingredients and mix thoroughly. Shape into 4 patties and place on a rack in a shallow pan. Broil 2 to 3 inches from heat for 10 to 15 minutes. Turn patties and broil 5 to 10 minutes or until well done.

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Featured Recipe

HARRISBURG (Dauphin Co.) — Winners of the third annual Pennsylvania Veal Recipe Contest were announced recently at the Our House Restaurant, Grover, where the contest was held. The contest was part of a coordinated veal marketing effort conducted by the Pennsylvania Beef Council.

Dave Ivan, executive director of the Beef Council, said that this year's entries emphasized the versatility and good taste veal offers consumers. "This year, a majority of the recipes submitted reflected how appropriate veal is for today's health-oriented lifestyles," he said.

Garnering the \$300 top prize was Gwendolyn Gray, of Philadelphia. Her "Almond Cutlets" recipe impressed the panel of judges for its delicious, simple taste, and overall ease of preparation.

Second place honors went to Lewis Sarkozy, Scranton, for his Hungarian veal stew. Sarkozy received \$150 for his second-place recipe.

S.A. "Fran" Yuhas, Scotrun, submitted the third place recipe, a stuffed veal chop and was awarded \$100 for her efforts.

ALMOND CUTLETS

1 pound veal cutlets, pounded to ¼" thickness
 1 cup dry bread crumbs
 ¼ teaspoon pepper
 ¼ teaspoon salt
 ¼ cup almonds, chopped very fine
 1 egg, well beaten

Brush cutlets with beaten egg. Mix bread crumbs, almonds, salt and pepper. Dredge cutlets in crumb mixture. Using a nonstick frying pan, brown cutlets in 1 tablespoon oil over medium heat. Place (slightly overlapping) in a 10x14-inch baking pan, cover and bake at 325 degrees for 35 minutes. Serve with a parsley and lemon garnish.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

Jan.	13-	Potatoes
	20-	Lamb
	27-	Pancakes
Feb.	3-	Beef