

## Flavor Ideas

**Seasoning is important in low sodium cookery. Herbs, lemon juice, wine, etc., can take the place of salt and make food interesting and flavorful.**

### Rules for using flavoring aids:

1. Use herbs, spices and flavorings sparingly – as an accent. An overdose can be overwhelming. Seasoning with herbs or spices should never be so strong as to dominate the natural flavor of food.
2. Spices and herbs lose their flavors. Buy them in small quantities and keep in tightly covered containers. Cutting, crushing, and mincing fresh herbs brings out their true flavors.
3. Use approximately 1/4 teaspoon of dried herbs in a dish for four people. If fresh herbs are used, allow 3 to 4 times as much.
4. For foods that are uncooked, such as vegetable juices, add herbs in advance of serving. Herbs may be tied in a cheesecloth or muslin sack and removed before serving.
5. For foods that require a short cooking time, moisten herbs with skim milk, lemon juice or oil before adding to other foods.
6. For dishes that require a long preparation time, add herbs during the last hour of cooking.
7. Certain flavors blend better than others with various foods. The following are some suggested combinations.

FOOD	SUGGESTED FLAVORINGS:
<b>BEEF</b>	Bay leaf, dry mustard, green pepper, grape jelly, sage, marjoram, mushrooms, nutmeg, onions, pepper, thyme, broiled fruits
<b>CHICKEN</b>	Cranberries, mushrooms, paprika, parsley, poultry seasoning, thyme, sage, sweet marjoram, onion, green pepper
<b>LAMB</b>	Curry, garlic, mint, pineapple, rosemary, currant jelly, wine jelly
<b>PORK</b>	Apples, applesauce, garlic, onion, sage, broiled pineapple slices
<b>VEAL</b>	Apricots, bay leaf, curry, currant jelly, ginger, mushrooms, marjoram, oregano, boiled fruits
<b>FISH</b>	Bay leaf, curry, dry mustard, green pepper, lemon juice, marjoram,

Flavor Ideas for the Sodium-Restricted Diet (continued)

<b>FOOD</b>	<b>SUGGESTED FLAVORINGS:</b>
	paprika, basil, crushed fennel, onion, thyme, garlic, dill
<b>EGGS</b>	Curry, dry mustard, green pepper, jelly, mushrooms, onion, paprika, parsley, tomato
<b>ACORN SQUASH</b>	Nutmeg, ginger, cinnamon
<b>ASPARAGUS</b>	Lemon juice, nutmeg
<b>BROCCOLI</b>	Lemon juice, oregano
<b>CABBAGE</b>	Tomato, marjoram, oregano, savory, mint, rosemary
<b>CAULIFLOWER</b>	Lemon juice, savory
<b>CORN</b>	Green pepper, parsley, tomato, curry
<b>EGGPLANT</b>	Basil, tomato, marjoram, savory, thyme, sage
<b>GREEN BEANS (string beans)</b>	Marjoram, lemon juice, nutmeg, dill seed, basil, sugar, unsalted French dressing, savory, sage, mushrooms, toasted almonds
<b>LIMA BEANS</b>	Basil, marjoram, mint, sage, savory, rosemary, thyme
<b>MUSHROOMS</b>	Lemon juice, rosemary
<b>PEAS</b>	Onion, mint, mushrooms, parsley, green pepper, basil, nutmeg, marjoram, rosemary, thyme, sugar
<b>POTATOES</b>	Onion, mace, green pepper, parsley, dill seed, dried basil
<b>SWEET POTATOES</b>	Nutmeg, mint
<b>TOMATOES</b>	Basil, marjoram, onion, sugar, oregano, green pepper, sage
<b>YELLOW SQUASH</b>	Basil, ginger, onion, mace, mint, tomato
<b>ZUCCHINI SQUASH</b>	Basil, onion, tomato, marjoram

**Any questions or concerns, please call . . .**

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