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# LOW SODIUM RECIPES

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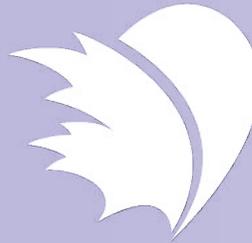
Living with Pulmonary Hypertension requires a careful balance of many aspects of your lives, including your diet. We understand that navigating a low-sodium diet can sometimes feel challenging, but it doesn't have to be flavorless or uninspiring.

This recipe book has been crafted with love and dedication to empower those facing the challenges of Pulmonary Hypertension to enjoy delicious, heart-healthy meals without sacrificing taste.

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**Click on any of the recipes to navigate directly to the page**

- Caesar Salad with Dressing (nut and oil-free)
- Sunshine Mango Salad with Oil-free Lime-Ginger Dressing
- Simple Spring Rolls
- Farmhouse Bread Stew
- Rainbow Summer Salad
- Creamy White Bean and Artichoke Dip
- Caesar Salad with Dressing (nut and oil-free)
- Sunshine Mango Salad with Oil-free Lime-Ginger Dressing
- Simple Spring Rolls
- Farmhouse Bread Stew
- Rainbow Summer Salad
- Creamy White Bean and Artichoke Dip
- Roasted Edamame
- Vegetable Medley with Smashed Black Beans
- Tomato Basil Soup
- Ratatouille
- Mushroom Donair
- Peach and Chickpea Curry
- Sweet Potato Hummus
- Asian Corn Soup
- Asparagus Spring Soup
- Stuffed Sweet Potatoes
- Zucchini Noodles with Sun-Dried Tomato Sauce
- Stacked Sushi
- Cucumber Boats



PULMONARY HYPERTENSION  
ASSOCIATION OF CANADA

L'ASSOCIATION D'HYPERTENSION  
PULMONAIRE DU CANADA

- Stuffed Spinach Tofu Ricotta Cannelloni
- Terrific Lentil Tacos
- Crunchy Roasted Garbanzo Beans (Chickpeas)
- Muligatawny Soup
- Crispy Cauliflower
- Salad Dressings
- No Tuna Chickpea Filling
- Cauliflower “Alfredo” Sauce
- Mulligatawny Soup
- Oil-free Potato Chips
- Spinach Artichoke Dip and Spread
- Italian Veggie Balls
- Chipotle Chickpea Dip
- Perfecto Potato Leek Soup
- Veggie Benny with Hollandaise Sauce
- Luscious Lemon Cake with Lemon Sauce and Blueberry Compote
- Peaches & Cream Nice Cream
- Thick & Delicious Fat-free Chocolate Shake
- Apple Strudel Whole Plant-Based
- Sweet Potato Doughnuts
- Chocolate-Dipped Peanut Butter Stuffed Dates
- Vanilla Berry Sorbet
- Gingerbread Biscotti – One Bake Method
- Pumpkin Gingerbread
- Campfire Banana Boat
- Oil-free Blueberry Muffins
- Blueberry Oat Bars
- Oatmeal in a Jar
- Corn Bread
- Cherry Almond Nice Cream

***Warning:*** Consuming garlic as a supplement is not recommended for people taking blood thinners. People on treatment should consult their doctor before consuming garlic or any other natural supplement.

# LOW SODIUM RECIPES

## Caesar Salad with Dressing (nut and oil-free)

*Kate McGoey-Smith, DipNrsg, MSW, RSW, FM, Food for Life Instructor*

This will become a favourite go-to salad whether served as a starter or main attraction! Yes, it is that delicious! This bowl of crispy romaine lettuce with a creamy Caesar dressing (nut and oil-free) with a sprinkle of hickory-smoke tempeh “bacon” bits, topped with flakes of nutritional yeast and freshly ground pepper will make you want seconds!

**Gather and Prep:** In a large salad bowl

1. One to Two Heads of Romaine Lettuce (4-8 servings)– remove leaves from centre rib and tear into mouth size pieces – place in spinner to be washed and dried – then place in bowl.

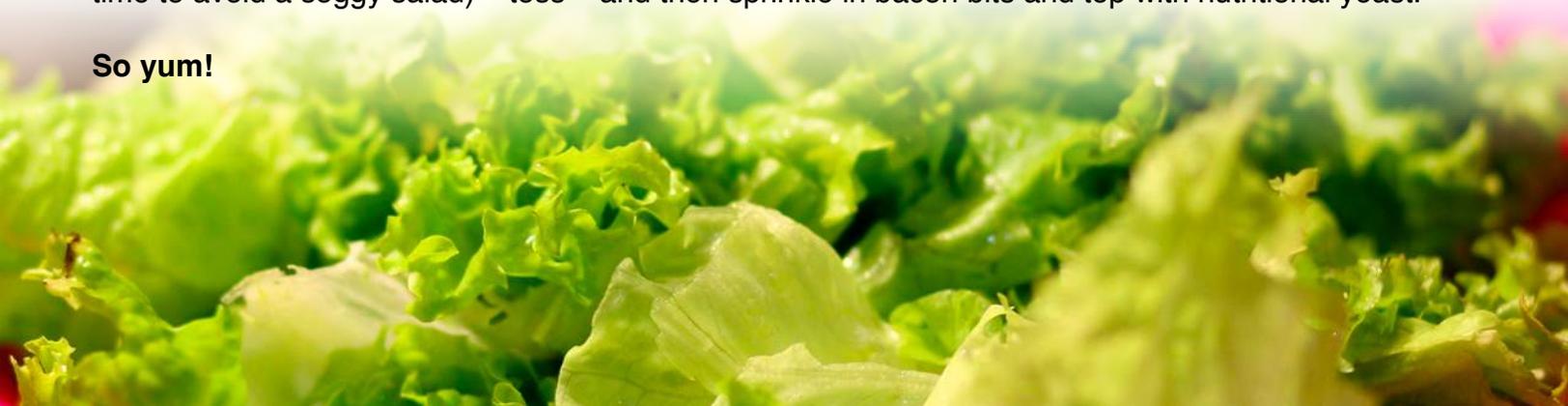
2. In an small electric blender (aka Magic Bullet) – add the following ingredients before blending at high speed until smooth (~ 3 mins of blending):

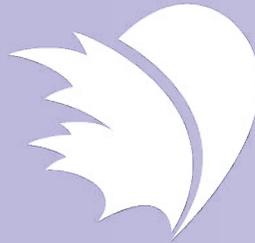
- 5 medium Medjool dates (pit removed)
- ¼ cup lemon juice
- ¼ cup Dijon mustard (low sodium- compare nutrition facts labels)
- 1 tbsp. low sodium miso paste (Shiro miso – at health stores)
- ¾ cup of cold water
- 1/3 cup nutritional yeast flakes
- 1 large clove of garlic

3. In air fryer (400 F or 200 C for ~10 min) of non-stick frying pan – cook Tempeh Hickory Smokey Bacon (Tofurky Brand – in produce depart of major grocery stores) – cook until crispy – then break into pieces and store in air -tight container.

4. Add creamy Caesar dressing to bowl of prepared romaine lettuce – put to light coat (add a little at a time to avoid a soggy salad) – toss – and then sprinkle in bacon bits and top with nutritional yeast.

**So yum!**





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## Sunshine Mango Salad with Oil-free Lime-Ginger Dressing

*Kate McGoey-Smith, DipNrsG, MSW, RSW, FM*

**Gather and Prepare:** In a medium bowl combine:

- 1 ripe mango – peel, dice into cubes
- ½ red pepper – cut into thin match sticks
- ½ jalapeno pepper – remove seeds and cut into thin match sticks
- ¼ cup of fresh basil leaves – cut into thin match sticks

**Then** in a separate container, combine the following:

Oil-free Lime-Ginger Dressing: (makes enough for 2 salads)

- 1/3 cup of lime juice or juice of 1 large lime
- Zest up to ½ of lime
- 1 tsp of coconut sugar
- 2 tsp of fresh ginger – finely grated
- 1 pinch of salt

**Directions:** Now pour half the Lime- Ginger Dressing over mango salad, let stand to soak in dressing, plate and garnish with a couple raw cashews (optional).



# LOW SODIUM RECIPES

## Simple Spring Rolls

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

These simple spring rolls are a fun lunch or even a dinner appy. They are light and delicious for that January reboot to counter any seasonal pounds that crept on. Light in both calories and sodium yet full of flavour (70 cal and 57 mg sodium per serving)!

Makes 6 servings.

**Gather and Prep:** In bowls, prepare the following:

- 1 14-ounce bag of coleslaw mix or thinly sliced cabbage
- 1 cup thinly sliced red, orange, or yellow bell pepper
- 1 1/4 cups thinly sliced cucumber
- 1 cup shredded lettuce
- 1 cup fresh basil

**Gather** 6 rice papers and then select a pan large enough for the rice paper to lie flat inside. Add 1 cup of very warm water to the pan. Working with 1 sheet of rice paper at a time, soak for 20 seconds or until it's pliable but not "gummy bear" soft. Place the soaked wrapper on a cutting board and gently flatten it.

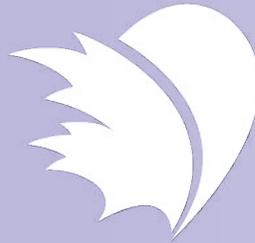
**Now** add the vegetables in any desired layers slightly below the center of the soaked rice paper. Drizzle with sriracha, if desired.

**Pick up** the edge closest to you and fold rice paper up and over the mound of filling. Fold the right and left sides toward the center. Pull the spring roll gently toward you as you roll it up like a burrito. Repeat with remaining wrappers and filling.

**Dipping Sauce suggestion:**

Hoisin sauce thinned with water (to taste) or sauce of your desire.





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## Farmhouse Bread Stew

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM. Cert. ACT/Prosocial Matrix  
Facilitator. The recipe was adapted from Mary McDougall.*

The addition of bread to the stew during the last 5 minutes of cooking really makes this dish a special treat. This is a very hearty stew, best served in a wide, deep bowl.

Makes 4 servings

**Gather and Prep:** In a 6 quart Instant Pot, on Sauté setting for at least 15-30 mins until tender, add with about a ¼ cup of water:

- 1 onion, chopped
- 2 cloves Garlic, minced
- 2 stalks Celery, chopped
- 1 carrots, chopped

**Then** add the following ingredients and seal the Instant Pot and put on Manual time of 4 mins:

- 6 cups Vegetable broth
- 15-ounce Can Chopped No salt tomatoes
- 2 15-ounce Cans No-Salt Black beans or Navy beans, drained and rinsed
- 1/4 cup Pearled barley
- 1 bay leaf
- 1 Tsp oregano leaves

**Let** Instant Pot release seal on own and then add:

- 3 cups fresh spinach, chopped
- Once wilted add the bread for 5 min and then serve immediately:
- 2 cups hearty whole wheat artisan bread (2 days old – so dry enough to not fall apart, chopped

Freshly ground black pepper to taste.



# LOW SODIUM RECIPES

## Rainbow Summer Salad

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator  
with a special thanks to Nancy Macklin.*

**Gather and Prepare:** Orange-Poppyseed Dressing: In a small bowl, whisk together. . .

- 1/3 cup white wine vinegar
- 1/4 cup orange juice
- 1 tablespoon poppy seeds
- 1 tablespoon stone-ground mustard (find lowest sodium or no-sodium - can find on amazon.ca)
- 1 tablespoon pure maple syrup
- 1/4 teaspoon onion powder
- Freshly ground black pepper to taste

**Rice cooking instructions:** Cook rice in a 6-quart Instant Pot. Use 3 cups of blended rice in 4 cups of water, seal and press Manual for 15 mins.

**Let it** release naturally and then use a large fork to fluff the rice. Total time: ~40 mins.

**Building Your Salad Bowl or Platter:** 6 cups mixed salad greens - bottom of bowl or platter

**Then add:**

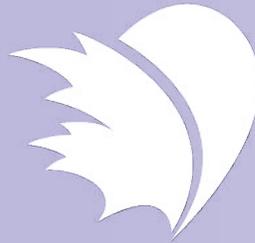
1-1/3 cups dry brown and wild rice blend (Stovetop - 4 cups of water, bring to boil, reduce heat and then cover rice and simmer 30-40 mins or until rice is tender; OR 6 quart Instant Pot - Cool rice by spreading on parchment paper lined baking sheet

**Then** arrange these remaining ingredients on the bed of greens topped with cooked rice:

- 2 medium red apples - core and thinly slice
- 4 clementines - peel and section
- 1 medium yellow summer squash - cut in half and then cut in 1/2 inch slices
- 1 8-oz. package cooked beets -slice or wedge
- 2 cups of fresh blueberries

**Now** drizzle the Orange-Poppy Seed Dressing on top and enjoy this rainbow on your plate.





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## Creamy White Bean and Artichoke Dip

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM. Cert. ACT/Prosocial Matrix  
Facilitator.*

Makes 16 servings

**Gather and Prepare:** Set oven at 425F. and in a food processor or blender, add:

- 1 15-ounce can artichoke hearts, drained until moisture is gone as much as possible
- 1 or 2 small garlic cloves, pressed
- 1 15-ounce can no salt white beans, drained and rinsed
- 1 tablespoon lemon juice
- 1 tablespoon finely chopped scallions
- 1 teaspoon fresh oregano
- 1 tablespoon chopped fresh basil
- Cayenne pepper, pinch
- Black pepper, to taste

**Then** add, once baked in foil for 20 min at 425F: 1 small white onion, chopped.

### **Directions:**

Wrap the onion in foil and bake for 20 minutes at 425 F.

Squeeze each of the artichoke hearts or press them against the bottom of a fine-mesh colander with a spoon to force out as much moisture as possible. Add the onions, artichoke hearts, and all remaining ingredients to a blender or food processor and puree until smooth but still chunky.

**Serve** with a rainbow of in-season veggies!



# LOW SODIUM RECIPES

## Roasted Edamame

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

This makes a salt-free crunchy, flavourful and nutritious snack - yum!

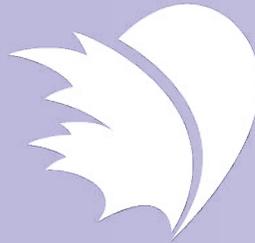
**Prepare and Gather:** Set Oven at 375 F

**Putting it all together:**

1. Rinse edamame pods and place in bowl
2. Add to edamame bowl: ¼ cup nutritional yeast, 1 tablespoon lemon juice, and 1 teaspoon each of paprika, onion powder, and chili powder
3. Bake at 375°F for 20 to 30 minutes, turning every 10 minute

**Keep rest in air-tight container.**





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## Vegetable Medley with Smashed Black Beans

*This quick and easy meal can be made in under 30 minutes. It is great with rice or served over a baked sweet potato. It will fill you up and leave you very satisfied!*

**Gather and Prep:** In a large non-stick frying pan, cook in this order on medium heat:

- 2 bunches of green spring onion, wash, trim root and slice from bulb to stem
- 5 portobello mushrooms- wash, remove stems and cube
- 2 red bell peppers – wash and dice

**When** veggies are soft, add 1 - 796 ml can of no salt dice tomatoes (drained)

**Add** 1 - 540 ml can of no salt black beans – drain, rinse and smash with fork or potato masher until chunky

**Then** add seasonings: taste to check and adjust seasoning to your preference (start with minimum and add according to preference)

- 3-4 tSp of chili powder
- 1-2 tSp of smoked paprika
- ½ cup of nutritional yeast
- 3-4 tBsp lime juice

**Serve** over a bed of kale and steamed brown rice for a delicious and filling meal.



# LOW SODIUM RECIPES

## Tomato Basil Soup

*Modified recipe from the T. Colin Campbell Centre for Nutrition Studies.*

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

Fight the cold with a soup that's low in salt but high in flavour! This velvety soup delicately blends the flavours of tomato and basil; the perfect mix that will make you want to have a second bowl!

### Ingredients:

- 900ml of no-salt veggie broth
- ½ cup of water
- 1 can (796ml) of no-salt diced tomatoes
- 1 large onion, diced
- 6 tsp. minced garlic
- 2 cups of cauliflower, washed and diced
- 3 Medjool dates, with pits removed
- ¼ cup of fresh basil, shredded, or 3-4 squares of frozen basil
- 1 cup nutritional yeast
- black pepper to taste

### Directions:

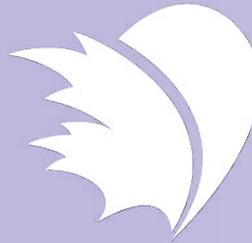
Combine all ingredients in an electric pressure cooker (Instant Pot).

Secure pressure cooker lid and close vent. Set on "Manual" for 4 minutes.

When ingredients are cooked, puree contents with a blender to obtain smooth and creamy texture.

Try lining your soup bowl with baby spinach greens for a fresh and healthy twist.





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## Ratatouille

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

This is a perfect 'warm-up-my-insides' recipe for blustery cold days. Ratatouille will fill your stomach with contentment and vitamins! Serve over brown rice or boiled baby potatoes for a satisfying meal-in-a-bowl.

### Ingredients:

- 1 large white sweet onion, diced
- 1 large eggplant, cubed
- 3 zucchinis, sliced
- 1 large red peppers, diced in larger pieces
- 796 ml can of salt-free diced tomatoes
- 398 ml can of low sodium tomato sauce
- 1 tbsp. chili powder
- 2 tbsp. Italian seasoning
- 6 cloves of garlic, minced
- ½ cup nutritional yeast

### Directions

In large pan, sauté onion until soft (use a small amount of water to keep from sticking and stir frequently).

Add all remaining ingredients and simmer for about 30 min. until soft. Stir occasionally.

**Nutritional information:** Per serving (recipe makes 8): 37 mg of salt.



# LOW SODIUM RECIPES

## Mushroom Donair

*Provided by Kate McGoey-Smith, DipNrg, MSW, RSW, FM*

This dish will remind you of sunny skies, warm breezes and walks along cobble streets. So what is portable and so delicious you will savour every bite? Ahh, the Mushroom Donair!

**Gather and Prep:** In a non-stick frying pan:

1. 16 oz. of white mushrooms – cleaned and sliced – saute in frying pan using small amounts of water to avoid sticking and burning – stir frequently.

**Then** add the following seasonings during the cooking process:

- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp Mrs Dash Chicken Grilling Blend
- ½ tsp dried oregano
- ½ tsp paprika
- 1/8 tsp ground black pepper

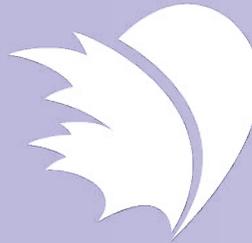
**Load** seasoned cooked mushrooms evenly over 4 whole wheat oil-free pitas and then layer with thinly sliced red peppers, tomatoes, red onion with a final veggie layer of shredded lettuce. Top with drizzles of Donair Sauce. Fold pita in thirds and wrap with parchment paper.

**Donair Sauce:** Gather and Prep in a nutri-bullet blender – blend until smooth

- 1 12.5 oz. Mori-Nu lite silken tofu – drained
- ¾ cup of unsweetened almond milk
- 2 tbsp of maple syrup
- Then add . . . blending until smooth
- 1 tbsp plus 1 tSp of apple cider vinegar
- 1 tsp garlic powder
- 1 tbsp lemon juice

**Transfer** to pot and bring to a boil, whisking frequently. Sauce will begin to thicken after a few minutes. Remove from heat. Drizzle on!





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## Peach and Chickpea Curry

*Recipe inspired by: Jack Monroe of "A Girl Named Jack"*

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

It's the perfect time of year to pack in some sunshine while enjoying the last of the season's peaches. A delicious healthy snack or dessert, peaches also create a wonderful burst of flavour in a savoury dish! Try this delicious curry recipe for a flavourful twist on a classic Indian dish.

### Ingredients:

- 1 large white onion, diced
- 1 large clove of garlic, peeled and finely chopped
- 1/4 tsp. dry chilli flakes
- 1/2 tsp. tumeric
- 1/2 tsp. ginger
- 1 tsp. chilli powder
- 1 tsp. chana masala
- 2 tsp. cumin
- 1-2 tbsp. maple syrup
- 3-4 medium peaches, washed, peeled, and diced
- 540 ml (19 oz.) no salt added chickpeas, drained and rinsed
- 796 ml (27 oz) no salt added diced tomatoes
- Handful of fresh cilantro, finely chopped (optional)

### Directions:

In a large non-stick frying pan on medium heat combine the onion, garlic, and spices.

In a medium saucepan, combine peaches and maple syrup. Cook over medium heat until a syrupy sauce surrounds the peaches. Transfer entire contents to large frying pan.

Add remaining ingredients to the frying pan. Mix well and cook over low heat until ingredients are tender.

**Serve on a bed of basmati rice with fresh salad.**



# LOW SODIUM RECIPES

## Sweet Potato Hummus

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

This easy recipe provides an exciting twist on hummus and is a great alternative to high sodium dips! Enjoyed with raw vegetables or crackers, it's the perfect summer snack! [Click here to access recipe.](#)

### Ingredients:

- 1 large sweet potato – baked until tender, peeled, and chopped
- 1 Red Pepper – roasted, seeded, peeled, drained, and diced\*
- 3 tbsp. lemon juice
- 1 clove garlic, minced
- ½ tsp. ground cumin
- Pinch of cayenne pepper

### Directions:

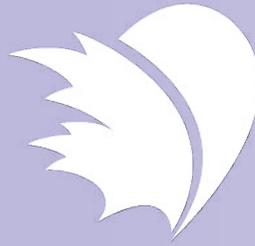
Bake sweet potato at 400°F until tender; peel and chop once it has cooled.

Place all prepped ingredients in food processor or in narrow bowl and use submersible hand blender. Process until a smooth and creamy texture is obtained.

Keep hummus refrigerated until it is served.

*\*Kitchen tip: Place blackened pepper in metal bowl and cover with foil – the heat and moisture will soften the skin, making it easy to peel.*





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## Asian Corn Soup

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

Here's a perfect recipe to celebrate the Lunar New Year. Happy Year of the Rooster! We hope it brings happiness and prosperity to the Canadian PHamily.

### Ingredients:

- 900 ml of no-salt vegetable broth
- 2 cans (398 ml each) of no-salt cream corn
- 2 cans (398 ml each) of sliced straw mushrooms – rinse well to remove excess salt
- 1 cup of kernel corn (frozen or no-salt canned corn)
- 1 pack of white or brown shimeji mushrooms – cut off roots and break mushrooms apart
- 1 pack of enoki mushrooms – cut off roots, then cut mushrooms in sections
- ½ pack of light tofu – cut in thin length-wise strips, then cut in half
- 1 tbs. soy-free soya sauce (try Naked Coconuts brand)
- ¼ tsp. white ground pepper
- 2 tbs. cornstarch

### Directions:

Combine all ingredients in a large pot. Add cornstarch last, sifting it so it does not create clumps, but thickens the soup.

Boil over high heat, then reduce heat and simmer for approximately 5 minutes until soup thickens.

Ready to enjoy!

Recipe makes 10 cups.

*Nutritional information (per cup): 65 mg of salt, 0.4 g of fat*



# LOW SODIUM RECIPES

## Asparagus Spring Soup

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

Here's a glorious recipe to celebrate the arrival of spring!

### Ingredients:

- 1 large onion, diced
- 3 large celery stalks, chopped
- 2 medium carrots, chopped
- 1 bunch of asparagus, chopped (set aside half)
- 3 medium potatoes, cubed
- 1 tbs. chili powder
- 1 tbs. thyme
- 1 tbs. tarragon
- 1 tbs. basil paste or ¼ cup of fresh basil leaves, chopped
- 1 tbs. minced garlic
- ½ cup nutritional yeast
- ½ tbs. white pepper
- 1 tbs. light soy sauce
- 1 tbs. lemon juice
- 1 tsp. dry mustard
- 1 cup unsweetened almond milk
- 4 cups of water

### Directions

Combine all prepped ingredients into a large pot.

Bring to a boil, then simmer until vegetables are tender.

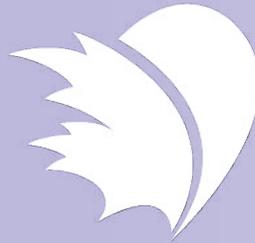
Blend until soup has creamy texture.

Microwave remaining half of asparagus bunch for ~ 6 min., drain and add to soup.

Pair with crusty whole grain bread and a crisp salad for a satisfying meal.

*Nutritional information: 65 mg of salt per cup (recipe makes 8).*





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## Stuffed Sweet Potatoes

### Ingredients:

- 2 medium sweet potatoes
- 1 tsp cumin
- ¼ tsp coriander
- ¼ tsp salt
- freshly ground black pepper
- 1 medium tomato, diced small
- 2 scallions, finely sliced
- ¾ cup black beans
- ½ lime, juiced
- 1 Tbsp freshly minced cilantro for garnish

### Directions:

1. Preheat the oven to 450F.
2. Wash, scrub and dry the sweet potatoes.
3. Place a drying rack on top of a cookie sheet and put the sweet potatoes on top. By baking on a rack, no part of the skin will get soggy which will make stuffing them easier. Bake for approximately an hour turning every 20 minutes. (The sweet potatoes are done when they are soft to the touch and just starting to puff up, so you can tell the flesh is shifting away from the skin.)
4. Remove from the oven and let cool enough to handle; about 15 minutes.
5. Using a sharp knife gently slice away the top third of the sweet potato. With a small spoon carefully scoop away the inside of the sweet potato and put the flesh into a medium bowl.
6. Mash the flesh with a fork and whip in cumin, coriander, salt and a generous amount of freshly ground pepper. Stir in tomatoes, scallions, black beans and lime juice.
7. Divide the mixture in half and carefully stuff back into the potato skins, you can overfill them as long as they can stay upright.
8. Place potatoes back on the rack and bake for another 15 minutes.
9. Serve hot garnished with cilantro.



# LOW SODIUM RECIPES

## Zucchini Noodles with Sun-Dried Tomato Sauce

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator. The recipe was adapted from pcm.org*

This is a lighter meal during all the festive celebrations.  
Serves 4

### The Sauce:

**Gather and Prep:** In a high speed blender combine and blend for 30 seconds . . .

- 2 tomatoes, chopped
- 1 clove of garlic

**Then** add to the blended ingredients until becomes a sauce consistency (add water if too thick) . . .

- 1 cup sun-dried tomatoes (Superstore carries these in produce department)
- 2 tBp balsamic vinegar
- 2 tsp fresh thyme
- ½ tsp ground black pepper

**Set aside** sauce in a bowl, and add . . .

4 zucchini – use a vegetable peeler to cut zucchini lengthwise (include the peel as it is part of the pasta)

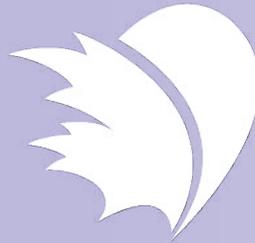
Mix thoroughly and serve garnished with:

- chopped fresh basil
- nutritional yeast, sprinkled

**Assembled dish and serve with whole grain bread.**

*Note – if want dish warm – microwave zucchini to desired temperature drain and then add heated sauce.*





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## Stacked Sushi

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator. The recipe was adapted from Ann and Jane Esselstyn. Makes 4-6 approximately*

**Gather and Prep:** (\*this is also the order of the stacks from bottom to top in cup measure, see directions below)

- 1 chopped red pepper
- 1 chopped mango
- 3 chopped green onion – remove both tips
- ¼ chopped red cabbage
- 3 chopped baby cucumbers or ½ seedless English cucumber
- 4 cups of short grain brown rice - sticky

**For decoration:**

- 1 avocado sliced
- Roasted sesame seeds

**Directions:** This can be a fun interactive dish to do with others!

In a 1 cup measure – put each ingredient in from bottom to top\* – the last stack/layer is the short grain brown rice – press it down and then turn the loaded cup upside down onto a plate (optional: decorate plate with ½ half a seaweed wrap that you have broken up into pieces). Now the rice will be on the bottom and the red peppers on top.

Decorate with a couple slices of avocado and a sprinkle of roasted sesame seeds.

**So much fun and delicious!**



# LOW SODIUM RECIPES

## Cucumber Boats

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

Here is a fun recipe for May!

Cucumber boats are crunchy and refreshing - the perfect choice for an outdoor dining event whether it is a casual picnic or a compliment to a barbecue!

### Gather and Prepare:

1. Mini seedless thin-skinned cucumbers approximately 6 inches long - wash, dry and then slice from end to end. Scoop out the centre
2. Spread spoonfuls of oil-free salt-free sweet potato hummus or guacamole, oil-free baba ghanoush to cover the length of the cucumber boat
3. Top filled boats with thinly sliced crunchy radishes, broccoli or alpha sprouts or thinly sliced red peppers, sliced mushrooms or halved grape tomatoes or a combination of toppings - whatever floats your boat!

### Ingredients:

- 1 large sweet potato – baked until tender, peeled, and chopped
- 1 Red Pepper – roasted, seeded, peeled, drained, and diced\*
- 3 tbsp. lemon juice
- 1 clove garlic, minced
- ½ tsp. ground cumin
- Pinch of cayenne pepper

### Directions:

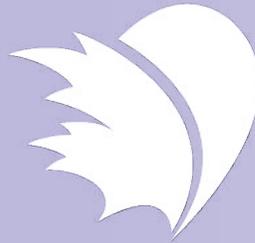
Bake sweet potato at 400°F until tender; peel and chop once it has cooled.

Place all prepped ingredients in a food processor or in a narrow bowl and use a submersible hand blender.

Process until a smooth and creamy texture is obtained.

Keep hummus refrigerated until it is served.





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## Stuffed Spinach Tofu Ricotta Cannelloni

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM. Cert. ACT/Prosocial Matrix  
Facilitator.*

Pre-heat oven to 350F and set out a large rectangular oven-proof dish.

**Stuffing:** In a food processor with “S” blade thoroughly combine until smooth the following :

- 1 - 12.5 oz of Mori-Nu Silken Lite Tofu (low in fat and can get through Plantx on-line in Canada or grocery stores)
- 3 tbsp nutritional yeast
- 2 tsp mellow white miso (found in health food stores in refrigerator section)
- ½ tsp garlic powder
- ½ tsp onion powder
- Juice of 1 lemon
- 8 oz of fresh baby spinach (remove stems if desired)

**Prepare** rectangular baking dish – pour oil-free Kirkland brand (Costco) low sodium tomato sauce evenly on bottom (1 -1/5 398 ml /14 oz cans, need total of 4 cans for recipe)

**Fill** the “oven-ready” cannelloni tubes (found in pasta section of grocery store) with the spinach tofu ricotta filling. Place the stuffed tubes on the tomato sauce lined rectangular baking dish, leaving a small amount of space so sauce is between tubes. Once the baking dish is full, cover with more tomato sauce (at least 2 cups).

**Choice of toppings over tomato sauce:** sliced roma tomatoes, nutritional yeast and fresh basil leaves. Cover with foil (shiny side down) and cook for 50 mins and then remove foil and continue cooking for 10 mins.

**Serve** with a crispy green salad and whole grain baguette if desired. This dish freezes well and easy to microwave for batch cooking convenience.

This recipe makes ~14 tubes.

**Comfort food at its best!**



# LOW SODIUM RECIPES

## Terrific Lentil Tacos

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

### **Prepare and Gather:**

For the lentil filling: either on stovetop or in 6 quart Instant Pot

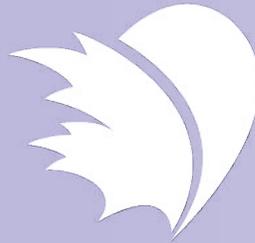
- 1 yellow onion, finely chopped
- 2 cloves garlic, minced
- 2 teaspoons chili powder
- 1 teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon oregano
- ¼ teaspoon chili flakes
- 2 cups no salt veggie broth
- 1 cup red lentils

**Stove top:** Add the onion and garlic and sauté with a small amount of water for a few minutes until the onion becomes translucent. Add in the spices and continue to cook for 1 minute more until the spices are fragrant. Add in the vegetable broth and lentils. Cover and bring to a low simmer for about 8 to 10 minutes until all of the broth is absorbed and the lentils are cooked.

**Instant pot:** In a 6 quart instant pot, add all ingredients and seal and cook on manual for 4 min. and then allow to release on own before opening lid of cooked ingredients.

**For the avocado cilantro sauce:** In a food processor or blender add:

- 1 bunch cilantro
- 1 avocado
- ½ cup water
- 1 clove garlic
- 1 tablespoon lime juice
- 1 tablespoon maple syrup
- 2 tsp low salt soy substitute - find under several names in green section of Super Store or health food shop ~ 145 mg of sodium



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**For the tacos:**

8 oil-free corn tortillas - in a dry, non-stick frying pan - on medium heat - cook until golden brown and flip to do on other side; then spread lentil mixture over warmed taco

**Add these toppings as desired:**

- 2 mangoes, chopped
- 2 tomatoes, sliced
- chopped iceberg lettuce
- ½ red onion, thinly sliced



# LOW SODIUM RECIPES

## Crunchy Roasted Garbanzo Beans (Chickpeas)

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

This is a favourite no-salt snack that may remind you of corn nuts - you can find them at a lot of shops. However, this store bought snack is often full of oil and salt - not good for lung health. Enjoy!

**Gather and Prepare:** Set oven at 375F

3 cups no salt canned or home-cooked garbanzo beans, drained

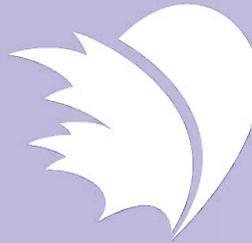
Gently pat dry with a paper towel

Place in a bowl, add 2 teaspoons each of paprika and granulated onion and garlic powders, and lightly toss. (flavor to your preference - ie. curry powder)

Roast on a parchment-lined baking sheet for 40 minutes at 375°F.

Turn the oven off and leave garbanzos inside for an hour to fully crisp. Store in an airtight container.





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## Muligatawny Soup

*Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor*

This is a delicately seasoned blend of vegetables in a creamy soup that entices your taste buds.

**Gather and Prep:** An Instant Pot Pressure Cooker or stovetop soup pot works well.

- Medium Red Onion – diced
- Red Pepper – diced
- 2 Medium Carrots – sliced
- 2 Celery Sticks – sliced
- 2 Medium White Potatoes – diced
- 3 Tomatoes – sliced
- ½ tSp Kitchen King spice\*
- 1 tBsp Garam Masala\*
- 1 tSp Chili Powder
- 2 tBsp Lemon Juice
- 1 cup Unsweetened Almond Milk (Silk) with 1 tSp Coconut
- 4 cups of water

*\*These are M D H brands of East Indian spices found at Super Store.*

**Directions:** Place all prepped ingredients in pot and stir so liquid and spices are fully blended. Then set Instant Pot on Manual for 4 minutes or if stove top cook at high until boiling and turn to medium heat until all vegetables are fork-tender. Then use a submersible blender to thoroughly reduce to a creamy soup texture.

*Nutritional information for total soup contents: Fat: 2.5 g; Sodium 239 mg*



# LOW SODIUM RECIPES

## Crispy Cauliflower

This is a golden crispy crunch of deliciousness that you won't want to stop indulging in – and they are low in fat! So no worries – enjoy!! (If you own an Air Fryer, see below for alternate instructions!)

**Gather and Prep:** 1 whole cauliflower – trim leaves and remove core and then cut large florets into large two-bite pieces – wash and dry cut pieces.

**Wet ingredients:** in a small mixing bowl, whisk together:

- 2 tsp of onion powder
- ¼ cup of nutritional yeast
- ½ cup of chickpea flour
- 1 cup of unsweetened almond milk and add 2 tSp of lemon juice and blend and set aside to make a “buttermilk” type mixture.

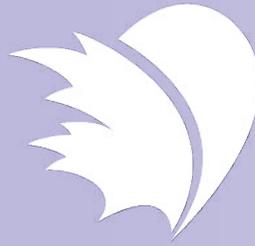
**Now** add milk mixture to whisked dry ingredients to form a batter. Set aside.

**Dry ingredients:** in a flat casserole type dish, whisk together:

- 1 cup no oil Panko crumbs (check ingredients list – available with and without oil)
- 2 tBsp paprika
- 1 tSp onion powder
- 1 tSp parsley flakes
- ¼ cup nutritional yeast
- 4-6 turns of ground black pepper

**Now** form a triangle work area with cauliflower at the top of the triangle and then right to left – the wet bowl and dry dish.

With your right hand, dip a piece of cut cauliflower in wet mixture, evenly coat and then remove it and drop into dry ingredient dish. Use left hand to cover dry mixture over wet cauliflower piece and use left hand to remove and place in oven.



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Use oven 400 F for 20 minutes – turn after 10 minutes - cook until golden brown

**Air fryer** – set at 180 C for 20 mins. – if starting with a cold air fryer – allow for ~ additional 3 mins to cooking time. Half way through cooking, pause and pull out fryer tray and give it a shake to help contents not stick. Then return and presume cooking.

Once cooking done – pull basket out and let sit for a couple of minutes before serving.



# LOW SODIUM RECIPES

## Salad Dressings

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

To optimize your healthy habit of eating your veggies—try one of these delicious oil-free salad dressings with your next bowl of greens! Makes every forkful so yummy!

### **Mango Salad Dressing:**

- 1 mango, pitted and roughly chopped (or 1 cup of defrosted mango chunks)
- 1/4 Cup of balsamic vinegar, preferably white (Choice: Cara Cara Orange Vanilla)

**Directions:** Place ingredients in food processor and process until smooth.

### **Raspberry Salad Dressing:**

- 1 Cup of fresh or frozen raspberries (defrosted, if frozen)
- 1/4 Cup of apple cider vinegar or white balsamic vinegar
- 2 cloves of garlic, minced
- 1 tbsp of Dijon mustard
- 6-8 red grapes
- 1/8 tsp of ground black pepper

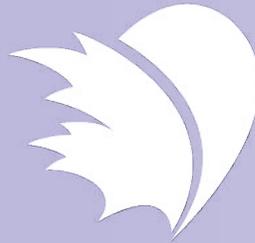
**Directions:** In a food processor, combine all ingredients and blend until smooth. Use on salads, greens and even dessert!

### **Citrus Dressing:**

- 3 tbsp of rice vinegar
- 2 tbsp of orange juice

**Directions:** Combine together – shake and serve over salad!





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## No Tuna Chickpea Filling

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor*

Here's a great recipe to mix up your sandwich routine! Top your favourite bread with this flavourful spread and pair with pea shoots, lettuce, tomato, cucumber, or carrots for a quick and easy lunch.

### Ingredients and Prep:

- 540ml (19 oz) no salt chickpeas, rinsed and drained. Blend in food processor or use hand masher to semi-mashed texture.
- 1/3 cup celery, diced
- 1/3 cup of onion, minced
- 1/3 cup red bell pepper, dice
- In a large bowl, combine these wet ingredients: whisk together
- 1 tbs. sweet green relish
- 1 1/2 tbs. lemon juice
- 1 tbs. balsamic vinegar
- 1/2 tbs. low sodium soy sauce (for less salt, use coconut aminos or Coconut Secret Soy-free Seasoning Sauce)
- 1 tbs. Dijon mustard
- 1/2 tsp. kelp powder
- 1 tsp. hot sauce

### Directions:

1. In a large bowl, whisk together wet ingredients.
2. Add chickpea mix and veggies. Mix well.
3. Refrigerate until ready to use.
4. Add a sprinkle of salt and pepper, if desired.

*Nutritional information: 62 mg of salt per sandwich (recipe makes eight sandwiches); 499 mg salt for the entire batch.*



# LOW SODIUM RECIPES

## Cauliflower “Alfredo” Sauce

*Recipe from: Abi Cowell of Very Veganish*

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

If you find traditional Alfredo sauce to be too heavy and high in sodium, try this alternative recipe for your next pasta dish. Bonus, cauliflower is rich in vitamins C, B, and K.

### **Ingredients:**

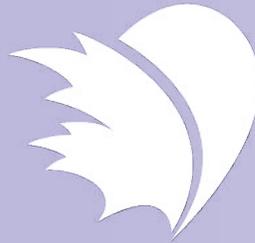
- 1 large cauliflower, washed, stripped, and cut into florets
- 1 head of garlic, coarsely chopped
- ½ cup of unsweetened almond milk
- Salt and pepper to taste

### **Directions:**

1. Add cauliflower to large pot and cover with water. Boil over high heat until tender. Drain and transfer to high-speed blender.
2. In non-stick frying pan, gently cook garlic until fragrant or starting to brown on the edges – do not overcook or burn. Add tablespoon of water if garlic starts to stick. Transfer sautéed garlic to blender.
3. Add almond milk, salt, and pepper to blender. Blend ingredients until completely pureed and smooth.
4. Serve over whole-wheat pasta, with warmed sweet peas, sautéed mushrooms, and browned smoked tempeh for a hearty meal.

*Nutritional information: 120 mg salt per serving (recipe makes four)*





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## Mulligatawny Soup

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

This delicately seasoned creamy vegetable soup is the perfect remedy to the “winter blues.” Warm up your body and soul with a cup of this exotic recipe!

### Ingredients:

- Medium red onion, diced
- 1 red pepper, diced
- 2 medium carrots, diced
- 2 celery sticks, diced
- 2 medium white potatoes, diced
- 3 tomatoes, diced
- 1 tsp. mixed Indian spices (e.g. Kitchen King brand)
- 1 tbs. garam masala spice mix
- 1 tsp. chili powder
- 2 tbs. lemon juice
- 1 cup unsweetened almond milk mixed with 1 tsp. coconut extract
- 4 cups of water

### Directions:

1. Place all ingredients in a large pot, stir so liquid and spices are fully blended. Bring to a boil, then simmer on medium heat until all vegetables are fork-tender.
2. Blend thoroughly until soup has a creamy texture.
3. **Enjoy!**

*Nutritional information (for total soup contents): 2.5 g of fat; 239 mg of sodium.*



# LOW SODIUM RECIPES

## Oil-free Potato Chips

*contributed by Kate McGoey-Smith, Dip Nrsng, MSW, RSW, FM*

**Gather and Prepare:** You will be using a microwave and parchment paper cut to fit circular plate inside microwave (take plate out and place on parchment paper- trace and cut out circle)

1. 1-2 or more large Russet Potatoes – wash and scrubbed skin until clean
2. Using a with the blade set for thin slices – about 1/8 of an inch – potato chip thin – like paper thickness (not as thin as onion skin paper) – experiment with settings. Collect n bowl or to prevent potato slices from browning – just cut as many slices as needed until ready to do cook new batch of chips
4. Place individual potato slices in a circular fashion – start from the outer edge of the parchment paper circle and work your way inward- beside each other without any overlap to avoid them getting stuck to each other. The edged can slightly touch as they will shrink with cooking.
5. Then sprinkle on the surface of raw chip slices: powdered seasonings of your choice:

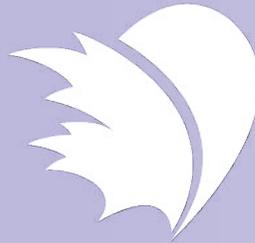
**No Salt Cheezy-Onion:** garlic powder; onion powder and then nutritional yeast

**Kirkland No Salt Organic Seasoning** – use a mortar and pistol to make into a finer powder and sprinkle liberally on raw chip slices.

Seasoning of your choice

**Microwave Directions:** This is an approximate guide and is dependent on the age, size and wattage of your own microwave. This will take some experimenting – so try increments of 4 mins and check on chips. Keep checking them for crispness all the way through from edge to centre. You are aiming to get them to be crispy like kettle chips.

**Over-the-Stove Microwave (~900 watts):** Took 7 mins, stop and turn chips over, and cook for another 5 mins.



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**Small countertop Microwave (~1100 watts):** Took 4 mins, stop and turn chips over, and cook for another 2:30 mins.

*Note: when you turn them, it is not necessary to season them. And take time to separate any that do get stuck to each other.*

If chips are crispy at edge yet feel damp in centre – add a minute at a time and re-check until you know what works best by way of cooking time for your particular microwave.

Once chips appear golden coloured and crispy all the way from edge to centre – remove from microwave and let cool on wire rack. And then make your next batch. Continue until potatoes are all cooked. The amount is up to you. Store in airtight container.



# LOW SODIUM RECIPES

## Spinach Artichoke Dip and Spread

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

This is a delicious yummy “convertible cuisine” that can be used for dipping veggies or replacing the traditional tomato sauce on a pizza or pasta dish. Why not try it on a cold noodle salad – combine with cooked, cooled whole grain penne pasta or spiralize some zucchini! This fast, fun recipe makes about 4 cups of “yes, I want more” deliciousness!

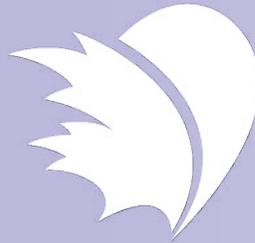
### **Ingredients and Prep (in a food processor):**

- 14 oz (398 ml) of water based artichoke hearts – drain, rinse in water and drain again (removes about 40 % salt if can't find salt-free, water based variety)
- 3 large or 4 small cloves of peeled garlic
- 10 oz. fresh spinach (leave stems in tact)
- 1/2 ripe avocado
- 1 cup nutritional yeast
- 6 shakes of hot sauce

### **Direction**

Start with artichokes and garlic – pulse until chopped and then continue to add spinach until fully blended and then add remaining ingredients.





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## Italian Veggie Balls

Short days and cold weather call for comfort food and these Italian veggie balls might just become your new go-to when you need a wholesome home-cooked dish! Pair these veggie bites with tomato sauce and pasta, brown rice, or salad for a complete meal.

### Ingredients and Prep:

- 6 medium red skinned potatoes – bake at 400°F for 60 min., then refrigerate for several hours until completely cold
- 540 ml. can of no salt black beans – drain and rinse, then mash well in a separate bowl
- 1 cup large flake oats
- 1 cup nutritional yeast
- 3 tbs. Italian seasoning
- 2 bulbs of garlic – bake in tin foil for 30 min. at 400°F, remove skin and chop
- 1 medium onion – diced and sautéed until translucent

### Directions:

- Combine all ingredients together by hand and roll into “golf-size” balls
- Cook in non-stick pan at medium heat, turn often to brown evenly

*Nutritional information: recipe makes ~ 50 balls; ~ 44 mg of sodium for entire recipe*



# LOW SODIUM RECIPES

## Chipotle Chickpea Dip

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

### Ingredients

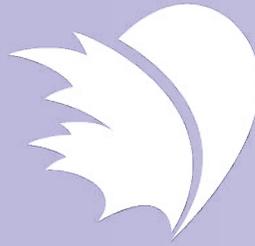
- 1 large clove garlic, peeled
- 15 ounces (1 1/2 cups) chickpeas (no salt added, if possible), drained and liquid reserved
- 2 tbsp. lime juice
- 1/2-1 tbsp. chopped canned chipotle peppers (adjust according to how spicy you like it)
- 1 tbsp. chopped red onion and extra for garnish-chopped
- 1 tbsp. tomato paste
- 1/4 tsp. chili powder
- 1/4 tsp. cumin
- 1-2 tbs of water if needed
- salt to taste

### Instructions:

1. With Food Processor running, drop garlic and process until chopped
2. Add chickpeas, drained and lime juice – if dry add 1-2 tBp of water
3. Add chipotle peppers, red onion, tomato paste, chilli powder, cumin and process until smooth
4. Transfer ingredients to small bowl and garnish with red onion
5. Serve with assorted veggies like baby carrots, mushrooms. English cucumber wedges; red pepper slices and more.

**Enjoy!**





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## Perfecto Potato Leek Soup

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM. Cert. ACT/Prosocial Matrix  
Facilitator.*

In a 6 litre Instant Pot add:

### **Ingredients:**

- 4 cups of no salt veggie broth;
- 1/2 tsp onion powder;
- 1 tbsp of minced garlic;
- 1/2 cup nutritional yeast;
- 1/5 tsp dried thyme;
- 1/2 tsp white pepper;
- 1 whole large diced onion;
- 3 medium chopped leeks (remove roots and thick green parts - chop and rinse well before adding to pot)
- 2.5 lbs or 4 cups of Yukon Gold potatoes (skin on or peel) - cubed in 1/2"

### **Directions:**

Cook on Manual with seal closed for 4 min and then wait for slow release- then using a wand submersible blender - blend leaving some potatoes whole.

Note: Just before cooking add 1 Bay Leaf to top of soup ingredients - make sure to remove before blending please!

Can store in fridge for up to 1 week or freeze up to 3 months - always store in airtight containers.



# LOW SODIUM RECIPES

## Veggie Benny with Hollandaise Sauce

by Kate McGoey Smith, DipNrsG, MSW, RSW, FM

Hollandaise Sauce (60 – 80 mg salt depending on mustard brand)

### Gather and Prepare:

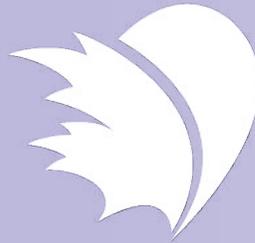
1. In a sauce pan, add 2 cups of water – in saucepan, bring to a boil
2. Then add all seasonings to boiling water: 1 no salt veggie stock cube (Superstore Organic Section)
  - 1 tbsp diced white onion
  - ½ tsp paprika
  - ½ tsp turmeric and 2 cloves of peeled and minced garlic
3. Then add 2 cups of chopped cauliflower (cut into small florets)
4. Turn down heat to low and cook cauliflower for 25-30 mins until fork tender/falling apart.
5. Using slotted spoon, remove cauliflower and place in cylinder container for blending. Add ½ cup of seasoned cauliflower water and blend with submersible blender until a sauce-like thickness and smoothness.
6. Then add 1 tSp Dijon mustard & 1 tbsp lemon juice and ½ cup of nutritional yeast

### Build Your Benny:

1 slice of whole grain bread – toasted  
Layer with baby spinach leaves (remove stems if desired)  
Layer with sliced tomatoes (Roma's work well)  
Layer with sauteed mushrooms\*  
Cover with dollops of whole plant-based hollandaise sauce  
If desired, add thin slices of avocado or sprinkle with paprika (optional)

**To complete the meal**, serve with oven-baked, without oil, chunky Yukon gold potatoes (cook and prepare first, so meal comes together in a coordinated fashion).

\*sliced white mushrooms (~16 oz cooked dry in hot non-stick frying pan, stirring often – will get very moist – and cook until water disappears) If you dislike mushrooms, use your choice of other veggies-like steamed asparagus.



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**Note**

If wish to double Hollandaise sauce recipe, make the following changes:

- 1 tbsp of minced garlic
- Cook cauliflower for at least 30 mins

**Put in air-tight jar and refrigerate up to 1 week.**



# LOW SODIUM RECIPES

## Luscious Lemon Cake with Lemon Sauce and Blueberry Compote

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

Note: please double this recipe to make a large single layer cake in a spring-loaded pan.

### Gather and Prep:

Preheat oven to 375 F; In a large mixing bowl, whisk together:

- 1  $\frac{3}{4}$  cups of oat flour (GF is preferred)
- 1  $\frac{1}{2}$  tsp baking powder
- $\frac{1}{2}$  tsp baking soda

**In a small mixing bowl**, mix these wet ingredients:

- $\frac{2}{3}$  cup of unsweetened applesauce
- $\frac{1}{2}$  cup of maple syrup
- $\frac{1}{2}$  cup of unsweetened almond milk
- 1 tsp vanilla extract
- 2 lemons – zest from each
- 3 tbsp lemon juice

### Directions:

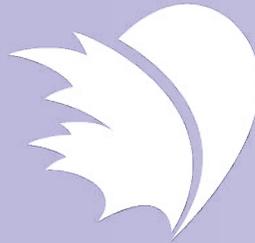
1. Add wet ingredients into dry ingredients bowl and use a spatula to thoroughly blended.
2. Pour cake mix into an 8" spring-loaded cake pan
3. Bake for 35-40 mins or until golden brown and coming away from edges of the cake pan

### Lemon Sauce:

**Gather and Prep:** In a tall container, using a submersible blender, combine

- 1- 12.5 oz of Mori-Nu Lite Silken Tofu (found at most grocery stores)
- $\frac{1}{4}$  Cup maple syrup
- 1 lemon zest from one lemon
- 3 tbsp of lemon juice (include any pulp) – used a reamer to do this
- 1 tbsp vanilla extract

Chill until ready to serve on top of a slice of Luscious Lemon Cake.



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### **Blueberry Compote:**

**Gather and Prep:** In a small saucepan, put:

- 1 cup of frozen blueberries – defrosted
- 1 tbsp lemon juice
- 1 tbsp maple syrup (or could use one Medjool date (mashed))
- 5 tbsp cold water

### **Directions:**

Bring contents to a boil, then reduce heat to a simmer, stir gently occasionally for a few minutes and when blueberries softened, remove from heat. In a small bowl, mix 1 ½ tSp cornstarch with 1 ½ tSp water until becomes a paste. Stir paste into blueberry mixture and return to heat for about 30 seconds until blueberry mixture bubbles again and thickens. Pour into a bowl to cool and for serving.

**To serve cake:** Slice, add lemon sauce and top with a spoonful of blueberry compote.



# LOW SODIUM RECIPES

## Peaches & Cream Nice Cream

**Gather and Prep:** In a high speed blender combine

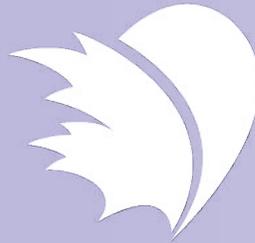
- 2 frozen peeled bananas (approximately 8 oz) – cut in thick slices
- 2 cups of frozen sliced peaches (8 oz)
- ½ cup of plant milk – prefer unsweetened almond milk
- 1 tbsp vanilla extract

**Directions:**

Blend completely in high speed blender – add peaches and then bananas and then wet ingredients -will need to use plunger to thoroughly blend mixture (use regular and high speed settings). Store in freezer ice cream container and freeze or serve immediately.

*Nutritional information : per scoop- 16.3 mg of sodium*





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## Thick & Delicious Fat-free Chocolate Shake

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

Hmmm . . . the ultimate comfort food – a thick, creamy delicious chocolate shake! This is another convertible recipe – it can be a thick shake or lessen the water and have a dish of yummy chocolate “nice” cream! All the flavour with none of the fat! A winner all the way around!

**Gather and Prep** (in a high speed blender, pulverize on high speed)

- 1 cup of cold water
- 2 Medjool dates – remove pit – broken into 4 pieces

**Then add:**

- 1 cup of ice cubes /chips
- 1 frozen banana (skin removed and chopped into 4 pieces)\*
- 1 tsp vanilla
- 2 tbsp of dutch processed cocoa powder (Camino)

**Blend** on high until smooth to achieve the desired thickness for the shake. (If want chocolate “nice” cream use only ½ cup of water instead of 1 cup of water). Pour into a tall glass with a straw for sipping! Makes two - 6-ounce glasses of yumminess!

*Total sodium: 3 mg per 8 oz serving. (2 servings)*



# LOW SODIUM RECIPES

## Apple Strudel Whole Plant-Based

**Gather and Prep:** Pre-heat oven to 375F and prepare a parchment-paper lined baking tray

**In a bowl,** with 1 cup of washed, thinly sliced apples (~ 2-3 apples) add:

- 1 tBsp lemon juice
- 1 tBsp date sugar (or could use maple syrup)
- ½ tsp of ground cinnamon

**Set aside** to marinate.

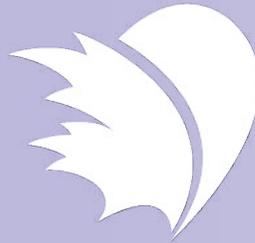
### **Instructions:**

1. In a separate large pie plate or large frying pan (large enough to immerse circular sheets of rice paper), add warm water & 4 rice papers – add a single rice paper at a time and immerse in the warm water for ~10-15 seconds until pliable but still slightly firm and not too soft. Transfer pliable rice paper to a clean dry cloth on the countertop.
2. Place a large slotted soup spoon amount of the marinated apple mixture in the middle of the pliable rice paper and begin to fold from the bottom and the the sides until completely wrapped.
3. Place seam side down the strudel bundle on the parchment-lined baking sheet. Continue until all 4 rice paper apple strudels are assembled.
4. Bake at 375F for ~30 minutes – turn over half way through and continue baking – will become crispy and browned. You can serve this warm and add some whipped aquafaba topping..

*Note: Aquafaba is a viscous liquid you see when you open a can of no salt chickpeas.*

Make just before serving strudel: To make Aquafaba whipped topping – drain the can of no salt chickpeas, collecting the liquid, transfer ¼ cup of chickpea liquid into a narrow bowl and add 1 tBsp of maple syrup and 1 tsp of vanilla. Using a mixer on medium to high – mix until foamy. Then beat on high until stiff peaks form (tips stand straight up). Top dessert and serve immediately.





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## Sweet Potato Doughnuts

*Provided by Kate McGoey-Smith, DipNrsG, MSW, RSW, FM*

Craving something special and oh-so-yummy? This donut will take care of you! Bonus – your kids will love these as a recess or after school snack and won't even know if it is good for them!!!

Notes: ~105 mg of salt per donut / Makes ~ 12 donuts; Pre-heat oven at 350F for ~12 - 14 minutes until browned ; 105 mg of sodium per donut.

**Gather and Prep:** This is a two bowl method; one for dry ingredients and one for wet ingredients

### **Dry Bowl: blend with dry whisk:**

- 1 ¾ cups of (GF) oatmeal flour & 1 tsp ground cinnamon
- 1 tsp baking powder & 1/2 tsp baking soda
- ~ 1/8 tsp salt – use less than full 1/8 tsp (or eliminate)

### **Wet Bowl: mash with potato masher until all ingredients fully blended . . .**

- 1/2 cup of cooked sweet potato (orange inside) – bake (420F x 50 min) and remove skin
- 1 tbsp unsweetened apple sauce
- 1/4 cup plus 2 tbsp maple syrup

**Now** blend with spatula wet ingredients into dry ingredients until fully mixed. This will be a thick dough.

**Transfer** to a non-stick donut pan or silicone mini bunt cake tray (6 in a tray and use a spoon to scoop batter into centre of form, then wet fingers and spread dough to fill each entire form. Alternatively, flour surface and roll dough into a round long tubular shape and then cut and join ends to create donuts. Place dough rings on parchment paper-lined baking sheet. Bake at 350F for ~ 12-14 minutes until browned.

**Cool on wire rack and then remove from pan to serve.**



# LOW SODIUM RECIPES

## Chocolate-Dipped Peanut Butter Stuffed Dates

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

This treat is a healthy version of a skor bar.

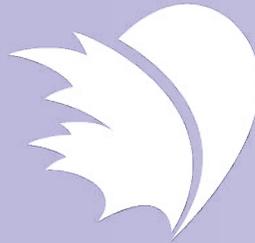
### Ingredients:

- 10 Medjool dates – make a length-wise slit in each date and remove pit
- 4 tbsp crunchy peanut butter or nut butter of your choice – stuff each date with ½ -1 tSp nut butter
- 1 cup of dark non-dairy chocolate chips or chocolate bar – melt using microwave or double boiler

**Putting it all together:** Prepare a parchment-lined baking sheet and with a toothpick pierced in the nut butter- filled date, dip it in the melted chocolate, then transfer fully chocolate covered stuffed date to baking sheet to cool so chocolate is set and hardened.

**Store in air-tight container until ready to serve.**





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## Vanilla Berry Sorbet

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM. Cert. ACT/Prosocial Matrix  
Facilitator.*

**Source:** Power Foods for the Brain by Neal Barnard, MD; recipe by Christine Waltermyer.

Makes 4 servings.

### **Ingredient:**

- 2 cups of raspberries or strawberries (frozen or fresh)
- 1/4 cup of maple syrup or agave nectar
- 1 teaspoon of almond extract (optional)

### **Directions:**

In a blender, combine all the ingredients and blend until smooth.

Adjust the sweetness to taste, if needed. Pour into a freezer-safe container, cover, and freeze for at least 3 hours, until firm.

**To serve, let thaw slightly then scoop.**



# LOW SODIUM RECIPES

## Gingerbread Biscotti – One Bake Method

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

The aroma of gingerbread will fill the air and your tea or coffee will beg for this tasty companion!

### **Gather and Prepare:**

Pre-heat oven at 350F and then in a large bowl, whisk together these dry ingredients:

- 2 ¼ cup oat flour
- ½ cup large flake oats (prefer Quaker Oats)
- 1 tSp baking powder (if using no salt baking powder – double the amount – check directions on label)\*
- ½ tSp baking soda
- ½ tSp ground ginger
- 1 tSp ground cinnamon
- 1/8 tSp ground cloves

**Then** in a separate small mixing bowl, blend together these wet ingredients:

- ½ cup maple syrup
- ¼ cup sulfured molasses
- ½ tSp vanilla extract

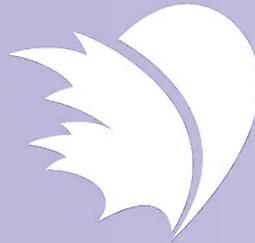
**Now** pour wet ingredients into dry ingredients and mix until thoroughly blended. Transfer dough to parchment paper lined silver top “Patisse” tray (35 cm x 11cm or 13 ¾” x 4 3/8”). This tray has a removable metal liner – cover with parchment paper.

**Wet** fingers with water and pat dough down evenly until entire pan is fully covered.

**Then** sprinkle dry oats on top for decoration before baking at 350 F for ~ 35 mins. until golden brown. Let cool on wire rack. Once cooled, remove from pan (pop from bottom) and then cut into desired slices.

**Hope you have a restful holiday filled with special memories!**





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## Pumpkin Gingerbread

*Contributed by: Kate McGoey-Smith, Dip Nrsng, MSW, RSW, FM (Special thanks to pcrm.org for recipe inspiration). Sodium for loaf – 575 mg.*

**Preheat** oven at 350F and then in a food processor, combine:

- 4 Medjool dates - remove pits, place in small bowl and pour boiling water to cover - soak for 10 min and then drain well
- 15 oz can pumpkin
- ¼ cup of unsweetened almond milk or your choice of plant milk
- ¼ cup of blackstrap molasses
- 2 tbp of flaxseed meal

**Process** all ingredients until smooth and then let rest for 5 minutes. Put aside.

**Now** in a large bowl, combine:

- 2 cups of white whole wheat flour (can be found at Bulk Barn)
- 2 tsp pumpkin pie spice
- 2 tsp of baking powder or preferably 4 tsp sodium-free baking powder (find at well.ca)
- 1/4 tsp sea salt or table salt

**Now** add the pumpkin mixture to the blended flour mixture – stir until moistened. Pour into a parchment paper lined pan or use a silicone baking pan. Bake at 350 F for 30-40 min or until toothpick in centre comes out clean.

**Cool** on wire rack and then remove from pan and serve.

**This is so simple and delicious with a cup of tea and a great book!**



# LOW SODIUM RECIPES

## Campfire Banana Boat

*Contributed by: Kate McGoey-Smith, DipNrsng, MSW, RSW, FM. Cert. ACT/Prosocial Matrix Facilitator.*

The roar of the campfire is beckoning us on these warm summer evenings! So what about indulging in a sweet, gooey mouthful of banana heaven! Everyone will be amazed at this delicious treat! No campfire? No worries – works in the oven too!

**Gather and Prepare:** Pre-heat oven at 400 F. or glowing ambers of campfire

Take one ripe yellow banana – wash with skin intact and then place banana, with the curve of the banana against the chopping board, then use a sharp knife to create a deep slit from stem to end without cutting through the bottom skin of banana.

**Open** the banana slit wide enough to fill it with the following:

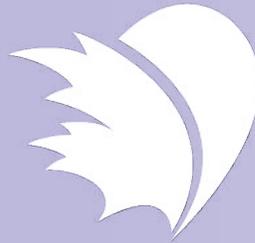
- 7-10 mini vegan marshmallows (found in green organic section of Super Store)
- ½ tBsp of mini non-dairy chocolate chips (found in green organic section of Super Store)
- Wrap stuffed banana in tin foil (shiny side inward, and twist foil at each end of banana).

**Place** in 400F oven (or on glowing ambers of campfire) for ~10-15 mins to make marshmallow-chocolate mixture melt and become gooey.

**Carefully remove** from oven or campfire and open tin foil wrapper so it forms the “bowl” and serve immediately – warning contents may need to be tested so heat is safe for consumption.

**Ahh so simple and delicious – what a great way to have some fun with fruit! Enjoy!**





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## Oil-free Blueberry Muffins

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

*Courtesy of Fork Smart.*

12 Muffins

Sodium: 14mg

**Pre-heat** oven to 400 F

**In a large mixing bowl**, whisk together:

- 2 cups of oat flour
- 1 tsp baking powder (regular) or 2 tsp of no sodium baking powder\*
- ½ tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg

**Then** add the following wet ingredients to whisked dry ingredients:

- 1/3 cup maple syrup
- ½ cup unsweetened apple sauce
- 2 tsp vanilla extract
- 1 cup unsweetened almond milk
- 1 cup blueberries (fresh or frozen)

**Blend** all ingredients together – avoid overstirring batter. Now spoon (or use old-fashioned ice cream scoop to ensure even filling) batter into a nonstick muffin pan.

**Bake** at 400F for 25 minutes until golden brown, then cool on wire rack.



# LOW SODIUM RECIPES

## Blueberry Oat Bars

*Submitted by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor*

Busy? On the go with errands and appointments? Want something that is portable and yet oh-so-satisfying? And guess what? It is healthy, too! Oats are wonderful for reducing our cholesterol levels – a heart smart choice!

**Gather and Prep:** Pre-heat oven at 400F and in a large mixing bowl combine thoroughly with a spatula:

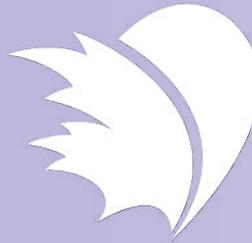
- 2 cups large flake rolled oats
- 1 and 1/3 cups of oat flour
- 2 tSp of cinnamon
- ¾ cup of maple syrup
- ¾ cup dried blueberries

**Now** transfer moist and fully combined mixture into a large (10-12”) non-stick spring loaded round pan. Spread evenly and flatten down until the surface is even.

**Bake** at 400F for approximately for 18-20 minutes until golden brown and firm to the touch. Remove from pan, leaving the round pan under the bar intact. Thoroughly cook on a wire rack before cutting into wedges. Store in a dry container to preserve its crunch.

**Enjoy – they never last long!**





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## Oatmeal in a Jar

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM, Certified Food for Life Instructor.*

Don't you just love the kind of cooking that's quick and easy? This is an easy-to-do breakfast you make the night before, refrigerate, and then when you wake – just grab it and go! No muss or fuss!!

**Fill** an 8 oz. mason jar (with airtight lid) with:

- Half with large flake oats (Quaker Oats are a favourite)
- Add unsweetened almond milk until cover the top of oats
- Add defrosted (frozen) berries of your choice to the remaining portion of container
- Seal lid

**And there you have it!** Leave it in the fridge overnight so it's all set for your breakfast in the morning.

*Total sodium: 55mg for one half a cup of unsweetened almond milk*



# LOW SODIUM RECIPES

## Corn Bread

In spirit of the holidays (and the amount of leftovers that inevitably come with it!), here is a simple recipe that will help give those kitchen scraps a boost and variety. It is as delicious, as it is easy; and great for all ages!

### Ingredients and Prep:

- 1 cup cornmeal
- 1 cup oat flour
- 1 tbs. sodium-free baking powder\* (or equal amount of regular baking powder)
- 1 cup unsweetened almond milk
- 1/3 cup applesauce
- 1/4 cup + 2 tbs. pure maple syrup

**Preheat** oven to 400oF.

**Lightly oil** a 9-inch square baking pan and set aside.

**In a large mixing bowl**, whisk together the cornmeal, flour and baking powder. Add the plant milk, applesauce and maple syrup and whisk to combine.

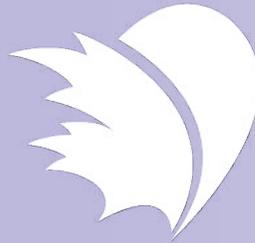
**Pour** batter into the prepared pan.

**Place** pan on middle rack in oven and bake 20 minutes. Remove from oven and place on wire rack to cool. Cool briefly before cutting into wedges and serving.

**Serve** warm or at room temperature.

*\*Sodium-free baking powder – check local specialty stores or online stores (Hain brand carried by Whole Foods)*





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## Cherry Almond Nice Cream

*Contributed by: Kate McGoey-Smith, DipNrsG, MSW, RSW, FM. Cert. ACT/Prosocial Matrix  
Facilitator.*

This pink icy scoop of deliciousness tastes like the Italian favourite Amarena gelato – perfect to beat the summer heat! Enjoy!

### Ingredients:

4 cups frozen banana pieces (4 large bananas)

**Pulse** banana pieces until crumbly, then add:

- ¼ cup of unsweetened almond milk
- ¾ teaspoons pure almond extract
- 5½ cups pitted and chopped fresh or frozen pitted sweet cherries, thawed

### Instructions:

In a high-speed blender or food processor pulse banana pieces on low to medium-low until crumbly, stopping and scraping down sides once or twice. Add almond milk and almond extract; blend continuously 30 seconds to 1 minute or until smooth and creamy, adding more milk if needed. Stir in chopped cherries.

**Serve immediately** or transfer to a 1-qt. container and store in the freezer up to 1 week.

