



Is bacon on your menu?

How to enjoy bacon the healthy way

Low Sodium Bacon

Many companies are now making low sodium bacon. In fact, you can find it at almost all grocery stores, including Costco. It costs the same as other bacon. Low sodium bacon has half the salt as regular bacon and tastes delicious! One slice has just 70 mg of sodium. Regular bacon has 120 mg.

Remember that your sodium “budget” for the day is 1500 mg. Adding a slice of bacon here or there is doable, but if you have four slices of regular bacon in the morning you are already at 500 mg!

If you cook most of your food at home from “scratch” it can be easy to cook low salt and include a slice of bacon without blowing your sodium budget. See the next page to learn how.

Have you heard the phrase, “everything in moderation?” Your dietitian may have told you this when it comes to your diet. It is true, and it includes favorite foods like bacon. Eating a lot of bacon will leave you feeling thirsty because of how salty it is. Eating small amounts of bacon as a condiment or topping is the best way to enjoy the flavor of bacon.

Cooking Bacon

There are several different methods of cooking bacon. The three most common are pan frying, baking, and microwaving.

- Pan frying bacon is easy to do, but it does take the most work as you have to stand over the pan and flip the bacon piece by piece. You also may get splattered with bacon grease.
- Baking is a great option if you want your bacon pieces to be flat and don't want to get splattered with grease like you might with the stove top method. Lay the bacon on a cookie sheet and bake at 425 degrees for about 15 minutes, depending on how crispy you like it.
- Microwaving is quick and easy. Simply place the bacon on a paper towel on a plate and microwave for about 2 minutes, depending on the microwave.



Top Ten Ways to Enjoy Low Sodium Bacon

1. Top your salad with crumbles of bacon and drizzle with your favorite low salt dressing
2. Sprinkle on top of homemade clam or corn chowder
3. Sauté along with vegetables such as green beans or asparagus
4. Wrap around a chicken breast and roast in the oven
5. Enjoy as a condiment to add crunch on a burger
6. Sprinkle on top of pasta dishes. Try our low salt alfredo sauce or check out other low salt sauces at nwkidney.org
7. Stir bits into polenta; top the meal off with a pork chop & green salad
8. Use instead of ham hocks in split pea soup or greens
9. Add a slice to a breakfast burrito
10. Ask your dietitian for recipes featuring bacon

Alfredo Sauce

Ingredients:

- 1/4 cup Olive Oil
- 3 tablespoons Flour
- 1 clove Garlic, minced
- 2 cups Rice Milk
- 4 ounce Cream Cheese
- 1/3 cup Parmesan cheese, shredded
- 1 tablespoon Lemon Juice
- 2 tablespoons Basil, chopped
- 1/4 teaspoon Nutmeg, ground
- 4 slices low sodium Bacon, cooked

Nutrition information: Calories: 117,
Carbohydrates: 14g, Protein: 5g, Sodium: 56mg



Directions:

1. Heat olive oil in a large skillet over medium heat. Add flour and use a whisk to make a paste; then add garlic.
2. Slowly add rice milk, whisking constantly to prevent lumps. Let mixture come to a boil and thicken.
3. Add cream cheese and whisk. Remove from heat.
4. Add parmesan cheese, nutmeg, and lemon juice. Garnish with basil and crumbled bacon.