



Some meals you can these make with sauces

- Macaroni and cheese
- Shepherd's pie
- Green bean casserole
- Homemade chicken, mushroom or celery soup
- Poached eggs and asparagus with hollandaise sauce
- Smothered pork chops
- Fettuccine Alfredo
- Chicken with White Wine Sauce
- Barbecued Spareribs
- Thai noodles with peanut sauce
- Chicken skewers with peanut sauce
- Homemade chicken nuggets with sour cream dill dipping sauce
- Spaghetti with meat sauce
- Chilled shrimp with seafood sauce

Nutrition Tips

Simple Sauces: Savory, spicy, creamy or nutty, sauces are flexible additions to meals

When you follow a low-sodium diet, you're told to stay away from sauces. But protecting your kidneys and heart doesn't mean you have to give up the creamy goodness of a white sauce, the savory flavor of gravy or the buttery smoothness of hollandaise sauce.

Most sauces are salty because they start with a high-salt broths. You can use broth with less salt or no salt added and still have a sauce with great flavor. Try making your own homemade broth, freeze and use whenever a recipe calls for stock. Homemade broth is also a great way to save money, and will make any dish taste divine.

Homemade broth

1 pound chicken wings or backs, or inexpensive fish, shrimp shells, beef, or mushrooms

8 cups water

1 onion, chopped

1 celery stalk, chopped

1 carrot, chopped

4 peppercorns

1 bay leaf



Combine all in a big pot and cook long and slow, at least an hour, longer if you have time. Strain and reserve broth. Freeze with 1 inch headspace in plastic containers.



Simple White Sauce

2 tablespoons flour
2 tablespoons margarine or butter
1 cup milk
1/4 teaspoon dry mustard
1/4 teaspoon paprika
1/2 teaspoon parsley, basil or any other fresh or

dried herbs

Mix flour and margarine or butter in a 2-cup glass measuring cup. Microwave for 30 seconds, stir, microwave another 30 seconds. Add cream and spices, stir. Microwave 1 minute, stir again. Microwave 1 more minute. If not thickened, add another minute. Makes 4 servings. Use in place of any creamed soup.

Quick Hollandaise Sauce

2 tablespoons sour cream
2 tablespoons mayonnaise
1/2 teaspoon Dijon mustard
1/2 teaspoon lemon juice

Combine ingredients in small glass bowl. Microwave on 50 percent power for a minute, stir. Makes 1/4 cup. Double or triple as needed.

Nutritional information: Calories: 131, Carbohydrates: 1 gram, Protein: 1 gram, Sodium: 108 milligrams

Easy, Low-Salt Gravy

2 carrots cut in 1-inch lengths
2 celery stalks, cut in 1-inch lengths
1 1/2 cups mushrooms, chopped
1 bay leaf
3 tablespoons unsalted butter
2 tablespoons flour
2 tablespoons fresh

thyme leaves

Simmer vegetables and mushrooms in a large saucepan for a half-hour. Remove veggies and bay leaf, discard. Pour broth into glass measuring cup. Add butter to a large frying pan, melt over medium heat. Add flour and thyme. Stir until lightly browned, and flour begins to hold together in a ball. Slowly add broth, stirring constantly, until thickened. Serve. Yields 8 servings.



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Sour Cream Dill Sauce



- 8 ounce container sour cream
- 2 tablespoon chopped fresh dill
- 2 tablespoon fresh lemon juice
- 1 clove garlic, minced

Mix ingredients together in a food processor or blender until smooth. Refrigerate overnight. Serve over seafood or fresh vegetables.

Nutritional information: Per 2 tablespoons, Calories: 62, Carbohydrates: 2 grams, Protein: 1 grams, Sodium: 15 milligrams, Phosphorus: 25 milligrams, Potassium: 48 milligrams

Peanut Sauce

- 1/4 cup honey
- 1/4 cup smooth peanut butter
- 2 tablespoon crunchy peanut butter (optional)
- 2 tablespoons low sodium soy sauce
- 2 tablespoons unseasoned rice vinegar
- 2 tablespoons vegetable or peanut oil
- 1 tablespoon sesame oil
- 2 teaspoons minced fresh garlic

- 1 tablespoon minced fresh ginger root
- 2 teaspoons crushed red pepper flakes (optional)
- 1 fresh lemon
- 1/4 cup chopped fresh cilantro (optional)

In a small bowl, combine all ingredients Adjust garlic, ginger, red pepper flakes as desired. Top with fresh lemon juice and cilantro.

Nutritional information: Calories: 176, Carbohydrates: 15 grams, Protein: 3 grams, Sodium:

White Wine Sauce

- 1 tablespoon butter
- 1 tablespoon all-purpose flour
- 1/4 cup white wine
- 1 cup chicken broth
- 1 tablespoon parsley, chopped

Add white wine to sauté pan that you used to cook chicken or pork. Whisk in flour until you have a smooth paste. Slowly add chicken broth whisking constantly until you have desired consistency. Remove from heat and add butter and parsley. Serve over chicken or pork.

Nutritional information: Calories: 49, Carbohydrates:



John's BBQ Sauce

A great recipe for adding flavor to meats, fish, tofu and vegetables.

3/4 cup brown sugar

1/4 cup Worcestershire sauce

1/4 cup reduced sodium soy sauce

1/4 cup rice wine vinegar (or other white vinegar)

2 tablespoons canola oil

2 tablespoons mustard

3/4 cup no-salt added ketchup

1/2 teaspoon garlic powder

1/2 teaspoon onion powder

1/8 teaspoon ground, black pepper

Use a whisk to blend all ingredients well. Use immediately or store in the refrigerator for up to 2 weeks.

Nutritional information: Calories: 46, Carbohydrates: 8 grams, Protein: 0 grams, Sodium: 102 milligrams,

Spaghetti Sauce with Fresh Herbs

4 Fresh tomatoes skinned and chopped.

1 box UHT Italian pureed tomatoes

2 cloves garlic

1/4 cup chopped onion

4-6 fresh mushrooms

1/2 cup chopped fresh basil, oregano and parsley

Sautee onions, mushrooms and garlic. Add tomatoes, boxed tomatoes and fresh herbs.

Simmer 15-20 minutes till thickened, stirring to keep from sticking. Serve over pasta.

Nutritional information: Calories: 62 , Carbohydrates: 12 grams, Protein: 3 grams, Sodium: 22 milligrams, Phosphorus: 62 milligrams, Potassium:

Seafood Dipping Sauce

1/4 cup mayonnaise

1/4 cup plain yogurt

1 1/2 tablespoons fresh lime juice

1 teaspoon capers, rinsed, drained and chopped

Pinch of ground red pepper

Combine all ingredients in a bowl. Chill until serving time.

Nutritional information: Calories: 56, Carbohydrates: 1 gram, Protein: 0 grams, Sodium: 56 milligrams, Phosphorus: 0 milligrams, Potassium: 56 milligrams

