



Low-sodium lemon chicken

Hillary Levin/St. Louis Post-Dispatch/TNS



Low-sodium salmon with cucumber-dill sauce

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## LESS SALT

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It was luscious. It was fabulous. It was delicious.

And maybe it needed just a little bit of salt.

### PORK CHOP WITH GASTRIQUE

Yield: 2 servings

1/4 cup honey  
1/2 cup cider vinegar  
1 tablespoon butter  
1/4 large onion, sliced thin  
1/2 large apple, sliced thin  
2 pork chops

1. Heat the honey in a small saucepan over medium-low heat for 5 minutes, until it becomes a noticeably deeper shade of brown. Add the vinegar and continue to cook, swirling the pan a few times, until the sauce has thickened to the consistency of thin maple syrup. Set aside and keep warm.

2. Melt butter in a large skillet over medium-high heat. Add slices of onion and apple, and saute until onion is translucent, about 3 to 5 minutes. Add pork chops and cook 3 minutes on one side, flip, and cook to your desired doneness;

the time will depend on the thickness of the chops.  
3. Serve with the gastrique spooned on top.

Per serving: 352 calories; 10 g fat; 5 g saturated fat; 87 mg cholesterol; 26 g protein; 37 g carbohydrate; 36 sugar; no fiber; 78 mg sodium; 24 mg calcium

— Recipe by Daniel Neman.  
Gastrique slightly adapted from a recipe adapted by David Lebovitz from a recipe by Bobby Flay.

### LOW-SODIUM LEMON CHICKEN

Yield: 4 servings

3 pounds chicken, cut into serving pieces  
1 tablespoon butter  
1 garlic clove, peeled and crushed  
3 sprigs fresh thyme or 1/2 teaspoon dried  
Juice of 2 large lemons (or 3 small)  
1 teaspoon cornstarch

1. Pat the chicken dry. In a large skillet with a lid, melt butter over medium-high heat. Add garlic and thyme and cook until fragrant, 30 seconds to 1

minute. Add chicken skin-side down and cook until golden brown on the bottom. Remove garlic, flip chicken and cook until golden brown on the other side. Pour off the grease.

2. Add water to pan to a depth of 1/2 inch. Add lemon juice. Cover and cook at a simmer until chicken is done, around 20 minutes for white meat and 30 minutes for dark. Add more water if necessary. Remove chicken to a platter but keep the heat on under the liquid.

3. Mix cornstarch with 2 tablespoons of water in a small bowl and stir into liquid. Bring to a boil, stirring frequently, and cook until thickened. Serve over the chicken.

Per serving: 443 calories; 12 g fat; 4 g saturated fat; 256 mg cholesterol; 77 g protein; 3 g carbohydrate; 1 g sugar; 1 g fiber; 154 mg sodium; 23 mg calcium

— Recipe by Daniel Neman

### LOW-SODIUM SALMON WITH CUCUMBER DILL SAUCE

Yield: 2 servings

1/2 cup plain Greek yogurt  
Juice and peel of 1 lemon, plus 2 wedges of lemon  
1/4 cucumber, diced small  
1/2 teaspoon dill  
2 (4-ounce) salmon fillets  
3/4 large onion, roughly chopped  
1 rib celery, roughly chopped  
1 carrot, roughly chopped

1. An hour before cooking, combine yogurt, juice of 2 lemon wedges, cucumber and dill in a small bowl. Refrigerate until use.

2. Rub fingers over top of salmon fillets to detect pin bones, if any. Remove with tweezers.

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3. Fill large skillet with water to a depth of around 1 inch. Add onion, celery, carrot and the juice and peel of 1 lemon. Bring to a simmer. Move aside some of the vegetables and lemon, and gently add the salmon; the liquid should completely cover it. If it doesn't, add more water. Cook at a simmer until fish is thoroughly cooked and flakes easily, 5

minutes per inch of height.

4. Drain and serve with the cucumber dill sauce. Taste and season with a small amount of salt, if necessary.

Per serving: 259 calories; 11 g fat; 3 g saturated fat; 72 mg cholesterol; 30 g protein; 10 g carbohydrate; 6 g sugar; 2 g fiber; 113 mg sodium; 114 mg calcium

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## HOME

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Later came trips to Seoul, Barcelona, Sydney, Athens, Rome, Crete, Paris, Helsinki, Nagano, the Italian Alps, Osaka, Beijing.

And a few bizarre months with Tonya Harding.

I wasn't alone, not really.

My mother loved the idea of traveling, but never got the chance. She died in 1977 of lymphoma.

So on these trips, I felt her with me:

- embedded with the U.S.

track team on the island of Crete in a room overlooking the Mediterranean.

- high in the Alps, gazing into the snow-covered mountain passes where Hannibal once brought his elephants.

- walking through the Vatican, wowed by Michelangelo's Pieta (perhaps the most beautiful human-made thing I've ever seen).

I retired in February and here we are back where it all began. I have so much family here and my wife Leah loves the slower pace.

We've tried to immerse

ourselves in local life, taking the gondola up the mountain at Wallowa Lake (spectacular), making a couple of trips to West Eagle Meadows (I love it up there), attending a rousing performance of "Newsies" in Elgin, watching the July 4 fireworks in Union, taking in the Pendleton Round-Up.

And mom is just down the road, resting in the Gekeler family plot at the cemetery next to the college.

It's good to have her so close.

It's good to be home.

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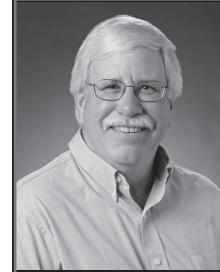
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