



Low-sodium lemon chicken

from a recipe adapted by
David Lebovitz from a recipe
by Bobby Flay.

— Recipe by Daniel Neman

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 ½ 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 ½ 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. *Gastrique slightly adapted*

LOW-SODIUM SALMON WITH CUCUMBER DILL SAUCE

Yield: 2 servings

- ½ cup plain Greek yogurt
- Juice and peel of 1 lemon, plus 2 wedges of lemon
- ¼ cucumber, diced small
- ½ teaspoon dill
- 2 (4-ounce) salmon fillets
- ¾ 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.

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

— Recipe by Daniel Neman



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

- ¼ cup honey
- ½ cup cider vinegar
- 1 tablespoon butter
- ¼ large onion, sliced thin
- ½ 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

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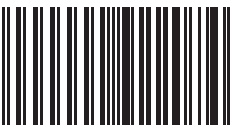


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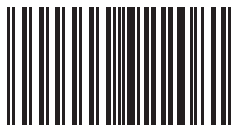


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