

# FOOD SECTION



High-sodium culprits like baking soda and baking powder are often ingredients in recipes for baked desserts. These recipes for brownies and apple crisp use NoSalt Salt Alternative, and will satisfy the most discriminating sweet tooth.

## Salt free and delicious, too

For the increasing number of Americans on salt (actually sodium) restricted diets, desserts made with baking soda are often one of the first foods eliminated. The trick is selecting recipes which do not require sodium bicarbonate, or baking soda, as a leavening agent.

A recommended dietary allowance for sodium has not been set, but the National Academy of Sciences considers a daily intake between 1,100 and 3,300 milligrams of sodium (about 1/2 to 1 1/4 teaspoons) of salt to be safe and adequate for the healthy adult. As a nation, we generally consume much more than that amount. Commercial box of brownie mix made at home contains about 105 milligrams sodium per brownie. The recipe which follows uses a salt alternative and contains only 9 milligrams of sodium per brownie!

The brownies featured here are rich and fudge-like, and keep for

several days. And the Apple Crisp is sensational when served hot from the oven, but is popular at room temperature, too.

### EVERYONE'S FAVORITE BROWNIES

- 2 squares unsweetened chocolate
- 1/2 cup unsalted butter, at room temperature
- 1 cup sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 1/2 cup flour
- 1/2 teaspoon salt substitute
- 1/2 cup unsalted pecans, coarsely chopped

Melt the chocolate in the top of a double boiler. Let cool briefly. Cream together the butter and sugar. All the eggs and vanilla and mix well. Stir in the cooled chocolate. Blend in the flour and salt alternative; mix well. Add the

nuts. Spread mixture in a greased 8-inch square pan. Bake in a preheated 325°F. oven for about 30 minutes. Cool and cut into 16 squares. Dust with confectioners' sugar if desired. Makes 16 brownies.

Sodium: 12 mg per brownie

### APPLE CRISP

- 6 tart apples, peeled and sliced
- 1 cup sugar
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup flour
- 1/4 teaspoon salt alternative
- 6 tablespoons unsalted butter
- 1/4 teaspoon vanilla extract

Place the apple slices in a mixing bowl. Combine the sugar, cinnamon and nutmeg and toss 1/2 cup of this mixture with the apples. Layer the apples in a 9x9-inch baking pan. Mix the remaining sugar with the

flour, salt substitute, butter and vanilla until crumbly. Sprinkle over the apples. Bake in a preheated 350°F. oven for 50 minutes, or until the apples are tender and the topping crisp. Makes 6 servings.

Sodium: 3 mg per serving



Make your own peanut butter at home. Combine two cups roasted nuts and a tablespoon of oil. Add a half teaspoon of salt unless salted nuts are used. Process in a blender or food processor until soft.

## \* INFLATION-FIGHTING FOOD IDEAS \*

### STUFFED GREEN PEPPERS FOR FOUR

1. Cut slice from stem end of 4 peppers. Remove seeds and membranes. Cook in boiling water 2 to 3 minutes. Drain.

2. Cook 12 ounces lean ground beef with 1/2 cup chopped onion. Add 1/3 of a 10-1/2 ounce can tomato puree, 1-1/2 cups cooked rice, 1 teaspoon Worcestershire sauce, and seasonings to taste.

3. Stuff peppers with meat mixture, replace tops. Place upright in buttered baking dish. Pour remaining tomato puree and 1 cup beef broth around peppers.

4. Cover and bake at 350° for 45 minutes. Thicken pan juices with cornstarch blended with water. Serve over peppers.

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