



# Low-Sodium Dinners

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## Breadcrumb-Crusted Cod

**Makes:** 2 servings, 3-4 oz. each

**Active Time:** 15 minutes | **Total:** 30 minutes

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

*In this quick baked fish recipe for two, a creamy spread of Greek yogurt and tarragon keeps cod moist and flavorful and helps keep the crispy breadcrumb topping in place. We like the delicate flavor of cod in this quick baked fish recipe for two, but any firm fish fillet can be used in its place ¼ cup fine dry breadcrumbs, preferably whole-wheat*

- 1** small clove garlic, minced
- 1** tablespoon extra-virgin olive oil
- 2** tablespoons nonfat plain Greek yogurt
- 2** tablespoons low-fat mayonnaise
- 1½** teaspoons lemon juice
- 1½** teaspoons chopped fresh tarragon or ½ teaspoon dried
- Pinch of salt
- 8-10** ounces cod, tuna, wild salmon or mahi-mahi, skinned if desired, cut into 2 portions
- 2** lemon wedges for serving

1. Preheat oven to 425°F. Coat a small baking pan with cooking spray.
2. Combine breadcrumbs, garlic and oil in a small bowl. Combine yogurt, mayonnaise, lemon juice, tarragon and salt in another small bowl. Place fish on the prepared baking pan. Spread 1 tablespoon of the yogurt sauce on each piece of fish, then pat 2 tablespoons of the breadcrumbs over it.
3. Bake the fish until opaque in the center and the breadcrumbs are golden, about 15 minutes. Serve each portion with 1 tablespoon of the remaining sauce and a lemon wedge, if desired.

**Per serving:** 220 calories; 10 g fat (1 g sat, 6 g mono); 48 mg cholesterol; 13 g carbohydrate; 1 g added sugars; 18 g protein; 2 g fiber; 268 mg sodium; 243 mg potassium.

**Carbohydrate servings:** 1

**Tip:** For information about choosing sustainable seafood, visit [seafoodwatch.org](http://seafoodwatch.org).





## Grilled Mahi-Mahi & Asparagus with Lemon Butter

**Makes:** 4 servings, 3-4 oz. fish & 8-10 asparagus each

**Active time:** 30 minutes | **Total:** 30 minutes

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*In this quick grilled fish recipe, we grill firm mahi-mahi and fresh spring asparagus alongside one another, then drizzle them with a bit of tart lemon butter. We like mahi-mahi in this recipe, but any firm fish fillet can be used in its place.*

**1-1¼ pounds mahi-mahi, wild salmon, tuna or cod, skinned if desired,**  
cut into 4 portions (see *Tips*)

**2 bunches asparagus, trimmed**

**Cooking spray, preferably canola oil**

**½ teaspoon salt plus a pinch, divided**

**¼ teaspoon freshly ground pepper**

**⅛ teaspoon garlic powder**

**2 tablespoons butter**

**2 tablespoons lemon juice**

1. Preheat grill to medium-high.
2. Place fish and asparagus on a large rimmed baking sheet and coat both sides with cooking spray; sprinkle with ½ teaspoon salt, pepper and garlic powder.
3. Oil the grill rack (see *Tips*). Place the asparagus on one side, perpendicular to the grates; place the fish on the other side. Grill the fish, turning once, until opaque, 3 to 5 minutes per side (depending on thickness); grill the asparagus, turning occasionally, until lightly charred, 5 to 7 minutes.
4. Place butter, lemon juice and the pinch of salt in a small, microwave-safe bowl. Microwave on High to melt the butter, about 25 seconds. Drizzle each portion of fish and asparagus with about 1 tablespoon of the lemon butter.

**Per serving:** 189 calories; 8 g fat (4 g sat, 3 g mono); 98 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 24 g protein; 2 g fiber; 444 mg sodium; 735 mg potassium.

**Carbohydrate servings:** ½

**Exchanges:** 1 vegetable, 3 lean meat, 1 fat

### Tips:

**For information about choosing sustainable seafood, visit [seafoodwatch.org](http://seafoodwatch.org).**

**Oil a grill rack before you grill to keep the food from sticking to the rack. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill—it may cause a flare-up.)**

**Tip:** To make quick work of chopping cranberries, place whole berries in a food processor and pulse a few times until the berries are coarsely chopped.



## Cranberry-Rosemary Stuffed Pork Loin

**Makes:** 12 servings

**Active time:** 1 hour **Total:** 4 hours (including 2 hours brining time)

**To make ahead:** Tightly wrap stuffed and tied pork loin and refrigerate for up to 1 day. Let stand at room temperature for about 20 minutes before proceeding with Step 6 and while the oven heats.

**Equipment:** Kitchen string

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### Brine

- ¼ cup packed brown sugar
- ¼ cup kosher salt
- 1 tablespoon chopped fresh rosemary
- 2 cups boiling water
- 12 ice cubes

### Pork Loin & Stuffing

- 1 3-pound pork loin, trimmed

2 tablespoons canola oil, divided

½ cup chopped pancetta or prosciutto

1½ cups chopped fresh cranberries (see Tip)

½ cup fresh coarse whole-wheat  
breadcrumbs

2 tablespoons packed brown sugar

1 tablespoon chopped fresh rosemary

¾ teaspoon freshly ground pepper, divided

**1. To prepare brine:** Place ¼ cup brown sugar, salt and rosemary in a 9-by-13-inch baking dish. Pour in boiling water and stir to dissolve. Stir in ice cubes.

**2. To butterfly & brine pork:** You're going to double butterfly the pork loin so it can be flattened, stuffed and rolled. To do that, you'll make two long horizontal cuts, one on each side, dividing the roast in thirds without cutting all the way through. Place the roast on a cutting board. Holding the knife blade flat, so it's parallel to the board, make a lengthwise cut into the side of the roast just above the center, stopping short of the opposite edge so that the flap remains attached. Rotate the tenderloin 180°. Still holding the knife parallel to the cutting board, make a lengthwise cut into the side opposite the original cut, just below the center, taking care not to cut all the way through. Open up the two cuts so you have a large rectangle of meat. Cover with a sheet of plastic wrap and pound to an even thickness of about ½ inch. Place the butterflied pork in the brine, adding more water to cover, if necessary. Cover and refrigerate for at least 2 hours and no more than 4 hours.

**3. To prepare stuffing:** Meanwhile, heat 1 tablespoon oil in a medium skillet over medium heat. Add pancetta (or prosciutto) and cook, stirring, until crisp, about 4 minutes. Transfer to a medium bowl along with any drippings from the pan. Stir in cranberries, breadcrumbs, 2 tablespoons brown sugar and rosemary. Refrigerate until ready to use.

**4.** Remove pork from brine (discard brine); rinse well and thoroughly dry with paper towels. Season the pork with ½ teaspoon pepper. Spread the cranberry stuffing over the pork. Roll tightly and secure in 4 places with kitchen string. Sprinkle with the remaining ¼ teaspoon pepper.

**5.** Preheat oven to 375°F. Line a rimmed baking sheet with foil.

**6.** Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add the pork; brown on all sides, turning often, 5 to 8 minutes total. Place on the prepared baking sheet.

**7.** Roast the pork, turning twice, until an instant-read thermometer inserted into the thickest part of the meat (not the stuffing) registers 140°F, 45 minutes to 1 hour.

**8.** Transfer to a clean cutting board and let rest for 10 minutes. Slice and serve.

**Per serving:** 181 calories; 9 g fat (3 g sat, 4 g mono); 48 mg cholesterol; 6 g carbohydrate; 3 g added sugars; 17 g protein; 1 g fiber; 277 mg sodium; 260 mg potassium.

**Carbohydrate servings:** ½ | **Exchanges:** 2 lean meat, 1 fat





## Seared Steak with Roasted Garlic Aioli

**Makes:** 4 servings, 3 ounces steak & about 1½ tablespoons sauce each

**Active time:** 30 minutes | **Total:** 1¼ hours

**To make ahead:** Cover and refrigerate sauce (Step 1) for up to 3 days.

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*Seared steak topped with a dollop of garlicky aioli makes a simple and satisfying supper. Experiment with different herbs in this easy, super-flavorful aioli. We love it on steaks, but it would make a perfect sauce for grilled or broiled salmon or a delicious sandwich spread.*

**1 small head garlic, roasted (see Tip)**

**¼ cup low-fat mayonnaise**

**1 teaspoon minced fresh rosemary**

**½ teaspoon freshly ground pepper, divided**

**⅛ teaspoon kosher salt plus ¼ teaspoon, divided**

**1 tablespoon extra-virgin olive oil**

**1-1¼ pounds boneless strip steaks (about 1 inch thick), trimmed**

**1.** When cool enough to handle, squeeze the roasted garlic pulp into a small bowl. Add mayonnaise, rosemary, ¼ teaspoon pepper and ⅛ teaspoon salt. Stir and gently mash together, leaving large pieces of garlic intact to create a chunky sauce.

**2.** Pat steaks dry and cut into 4 equal portions. Sprinkle with the remaining ¼ teaspoon each salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat until very hot, but not smoking. Add the steaks and cook until browned on the bottom, 2 to 4 minutes. Turn over, reduce heat to medium-low and cook to desired doneness, 3 to 5 minutes for medium-rare. Serve the steaks with about 1½ tablespoons aioli each.

**Per serving:** 232 calories; 13 g fat (3 g sat, 6 g mono); 65 mg cholesterol; 6 g carbohydrate; 1 g added sugars; 23 g protein; 0 g fiber; 275 mg sodium; 311 mg potassium.

**Nutrition bonus:** Zinc (28% daily value).

**Carbohydrate servings:** ½

**Exchanges:** 3 lean meat, 1½ fat

**Tip:** To roast garlic, position rack in lower third of oven; preheat to 400°F. Rub off the excess papery skin from a head of garlic without separating the cloves. Slice the tip off the head, exposing the cloves. Place the garlic on a piece of foil, drizzle with 1 teaspoon extra-virgin olive oil and wrap into a package. Place the package directly on the oven rack and roast until the garlic is very soft, 40 to 45 minutes. Unwrap and let cool. Refrigerate in an airtight container for up to 3 days.

**Tip:** Fish sauce is a pungent Southeast Asian condiment made from salted, fermented fish. Find it in the Asian-food section of well-stocked supermarkets and at Asian specialty markets. We use Thai Kitchen fish sauce, lower in sodium than other brands (1,190 mg per tablespoon), in our recipe testing and nutritional analyses.

**BROILER VARIATION:** Preheat broiler to high. Place chicken in a roasting pan and broil about 5 inches from the heat, leaving the oven door ajar. Check after 8 minutes or so; the chicken pieces should be browning. Turn them over and cook until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, about 8 minutes more.



## Thai Grilled Chicken with Sweet & Spicy Dipping Sauce

**Makes:** 6 servings, 2 pieces chicken & about 1½ Tbsp. sauce each

**Active time:** 40 minutes | **Total:** 1½ hours

**To make ahead:** Prepare sauce (Step 3) and hold at room temperature for up to 4 hours.

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*In this recipe for gai yang, or Thai grilled chicken, the marinade is enriched with a little coconut milk, which keeps the meat moist during grilling. Prepare the sweet-and-spicy dipping sauce the day you want to use it, because it loses freshness quickly. If you prefer to use chicken breasts instead of thighs and drumsticks, use 3 bone-in breast halves and cut each in half crosswise for 6 servings total.*

### Chicken

- 3 medium cloves garlic
- 2 teaspoons whole black peppercorns, coarsely ground
- 2 tablespoons minced cilantro stems
- Pinch of salt
- 2 tablespoons fish sauce (see Tip)
- ½ cup “lite” coconut milk
- 4 pounds bone-in chicken drumsticks and thighs (about 12 pieces), skin removed, trimmed

### Dipping Sauce

- ½ cup rice vinegar or cider vinegar
- ½ cup sugar
- 1 teaspoon crushed red pepper
- 1 teaspoon minced garlic
- ¼ teaspoon salt

- 1. To prepare chicken:** Combine garlic cloves, pepper, cilantro stems and pinch of salt in a large mortar and pestle or food processor or food mill and mash or pulse to a coarse paste. Transfer to a large bowl; stir in fish sauce and coconut milk. Add chicken and stir to coat with the marinade. Refrigerate, loosely covered, for at least 30 minutes and up to 1 hour.
- 2.** Preheat grill to medium. (*No grill? See broiler variation, left.*)
- 3. To prepare sauce:** Heat vinegar to a boil in a small nonreactive pan. Add sugar, stir to dissolve it, then reduce heat and simmer for 3 to 4 minutes. Add crushed red pepper and minced garlic; simmer for 1 minute more. Remove from the heat and stir in salt. Pour into a serving bowl and let cool to room temperature before serving.
- 4.** Remove the chicken from the marinade. (Discard marinade.) Oil the grill rack (see Tip, page 3). Grill, turning occasionally, until golden brown and an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 15 to 20 minutes.
- 5.** Serve the chicken with the dipping sauce.

**Per serving:** 269 calories; 9 g fat (3 g sat, 3 g mono); 90 mg cholesterol; 19 g carbohydrate; 17 g added sugars; 27 g protein; 0 g fiber; 469 mg sodium; 252 mg potassium.

**Nutrition bonus:** Zinc (19% daily value).

**Carbohydrate servings:** 1

**Exchanges:** 1 other carbohydrate, 4 lean meat





## Turkey Kofta with Tahini Sauce

**Makes:** 4 servings, 2 kofta & 2 Tbsp. sauce each

**Active time:** 25 minutes | **Total:** 25 minutes

**Equipment:** 4 (10- to 12-inch) flat metal skewers

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*Kofta is the common term for the combination of ground meat, onions and spices shaped into balls and cooked. In this turkey kofta kebab recipe, ground turkey and minced onion are mixed with cumin and allspice to make a delicious grilled dinner. Look for tahini, a sesame paste, with Middle Eastern ingredients or in the natural-foods section of the supermarket.*

- 1 pound 93%-lean ground turkey**
- ½ cup minced onion**
- ½ cup coarse fresh or dry whole-wheat breadcrumbs (see Tip)**
- 5 tablespoons chopped fresh cilantro, divided**
- 1 teaspoon ground cumin, divided**
- ½ teaspoon ground allspice**
- ½ teaspoon salt plus ⅛ teaspoon, divided**
- ¼ teaspoon cayenne pepper**
- ⅓ cup low-fat plain yogurt**
- 2 tablespoons tahini**
- 1 tablespoon lemon juice**

- 1.** Preheat grill to medium-high.
- 2.** Combine turkey, onion, breadcrumbs, 4 tablespoons cilantro, ½ teaspoon cumin, allspice, ½ teaspoon salt and cayenne in a large bowl; gently knead together. Do not overmix. With damp hands, form the mixture into two ovals on each skewer; use about ⅓ cup for each and place at least 1 inch apart.
- 3.** Oil the grill rack (see *Tip*, page 3). Grill the kebabs until an instant-read thermometer inserted in the center registers 165°F, about 4 minutes per side.
- 4.** Combine yogurt, tahini, lemon juice, the remaining 1 tablespoon cilantro, ½ teaspoon cumin and ⅛ teaspoon salt in a small bowl. Serve the kebabs with the sauce.

**Per serving:** 255 calories; 12 g fat (3 g sat, 2 g mono); 66 mg cholesterol; 13 g carbohydrate; 0 g added sugars; 26 g protein; 2 g fiber; 474 mg sodium; 390 mg potassium.

**Nutrition bonus:** Iron (15% daily value).

**Carbohydrate servings:** 1

**Exchanges:** ½ starch, ½ vegetable, 3 medium-fat meat, 1 fat

**Tips:** To make your own fresh breadcrumbs, trim crusts from whole-wheat bread. Tear bread into pieces and process in a food processor until coarse crumbs form. To make dry breadcrumbs, spread coarse or fine breadcrumbs on a baking sheet and bake at 250°F until dry, about 10 to 15 minutes. One slice of bread makes about ½ cup fresh breadcrumbs or about ⅓ cup dry breadcrumbs. For store-bought coarse dry breadcrumbs we like Ian's brand, labeled "Panko breadcrumbs." Find them at well-stocked supermarkets.





## Slow-Cooker Turkey Stroganoff

**Makes:** 6 servings, 1⅓ cups stew & 1 cup noodles each

**Active time:** 30 minutes | **Slow-cooker time:** 4¼ or 8¾ hours

**To prep ahead:** Prep vegetables and turkey; cover and refrigerate separately for up to 1 day.

**Equipment:** 5- to 6-quart slow cooker

☒ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

*A split turkey breast is a terrific cut to use in this healthy slow-cooker recipe for turkey stroganoff because it stays moist. Here turkey breast is cooked in the crock pot with lots of mushrooms and carrots, then pulled off the bone, chopped and stirred back into a creamy sauce. If you can't find a split turkey breast, try this recipe with bone-in chicken breasts. Serve over whole-wheat egg noodles, on mashed potatoes or even thick slices of toasted whole-grain country bread.*

- 8 cups sliced mixed mushrooms (about 20 ounces)
- 3 medium carrots, sliced
- 1 small onion, finely chopped
- 1 3- to 4-pound split turkey breast, skin removed, trimmed
- 1 cup reduced-fat sour cream
- ⅓ cup all-purpose flour
- ¼ cup dry sherry (see *Tip*)
- 1 cup frozen peas, thawed
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 8 ounces whole-wheat egg noodles (6 cups dry), cooked
- ¼ cup finely chopped flat-leaf parsley

1. Combine mushrooms, carrots and onion in a 5- to 6-quart slow cooker. Add turkey, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the turkey to a cutting board.
3. Whisk sour cream, flour and sherry in a bowl. Stir into the slow cooker along with peas, salt and pepper. Cover and cook on High until thickened, about 15 minutes.
4. Remove the turkey from the bone and cut into bite-size pieces; cover to keep warm. When the sauce is done, gently stir in the turkey. Serve over noodles, sprinkled with parsley.

**Per serving:** 437 calories; 6 g fat (3 g sat, 2 g mono); 110 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 46 g protein; 7 g fiber; 526 mg sodium; 865 mg potassium.

**Nutrition bonus:** Vitamin A (118% daily value), Potassium (25% dv), Vitamin C (21% dv), Zinc (20% dv), Iron (18% dv), Folate (16% dv), Magnesium (15% dv).

**Carbohydrate servings:** 2 ½

**Exchanges:** 2½ starch, 1½ vegetable, 5 lean meat, 1 fat

**Tip:** Use dry sherry instead of “cooking sherry” in recipes calling for sherry. It adds depth of flavor to sauces and stews like stroganoff, without adding the extra salt that’s typically in cooking sherry. Look for dry sherry with other fortified wines at your wine or liquor store.



**Tip:** Sodium amounts vary widely among brands of crushed tomatoes. And although it's hard to find any that are labeled "low-sodium," for the best tomato flavor we use brands that have little or no added sodium. Compare nutrition labels and choose one that has 190 mg sodium or less per ½-cup serving.



## Eggplant Parmesan

**Makes:** 2 casseroles, 4 servings each (about ¾ cup)

**Active time:** 45 minutes | **Total:** 2½ hours

**To make ahead:** Prepare through Step 6, cover and freeze (unbaked) for up to 3 months. Thaw in the refrigerator for 2 days. Uncover and bake at 400°F for 40 to 45 minutes.

☐ Heart Health ☒ Diabetes ☒ Weight Loss ☐ Gluten Free

*This recipe makes enough for two 8-by-8-inch casseroles (four servings each)—have one for dinner tonight and freeze the other for a night when you don't have time to make dinner.*

- 2 eggplants (about 1 pound each), cut into 12 slices each
- 1½ teaspoons kosher salt, divided
- ¾ cup whole-wheat flour
- ¾ cup liquid egg whites or 6 large egg whites
- 2½ cups fine dry breadcrumbs (see *Tip*, page 7), preferably whole-wheat
- 3 tablespoons Italian seasoning, divided
- 4 tablespoons extra-virgin olive oil, divided
- Olive oil cooking spray
- 2 28-ounce cans crushed tomatoes
- 1½ cups shredded part-skim mozzarella cheese, divided
- 4 tablespoons finely shredded Parmigiano-Reggiano cheese, divided
- Fresh basil for garnish

1. Place 2 layers of paper towels on a baking sheet or cutting board. Place half the eggplant slices on the paper towels. Sprinkle with ¾ teaspoon salt. Cover with another double layer of paper towels. Top with the remaining eggplant slices and sprinkle with the remaining ¾ teaspoon salt. Cover with another double layer of paper towels. Let stand at room temperature for 1 hour.

2. Position oven racks in upper and lower positions and place a large baking sheet on each rack to heat; preheat to 425°F.

3. Blot the eggplant slices with more paper towels. Put flour in one shallow dish, egg whites in another. Combine breadcrumbs and 2 tablespoons Italian seasoning in a third dish. Dip each slice of eggplant in the flour, shaking off excess. Dip in the egg, letting the excess drip

off, then press into the breadcrumbs.

4. Remove the heated baking sheets from the oven and add 2 tablespoons oil to each, tilting to coat. Place half the eggplant on each baking sheet, not letting the slices touch. Generously coat the tops with cooking spray. Bake for 15 minutes. Flip the slices over and continue baking until golden brown, about 15 minutes more.

5. Combine tomatoes and the remaining 1 tablespoon Italian seasoning in a medium bowl.

**6. To assemble:** Coat two 8-inch-square baking dishes with cooking spray. Spread ½ cup of the tomatoes in each prepared baking dish. Make a layer of 6 eggplant slices over the sauce. Spread with 1 cup of tomatoes and sprinkle with ¼ cup mozzarella. Top with the remaining 6 slices of eggplant, a generous 1 cup tomatoes, ½ cup mozzarella and 2 tablespoons Parmesan.

**7. To serve:** Bake until the sauce is bubbling and the cheese is melted, about 15 minutes. Serve garnished with basil, if desired. To freeze: Let unbaked casserole(s) cool to room temperature. Tightly wrap with heavy-duty foil (or freezer paper) and freeze. (To prevent foil from sticking to the cheese, coat with cooking spray first.)

**Per serving:** 294 calories; 14 g fat (4 g sat, 7 g mono); 13 mg cholesterol; 33 g carbohydrate; 0 g added sugars; 14 g protein; 9 g fiber; 459 mg sodium; 716 mg potassium.

**Nutrition bonus:** Vitamin C (35% daily value), Calcium (28% dv), Potassium & Iron (20% dv).

**Carbohydrate servings:** 2

**Exchanges:** 1 starch, 3½ vegetables, 1 medium-fat meat, 1½ fat

# About EatingWell

The EatingWell mission is to provide the inspiration and information people need to make healthy eating a way of life.





- We deliver delicious, simple recipes that meet stringent guidelines for taste, nutrition and dependability, recipes easily replicated by home cooks.
- We report on the latest nutrition and health news, providing the practical, science-based answers consumers are looking for.
- We examine the connections among food, its origins and its impact on communities.
- We encourage people to make informed, mindful decisions about how they eat and to celebrate the joys of food.

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We hope you enjoy our recipes and feel informed and inspired to make healthy eating *your* way of life!

## About EatingWell health tags

A recipe checked...

-  **Heart Health** has limited saturated fat.
-  **Diabetes** is low in calories and meets limits for Carbohydrate Servings.
-  **Weight Loss** has reduced calories (and limited saturated fat).
-  **Gluten Free** does not contain wheat, rye, barley or oats.  
(Many processed foods, such as broths, soy sauce and other condiments, may contain hidden sources of gluten. If a recipe calls for a packaged [e.g., canned] ingredient, we recommend that you carefully read the label to make sure you pick a brand that does not contain a hidden source of gluten. Also, please note that while a recipe may be marked “Gluten Free,” the serving suggestions that accompany it may contain gluten.)

*Photography by Peter Ardito (pages 2, 3, 5, 7), Carin Krasner (pages 8, 9), Andrew Scrivani (pages 1, 4, 6).*

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