

High-Taste, Low-Sodium Cooking

♥ The American Heart Association Low-Salt Cookbook: A Complete Guide to Reducing Sodium and Fat in the Diet

by Rodman Starke, 1995

♥ Get the Salt Out! 501 Simple Ways to Cut the Salt out of Any Diet

by Ann Louis Gittleman, 1997

A sample recipe...

Pesto Spread

This creamy tofu-based pesto makes a wonderful spread for whole grain breads, crackers and crunchy veggies!

4 garlic cloves, quartered

2 cups firmly packed fresh basil leaves

8 oz. soft tofu

$\frac{1}{4}$ cup walnuts or pine nuts

Blend all the ingredients in a food processor.

Makes 1 $\frac{1}{4}$ cups

Preparation time: 10 minutes