

# Made From Scratch Monthly

## Sodium Swaps

The average adult eats 3,400 mg of sodium per day, which is far more than the recommended 2,300 mg. Simple, low sodium ingredient swaps can make a significant difference. See ours below.

### Lentil & Rice Salad

#### Ingredients:

- 4 tbsp extra-virgin oil
- 1 carrot, peeled and finely diced
- 1 small onion, finely chopped
- 2 garlic cloves, chopped
- 1 ¼ c. dried green lentils
- 4 ½ c. chicken broth
- 1 bay leaf
- 1 c. long-grain white rice
- ½ c. pitted kalamata olives, coarsely chopped
- ½ c. chopped fresh Italian parsley leaves
- 1 tbsp chopped fresh thyme leaves
- 2 tsp finely grated lemon peel
- Salt and freshly ground pepper



#### Instructions:

1. Heat 1 tbsp of oil in a large saucepan. Add carrot, onion, and garlic; sauté for about 5 minutes. Stir in the lentils. Add 2 ½ cups of broth and bring to a boil over high heat. Decrease heat to medium-low. Cover and simmer gently until the lentils are just tender, about 15 minutes. Drain well; transfer lentils to a large bowl.

2. Bring the remaining 2 cups of broth and bay leaf to a boil in a medium saucepan over high heat. Add the rice and return the broth to a simmer. Cover and simmer gently over low heat until the rice is tender and the liquid is absorbed, about 20 minutes (do not stir the rice as it cooks). Remove the saucepan from the heat. Fluff the rice with a large fork. Transfer to the bowl with the lentils. Add the olives, parsley, thyme, and lemon peel. Toss the rice mixture with the remaining 3 tbsp of oil to coat. Season, to taste, with salt and pepper. Serve warm or at room temperature.

### Sodium Comparison

#### Nutrition Facts Made as Instructed

Serves: 5

#### Amounts per Serving

Calories 461

Total Fat 13.9g

Saturated Fat 2.2g

Cholesterol 0mg

Sodium 1029mg

Total Carbohydrate 63.7g

Dietary Fiber 16.3g

Total Sugars 2.9g

Protein 20g

**Simple Swaps:** using reduced sodium chicken broth and reduced sodium kalamata olives makes a significant difference in this meal. See the sodium and other nutrition differences when *Made as Instructed* (above) vs. *Made with Swaps* (below).

#### Nutrition Facts Made with Swaps

Serves: 5

#### Amounts per Serving

Calories 437

Total Fat 13.7g

Saturated Fat 1.9g

Cholesterol 0mg

Sodium 427mg

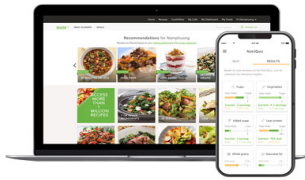
Total Carbohydrate 63.4g

Dietary Fiber 16.3g

Total Sugars 2.5g

Protein 16.4g

# foodsmart



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## *Lemon-Garlic Chicken Penne with Pesto and Spinach*

- 1 tbsp finely shredded lemon peel
- ¼ cup lemon juice
- 3 tbsp minced garlic (18 cloves), divided
- 1¼ lbs. bone-in chicken breast halves, skinned
- ¼ tsp ground black pepper
- ¼ tsp salt, divided
- 1¼ cups whole-wheat penne
- ¼ cup dried tomatoes (not oil-packed)
- 2 tbsp pine nuts
- 2 cups fresh basil leaves (about 1¾ ounces)
- 1 tbsp olive oil
- 2 tbsp grated Parmesan cheese plus 4 tsp, divided
- ¼ cup **reduced-sodium** chicken broth
- 1 9-oz package baby spinach
- ¼ tsp crushed red pepper

*This recipe serves 4 with a total of 432 mg sodium per serving.*



### Instructions:

1. For marinade, in a small bowl, combine lemon peel, lemon juice, and 2 tbsp garlic. Place chicken in a resealable bag and add marinade. Seal bag; turn to coat chicken. Marinate in refrigerator for 30 minutes, turning bag occasionally.
2. Preheat oven to 375°F. Drain chicken, discarding marinade. Sprinkle chicken with black pepper and ¼ tsp salt. Place chicken in a shallow roasting pan. Roast about 40 minutes or until a thermometer inserted in the thigh registers 165°F. Cool enough to handle; remove meat from the bone; shred or cut into small pieces.
3. Cook pasta according to package directions; drain. Place dried tomatoes in a small bowl; pour enough hot water over tomatoes to cover and let stand until tomatoes are softened. Cut softened tomatoes into thin strips.
4. For pesto, in a small skillet, cook pine nuts over medium heat for 3 minutes or until toasted, stirring often; set aside to cool. In a food processor, add basil, pine nuts, oil, 2 tbs Parmesan, and 1 tbs garlic. Cover and process until smooth.
5. In a large skillet, heat broth over medium heat until boiling. Add spinach; cook and stir about 1 minute or until spinach starts to wilt. Add chicken, crushed red pepper, and ¼ tsp salt. Cook about 2 minutes more or until spinach is completely wilted. Stir in cooked pasta, pesto, and dried tomatoes. Cook about 5 minutes or until chicken is heated through (165°F). Sprinkle with 4 tsp Parmesan.

***Make-Ahead Tip:*** Prepare through Step 2. Transfer chicken to an airtight freezer container. Cover and seal; freeze up to 1 month. A day before serving, place chicken in refrigerator to thaw. When thawed continue with Step 3.

***Benefits of lowering sodium:*** Salt (sodium chloride) has been linked to high blood pressure (hypertension), which afflicts nearly 1 in 3 Americans, and is the leading cause of cardiovascular disease. When your blood pressure rises too high, the pressure may cause damage to many of your organs, including heart, kidneys, brain and even eyes. Cutting back on high-sodium foods is a simple way to lower your risks, it may even reduce blood pressure for people with what's considered normal pressure. Follow up with your primary healthcare provider to discuss other ways reducing sodium may benefit you!