Tasty . . . Without Salt!

For an athlete the goal may be replacing the salt lost in strenuous activity, but for many of us the intention is to stay as far away as possible from that potentially dangerous substance.

Unfortunately, too many of us are convinced that without salt food tastes flat. Wrong!! Have you tried replacing salt with spices? It works. Try theses spicy, low-sodium dishes and you may never reach for the salt shaker again.

CHICKEN MEDITERRANEAN

3 teaspoons No Salt Herb Blend*
3 pounds chicken parts
2 tablespoons vegetable oil
2½ cups diced fresh tomatoes
Water
1 teaspoon paprika
Pinch ground black pepper
1 cup diced green pepper
1 cup sliced mushrooms
1 teaspoon cornstarch

Rub 1 teaspoon of the Herb Blend into all sides of the chicken. In a large skillet heat oil until hot. Add chicken and brown on all sides. Drain off drippings. Add tomatoes, 1/2 cup water, paprika, black pepper and remaining 2 teaspoons herb Blend. Bring to a boil. reduce heat and simmer, covered, until chicken is tender, about 35 minutes. Add green pepper; simmer, covered, for 5 minutes. Add mushrooms; simmer, covered, 5 minutes longer. Combine cornstarch with ¼ cup water. Add to skillet. Cook and stir until thickened, 2 to 3 minutes. Sprinkle with parsley flakes and serve with steamed rice, if desired. YIELD: 4 portions. 172 mg. sodium per portion. 530 calories per portion.

***NO SALT HERB BLEND**

4 tablespoons oregano leaves
4 tablespoons onion powder
4 teaspoons marjoram leaves
4 teaspoons basil leaves
4 teaspoons ground savory
4 teaspoons garlic powder
2 teaspoons thyme leaves
2 teaspoons sage leaves
1 teaspoon sage leaves
1 teaspoon ground black pepper

In a medium bowl combine oregano, onion powder, marjoram, basil, savory, garlic powder, thyme, rosemary, sage and black pepper. Crush a small amount at a time in a mortar with a pestle or with the back of a spoon. Spoon into a shaker or tightly covered container. YIELD: About 1 cup. About .55 mg. sodium per teaspoon.

****SALAD SEASONING BLEND**

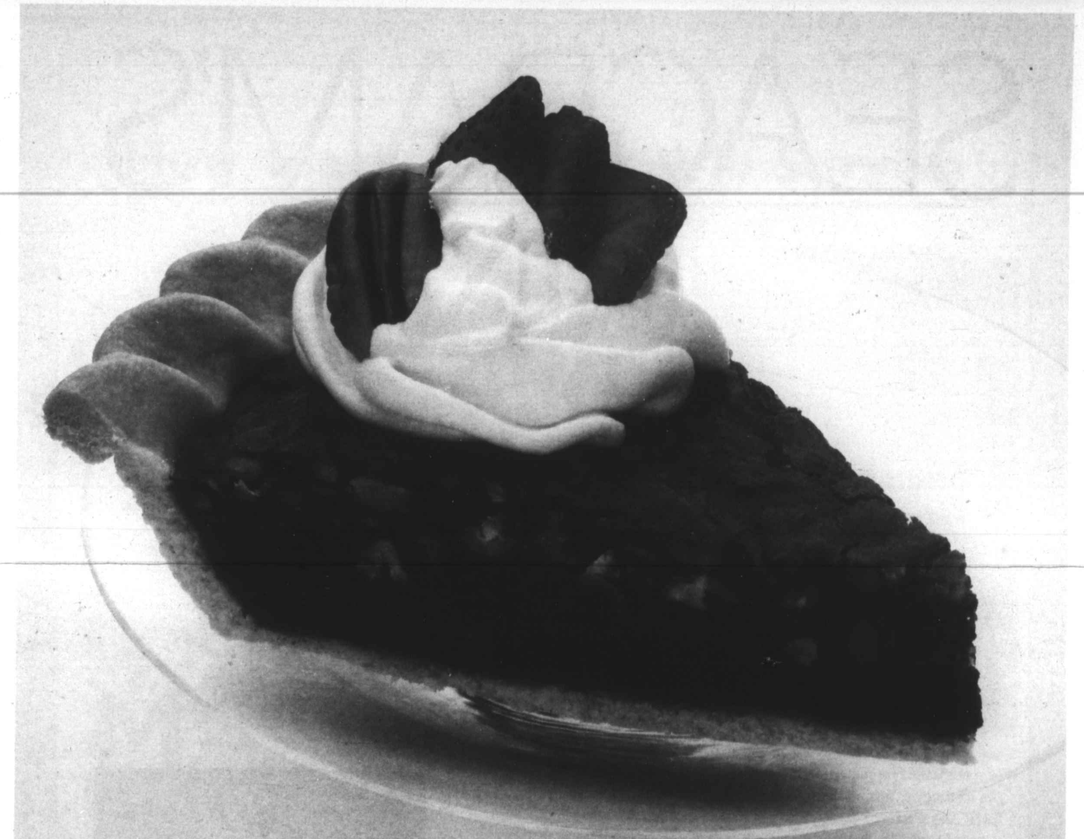
1/3 cup toasted sesame seed (see below)
4½ tablespoons onion powder
2 tablespoons poppy seed
1½ tablespoons garlic powder
1½ tablespoons paprika
¾ teaspoon celery seed
¼ teaspoon ground black pepper

Combine sesame seed, onion powder, poppy seed, garlic powder, paprika, celery seed and black pepper. Spoon into shaker or tightly covered container. Sprinkle over greens, sliced tomato, cold vegetables, cottage cheese, etc. **To toast sesame seed place in a skillet; cook and stir over medium heat until golden, 3 to 5 minutes.** YIELD: About 1 cup — .58 mg. sodium per teaspoon

SEEDED SALAD DRESSING

¾ cup vegetable oil
¼ cup cider vinegar
2 teaspoons Salad Seasoning Blend**

In a jar place oil, vinegar and Salad Seasoning Blend. Shake well. Serve over mixed greens, cold cooked vegetables, sliced tomatoes, etc. YIELD: 1 cup. About 91 calories — .07 mg. sodium per tablespoon.



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PLANTERS® BROWNIE FUDGE NUT PIE

Makes 10 servings

1¾ cups PLANTERS® Pecan Halves or Walnuts
1 (14-ounce) can sweetened condensed milk
¼ cup Blue Bonnet® Margarine
½ cup unsweetened cocoa
3 eggs, beaten
3 tbsp all-purpose flour
1 tsp vanilla extract
1 (9-inch) unbaked pastry shell
Whipped cream, for garnish

Coarsely chop 1½ cups nuts. In medium saucepan, over low heat, stir condensed milk, margarine and cocoa until margarine melts and mixture is warm; remove from heat. Stir in eggs, flour, vanilla and chopped nuts; pour into prepared crust. Bake at 350°F for 50 minutes or until center is firm. Serve warm or cold garnished with whipped cream and remaining nuts.

If you have any questions, call: 1-800-932-7800.