

# Low-Sodium Recipes for a Healthy Blood Pressure



BlueCross BlueShield  
of Mississippi

It's good to be Blue.

Try these tasty and nutritious low-sodium recipes!

## Crispy Potato Wedges

**Yields:** 4 servings

### Ingredients

- 8-10 small red potatoes
- 2 Tbsp. olive oil
- 2 Tbsp. minced fresh rosemary
- ½ tsp. freshly ground pepper
- 2 garlic cloves, finely minced

### Directions

1. Preheat oven to 350° F.
2. Wash and cut potatoes into small wedges. Cover a baking sheet with aluminum foil. Place potato wedges on the baking sheet. Cover potatoes with olive oil and toss lightly.
3. Top potatoes with remaining ingredients and toss lightly.
4. Bake for 15-20 minutes or until potatoes are tender.

## Vinaigrette Salad Dressing

### Ingredients

- 1 bulb garlic, separated and peeled
- ½ c. water
- 1 Tbsp. red wine vinegar
- ¼ tsp. honey
- 1 Tbsp. virgin olive oil
- ¼ tsp. black pepper

### Directions

1. Place the garlic cloves into a small saucepan and pour enough water (about 1½ c.) to cover them.
2. Bring water to a boil, then reduce heat and simmer until garlic is tender, about 15 minutes.
3. Reduce the liquid to 2 Tbsp. and increase the heat for three minutes.
4. Pour the contents into a small sieve over a bowl, and with a wooden spoon, mash the garlic through the sieve into the bowl.
5. Whisk the vinegar into the garlic mixture; incorporate the oil and seasoning.

Source: DASH diet, NHLBI

## Pomegranate-Glazed Chicken with Blackberries

**Yields:** 4 servings

### Ingredients

- 1 c. unsweetened pomegranate juice
- 1 Tbsp. molasses
- ¼ c. packed brown sugar
- 1 garlic clove, minced
- 1 tsp. minced fresh ginger
- ⅛ tsp. crushed red pepper
- 4 (6-ounce) boneless, skinless chicken breasts
- 1 pint blackberries

### Directions

1. In a medium saucepan, simmer the first six ingredients (through crushed red pepper) until reduced by half and just syrupy (15-20 minutes). Reserve 2 Tbsp. of sauce for brushing on chicken; cool the remaining sauce slightly, then gently toss with blackberries.
2. Preheat grill to medium-high. Place chicken on grill, and cook five minutes per side. Brush chicken with the reserved sauce; grill just until chicken is glazed. Serve with blackberries.

Source: Health