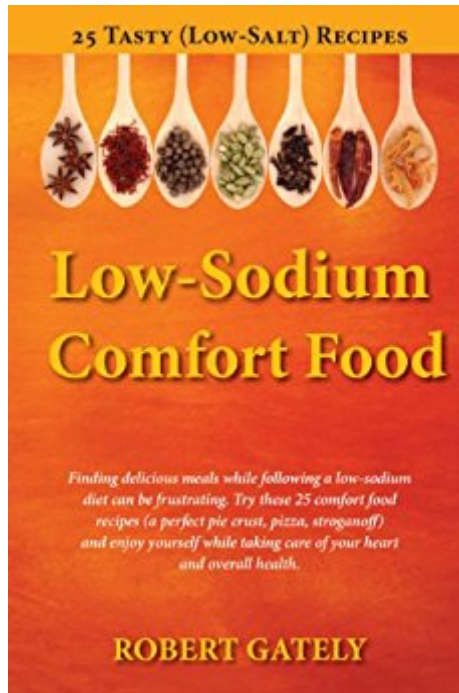




The book was found

Low-Sodium Comfort Food



Synopsis

25 Low-Sodium Comfort Food recipes. If you are keeping a lower sodium diet and miss certain foods, you might want to give this cookbook a try. Chicken Pot Pie, Butter Chicken, Cream of Mushroom Soup, Green Bean Casserole; I've tried to include foods that warm both the body and the soul.

Book Information

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Customer Reviews

I'm really glad to have this cookbook. In my house, we have a lot of special dietary needs, and one of those is a very low sodium diet. I *loved* the breakfast sausage patties and sausage gravy recipes, which make for an awesome weekend brunch. On a technical note, the recipes are all formatted very nicely on the kindle -- they are easy to use and read.

While not expansive, this is a great set of recipes. My husband is on a strict low sodium diet, and the hardest thing for me is thinking of things I can cook for him. Some of our favorite dishes are in this books and I can't wait to make the sausage gravy! Thank you so much for giving us some new

items to add to our menu!

Very interesting. gave me a lot of information I need to cut back on the sodium.

I have high blood pressure and lower sodium is one way to help with this. Now this book has some really great recipes for food I already love but they are better for you. How great is that.

Awesome way to introduce low salt cooking into your life. Gets you thinking how you can adjust your favorite comfort food recipes to fit a low salt diet.

I ordered because my husband is on a low sodium diet. This book was very helpful

This cookbook is great. There are a couple of things going on here:First, comfort food! I love comfort food and this cookbook has a nice selection of things I like to eat including Sausage Gravy, Pressure Cooker Beef Stew, Chicken Marsala, and Green Bean Casserole. I haven't tried the Personal Chicken Pot Pie with the homemade Pie Crust yet but that is next on my list!Second, flavor! Yes, there is less salt. Does that mean you are eating bland, tasteless food? Absolutely not. Instead of just reducing the sodium, the author artfully upped all the other spices. The flavor combinations are superb and I really do not miss the salt.Third, obviously - low sodium! I only just found out that I need to reduce my sodium levels and this cookbook has offered me a nice, easy transition into a life of less salt. And for that I am grateful.I highly recommend this low-sodium cookbook. Try the recipes out and let me know what you think!

Good review of food to nourish yet not overwhelm the system with sodium. Have you looked at restaurant nutrition data lately? Unbelievable amounts of salt. Time to stay home and cook.

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