



# ADD FLAVOR WITHOUT SALT

## SOUR/ACID

- lemon, lime, orange zest and juice
- vinegar
- plain yogurt
- tomato

## SPICE

- Smoked paprika = BBQ flavor
- Cinnamon = natural sweetness

Blends and brands:

- Trader Joe's 21 seasoning salute
- Mrs. Dash
- Table Tasty
- Penzy's
- Savory Spice & Co

## FRESH AROMATICS

These aromatic combos are often sauteed to create super flavorful dishes

1. onion + carrot + celery
2. onion + bell pepper + celery
3. ginger + garlic + scallion
4. shallot + garlic + lemongrass

## RECIPES

[Low Sodium Girl](#)

[Northwest Kidney Centers](#)

[National Kidney Foundation](#)

