



500 15-Minute Low Sodium Recipes: Fast and Flavorful Low-Salt Recipes that Save You Time, Keep You on Track, and Taste Delicious

Dick Logue

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Create great, low-sodium meals in a jiffy while still enjoying all the foods and flavors you love with *500 15-Minute Low-Sodium Recipes!*

In these pages, you'll be treated to dishes so delightful you'd never guess they're low in salt and quick to prepare. Packed with 500 recipes to choose from, you'll find everything from beef, chicken, and vegetables dishes to international takeout-style recipes, desserts, and more. And with 15 minutes or less prep time on every recipe, staying on track is as easy as pie! You'll also find a nutritional breakdown on every recipe, making it easier than ever to track your daily sodium intake.

Cutting sodium doesn't mean cutting flavor or variety, or spending hours in the kitchen on complicated recipes. Make staying on course easy—and delicious!—with *500 15-Minute Low-Sodium Recipes*.

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