

# Habits for a Healthy Life



DEBBIE STEPLER

## More about Salt

By Debbie Stepler

*Debbie Stepler, as co-owner of Mercersburg Market, has a special interest in providing healthy options for lunch and meal preparation!*

Ok, I have to admit it, I've always loved salt.

I remember when I was young, my mom always salted everything. She always added it to whatever she was cooking and then put the shaker on the table. And we used it freely to salt whatever we were eating.

But, in recent years, I have begun to cut back on my salt intake. Now I enjoy the taste of the food instead of the salt. Now don't get me wrong, sometimes I enjoy a salted peanut, but for the most part I have cut my salt intake down to a much healthier level.

I started by taking the shaker off the table. Then I cut salt by half when making a recipe. Now most recipes I omit the salt altogether. I use a lot more spices than I used to; lemon and lime juice are good for enhancing the flavor of food also.

Lemon pepper is one of my favorites, but it depends on your taste. Play around with spices until you find one or more that you like.

If I have to use a canned vegetable, I always put it in a colander and rinse. This will remove some of the salt. Also, more and more food companies are coming out with lower sodium food products.

Check labels when shopping. Stay away from processed foods; they are all loaded with salt.

Check out the Dash web site that Dr. George wrote about last week. They have some really good tips and great recipes. Their slogan is "believe in your ability to change."

It's not hard when you consider the benefits. Lower cholesterol, lower weight, lower blood pressure, and you just might improve the way you feel.

It's important to make small changes at first, and add another

one as you go. Less sodium does not have to mean less taste!!

I have included, this time, some recipes for the warmer months ahead. Hope you enjoy them!

## Curried Crab Salad

### Ingredients:

2 cups cut-up fresh fruit (such as pineapple, cantalope, honeydew melon and or strawberries)  
1- 6 oz package of frozen crabmeat, thawed  
¾ cup diced celery  
¼ cup light mayonnaise  
¼ cup plain low-fat yogurt  
2 tablespoons fat-free milk  
½ teaspoon curry powder  
4 cups mixed salad greens

### Directions:

In large bowl combine fresh fruit, crabmeat and celery: Set aside.

For dressing, in a small bowl stir together mayonnaise, yogurt, milk and curry powder.

Divide salad greens among 3 plates. Top with crab mixture and drizzle with dressing.

## Pear Walnut Salad

### Ingredients:

3 tablespoons of pear nectar  
1 tablespoon seasoned rice vinegar  
2 teaspoons olive oil  
1/8 teaspoon coarsely ground pepper  
2 cups mixed salad greens  
½ pear sliced very thin  
¼ of a small red onion, thinly sliced and separated into rings  
2 tablespoons of walnuts

### Directions:

For vinaigrette: in a small bowl, whisk together pear nectar, vinegar, oil and pepper. Set aside.

Arrange the salad greens on two plates. Top with pears, onions and walnuts. Drizzle with vinaigrette.

This series is created by  
Mercersburg Area Council  
for Wellness. Contact us  
at [MAC4Wellness@gmail.com](mailto:MAC4Wellness@gmail.com)  
with your questions or  
comments and if you are  
interested in being involved  
with council activities.