



CUT THE SALT

Curb the Sugar



2015

[brooklyn-usa.org](http://brooklyn-usa.org)

**Eric L. Adams**  
Brooklyn Borough President





**ERIC L. ADAMS**  
Brooklyn Borough President

Dear Brooklynites,

Cut the salt! Curb the sugar!

This is more than mere sloganeering; I have always been a strong supporter of eating healthy and exercising regularly. Now, I am issuing a call to action for every Brooklynite to take control of their dietary choices, with small changes that can lead to big results in a healthier and happier lifestyle. This recipe book provides a game plan – a tasty one, to boot, to attack your personal goals.

High blood pressure is the leading cause of heart disease and strokes, and you are at increased risk for hypertension if your diet is laden with salt. In addition, monitoring the sugar in your diet can help you control your weight and potentially avoid serious chronic health problems, such as diabetes and heart disease.

Did you know that only about 10% of the sodium in your diet comes from salt added during cooking or at the table? In fact, there is a considerable amount of sodium and sugar in processed foods; be sure to read the labels and be an informed consumer, even on products depicted as “healthy”!

I hope the recipes in this cookbook inspire you to practice good preventative health, kickstarting lifestyle changes that lead to a happier and healthier YOU!

This book would not be possible without support from our sponsors, partners and recipe contributors. Thank you all so much!

Sincerely,

Eric L. Adams  
Brooklyn Borough President

## SPECIAL THANKS TO OUR CELEBRITY CHEFS

**CHEF DAISY MARTINEZ**



**CHEF VINCENT TROPEPE**



Throughout Borough President Adams’ years in public life, he has noticed that during our fast-paced daily movements, good people often pass each other on the street without ever meeting – without ever realizing that great opportunities are being squandered. He wants to do something to change this.

Borough President Adams is kicking off **10,000 Concerned Brooklynites**, an effort to identify, organize, and unite people from all walks of life to build a movement which will actively contribute to the betterment of their communities.

**SIGN UP TO JOIN BOROUGH PRESIDENT ADAMS AND 9,999 OTHER CONCERNED BROOKLYNITES AT [BROOKLYN-USA.ORG/10000-CONCERNED-BROOKLYNITES](http://BROOKLYN-USA.ORG/10000-CONCERNED-BROOKLYNITES).**



**JO ANN BROWN**  
NUTRITION CONSULTANT

### CUT THE SALT RECIPE TIPS:

Use bold flavors to replace salting! Try:

- Citrus: juice or zest
- Vinegars
- Roots and aromatics like garlic, ginger and onions
- Spices such as curries, cumin or smoked spices and chili powders
- Fresh or dried herbs and sodium-free, salt substitute-free seasoning blends

### GUIDE TO LOWERING SODIUM IN YOUR RECIPES:

#### RECIPE CATEGORY

- Entrees
- Side dishes, muffins, breads
- Desserts
- Sauces and dressings (per tablespoon)

#### ADDED SALT FOR FLAVOR (TOTAL RECIPE)

- ≤ ½ teaspoon added salt
- ≤ ¼ teaspoon added salt
- ≤ ¼ teaspoon added salt
- < ⅛ teaspoon added salt

### HOW MUCH SODIUM IS IN MY RECIPE?

#### Added salt:

Sea salt is not better than regular salt when it comes to sodium content.

- 1 teaspoon of added fine grain table salt (6g) = 2335 mg of sodium
- 1 teaspoon of added fine grain sea salt (5.6g) = 2240 mg of sodium
- 1 teaspoon of course grain kosher salt (3g) = 1800 mg of sodium
- 1 teaspoon of added course grain sea salt (3g) = 2240 mg of sodium

#### Salt Cheat Sheet:

- ¼ teaspoon salt = 575 mg sodium
- ½ teaspoon salt = 1150 mg sodium
- ¾ teaspoon salt = 1725 mg sodium
- 1 teaspoon salt = 2335 mg sodium

### FOOD LABEL LINGO

#### LABEL CLAIM

- Sodium free or Salt free
- Unsalted, or No salt added
- Very low sodium
- Low sodium
- Light in sodium
- Reduced sodium

#### WHAT IT MEANS

- Less than 5 mg sodium per serving
- No salt added during processing
- 35 mg or less of sodium
- 140 mg or less of sodium
- 50% less sodium than regular version
- 25% less sodium than regular version

### CURB THE SUGAR RECIPE TIPS:

Limit adding sugar directly to your recipes. Choose fresh fruit or fruit packed in juice over fruit packed in syrup. Choose unsweetened liquids over sweetened liquids to add moisture to your recipes. Naturally occurring sugars such as those in fruit or milk are not considered added sugar. Use flavor to replace sugar's sweetness! Try:

- Spices such as vanilla, cinnamon, ginger, nutmeg, cardamom and clove
- Citrus juice or zest
- Brewed or ground unsweetened teas like Earl Gray, jasmine, chai or apple
- Fresh herbs such as lavender, peppermint or spearmint
- Unsweetened coconut and unsalted nuts
- Unsweetened low-fat coconut milk or nut milks
- Simmer finely shredded carrots in sauces to add sweetness

### GUIDE TO REDUCING ADDED SUGAR IN YOUR RECIPE:

#### RECIPE CATEGORY

- Entrees
- Side dishes, breads
- Desserts, muffins
- Sauces & dressings (per cup)

#### ADDED SUGAR FOR FLAVOR (TOTAL RECIPE)

- ≤ 1 tablespoon added sugar
- ≤ 1 teaspoon added sugar
- ≤ ¼ cup added sugar
- < ¼ teaspoon added sugar

### HOW MANY CALORIES COME FROM ADDED SUGAR IN MY RECIPE?

#### Added sugar:

Agave nectar is not a better substitute for added sugar.

- 1 teaspoon of granulated sugar (4g) = 16 calories
- 1 teaspoon of brown sugar, packed (4.6g) = 17 calories
- 1 teaspoon of maple syrup (6.6g) = 17 calories
- 1 teaspoon of turbinado sugar (4.6) = 18 calories
- 1 teaspoon of honey (7g) = 21 calories
- 1 teaspoon of agave nectar (6.9g) = 21 calories

#### Sugar Cheat Sheet:

- ¼ cup granulated sugar = 194 calories
- ½ cup granulated sugar = 387 calories
- ¾ cup granulated sugar = 580 calories
- 1 cup granulated sugar = 774 calories

# FIDEO LOCO (CRAZY PASTA)



## INGREDIENTS

- 1 lb chicken, boneless thighs, cut up in bite size pieces
- 1 small onion, diced
- 1 small green pepper, diced
- 3 small tomatoes, diced
- ½ of a seeded jalepeno pepper, finely diced
- 1 box of Brown Rice Vermicelli, broken into pieces
- 2 cans rinsed pinto beans
- 1 large garlic clove, minced
- ½ teaspoon ground cumin
- 2 tablespoons olive oil
- 16 oz sodium free chicken broth

I love how clean  
and floral my  
neighborhood is,  
92nd and  
Colonial streets

LIZZIE COFRANCESCO

BAY RIDGE

## PREPARATION

- Sauté onion, peppers with garlic and cumin in oil for 2 minutes
- Add Vermicelli, sauté until light brown
- Add chicken, cook until brown on all sides
- Add beans, chopped tomatoes and chicken broth
- Bring to a boil, cover and simmer for 15 minutes
- Garnish with cilantro, add more broth if you would like it soupier...

Bon Appetit!



## We salute One Brooklyn Fund

for enhancing the lives of Brooklynites, encouraging civic pride, and promoting the culture of One Brooklyn.

We know that care is at the heart of every successful community. Thank you for the care you have shown to us all.

[emblemhealth.com](https://www.emblemhealth.com)





# TOFU SANDWICH SPREAD

## INGREDIENTS

(Serves 6 - 8)

2 lbs firm tofu

½ cup tahini

juice of one lemon

2 tbsp tamari

1 large clove garlic, pressed

**RAPHAEL SARITA**

**MIDWOOD**

I love food shopping and convenient transportation. The park is convenient to sit outside on a nice day and enjoy nature.



## PREPARATION

Use your hands to crumble tofu in a bowl. Add remaining ingredients. Purée. Serve chilled on bread or rice cakes topped with fresh bean sprouts, tomatoes, and onions.



**CHEF VINCENT  
TROPEPE**

**GREENPOINT**

Chef Tropepe enjoys every neighborhood and the diversity of each of them. The different cultures that make Brooklyn great and the culinary offerings they bring to our Borough is what makes our city great and growing - because Brooklyn is hot and the place to be!

## BANANA PUDDING

### INGREDIENTS

4 to 6 bananas, sliced

2 pkgs fat free and sugar free instant Vanilla Pudding

4 cups low fat chilled milk

2 boxes sugar free vanilla wafer cookies

1 container sugar free whipped topping

### PREPARATION

Layer the Vanilla Wafers in a shallow tray. Slice the bananas and place in a bowl. Beat the cold milk into the vanilla pudding mix and pour over the bananas. Place the banana mixture over the wafers and top with a layer of the sugar free whipped topping. Chill for a minimum of 6 hours.

# TROPICAL CHICKEN DELIGHT

## INGREDIENTS

2-3 lbs chicken wings  
2 cloves garlic, diced  
½ tsp onion powder  
½ tsp ground pepper  
¼ tbsp mustard  
½ cup barbecue sauce  
(low sodium)  
1 mango diced or ¼ cup crushed  
pineapple (sugar free) drained



JASA BROOKLYN  
FRIENDSHIP HOUSE

EAST WILLIAMSBURG

## PREPARATION

Mix garlic, pepper and onion powder in a bowl.

Add chicken and mix together to coat. Place chicken on a cooking spray lined baking pan and bake covered for 25 minutes at 350°.

Mix the mustard, barbecue sauce, and mango or pineapple in a bowl.

When the chicken is done, pour mixture over the chicken and place under the broiler uncovered for 5-10 minutes until browned.

We are older adults who come to JASA Brooklyn Friendship House from different neighborhoods. As diverse as we and our neighborhoods are, we have so much in common. We socialize together and learn about each other's cultures. We form friendships and meaningful relationships.

What we like about Brooklyn are the Mom and Pop Stores. The clerks are friendly and welcoming. Each neighborhood has its unique flavor but also feels familiar. Our program emphasizes living a healthy lifestyle, so we are happy to share this recipe with Brooklyn.

JASA Brooklyn Friendship House is funded by NYC-DOHMH.



**BROOKLYN BOROUGH PRESIDENT  
ERIC L. ADAMS**

INVITES YOU TO THE

**2<sup>ND</sup> ANNUAL INTERNATIONAL DAY OF  
FRIENDSHIP**

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FOR MORE INFO: 718.802.3531 [WWW.BROOKLYN-USA.ORG](http://WWW.BROOKLYN-USA.ORG)

# RAW CORN SALAD

## INGREDIENTS

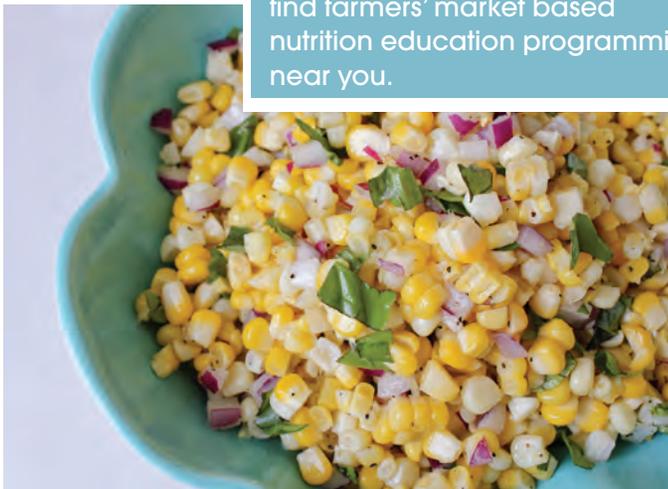
- 4 ears corn
- 1 red onion, chopped
- 2 tomatoes, chopped
- 2 carrots, grated
- 2 tablespoons vegetable oil
- ¼ cup vinegar
- 1 cup fresh cilantro, chopped
- Salt and pepper, to taste



This recipe was submitted by the NYC Department of Health & Mental Hygiene and developed with funding in part from New York State's Just Say Yes to Fruits & Vegetables Program and the USDA Supplemental Nutrition Education Program (SNAP-Ed). To see this and other recipes in action, visit [www.nyc.gov/health](http://www.nyc.gov/health) and search "farmers markets" to find farmers' market based nutrition education programming near you.

## Quick Tips

Corn can be eaten raw! Just cut the kernels off the cob and add to salads. Grill or roast ears of corn with their husks on. Add to soups and stews. Remember to rinse all fruits and vegetables before using.



## PREPARATION

- Remove husks from corn and cut kernels off the cob.
- Combine corn, onion, tomatoes, and carrots in a large bowl.
- In a small bowl, combine oil, vinegar, cilantro, salt and pepper.
- Mix well.
- Pour dressing on the salad and toss.
- Serve and enjoy!
- Refrigerate leftovers.

# GRANNY'S FRESH STRAWBERRY LEMONADE



**ELIZABETH  
RANKIN-FULCHER**  
**CROWN HEIGHTS**

I absolutely enjoy the parks, especially Brooklyn Bridge Park, and the ferry to Governor's Island where I enjoy biking (I'm terrified of biking in the streets). The water taxi takes me to Long Island City and Manhattan — I love being able to walk across the bridge to Manhattan. Brooklyn is full of history, especially Underground Railroad history and an abundance of culture — The Brooklyn Museum, Botanical Garden, libraries, dance companies, art galleries, festivals and restaurants. Mostly, I love Brooklyn because it's friendly — folks talk with one another.

## INGREDIENTS

- 1½ containers fresh strawberries
- 5 oversized lemons (one cup of juice)
- ¼ cup honey
- 6 cups water

## PREPARATION

- Clean, cut in half and mash strawberries by hand or in blender
- Squeeze lemons (one cup of juice)
- Combine all ingredients and serve in a beautiful pitcher with crushed ice, a few strawberries and slices of lemon

# SALMON WITH COCONUT SAUCE

## INGREDIENTS

- 4 5oz skinned salmon fillet
- 1 clove garlic (minced)
- 1 cup coconut milk
- ½ teaspoon dried tarragon or thyme
- 1 medium carrot (peeled and chopped)
- ⅛ teaspoon pepper flakes
- ¼ teaspoon salt
- 2 tablespoons olive oil
- ⅓ cup sliced green onion
- 1 tablespoon chopped shallot
- 1 lemon cut into wedges
- 10 okra (medium slices)
- 1 bunch spinach
- ⅓ cup dry white wine (optional)

**ANGELA PELLEW-WHYTE**

**BEDFORD-STUYVESANT**

## PREPARATION

Rinse fish, pat dry (with paper towel) and set aside. Heat medium size saucepan with olive oil, add garlic and shallot, sauté for 5 minutes. Then add coconut milk, green onions, pepper flakes and tarragon. Bring to a boil then add the salmon, okra, carrots, and spinach. Cover and cook for 20 mins on medium heat. Serve with brown rice and lemon wedges on the side. (Serves 4)



I like the rich diversity of people, culture, and food that my neighborhood offers.



# CILANTRO-JALAPEÑO PESTO



**CAROLINE HITESHEW**

**PARK SLOPE**

I feel lucky to spend most of my time in my home borough of Brooklyn overseeing GrowNYC's Brooklyn and Staten Island Greenmarkets as Regional Coordinator. I love the incredible diversity that this borough harbors. There is always a new neighborhood to explore and, of course, a new delicious cuisine to discover. At the same time, serious Brooklyn pride ties us all together.

## INGREDIENTS

- 1 bunch cilantro
- 1 jalapeño pepper
- 1 clove garlic
- ¼ cup olive oil

Optional: almonds, walnuts, pine nuts, and pecorino or parmesan cheese

## PREPARATION

Remove stem of jalapeño pepper, cut it in half lengthwise, and remove seeds to reduce heat. Roughly chop pepper, cilantro (stems included), and garlic. Combine all ingredients (plus any optional ingredients) in a food processor and blend until relatively smooth. Toss with vegetables, pasta, meat or fish, or enjoy as a spread on toast. Locally grown cilantro, jalapeño pepper, and garlic are available seasonally at your neighborhood Greenmarket.



# PARISIENNE BEEF SALAD

ANNE RATNER KAPLAN



## INGREDIENTS

- 3 cold, cooked potatoes, sliced ¼ inch thick
- 4½ cups cold, cooked beef, cut in 1 inch cubes
- 2½ cups celery, coarsely chopped
- 1½ cups scallions, finely cut
- 1½ cups cucumber, diced
- 1 cup green pepper, sliced in thin strips
- ½ cup pimientos, diced
- ¼ cup capers
- 3 sour pickles, thinly sliced
- 1 small head iceberg lettuce, coarsely shredded
- Special dressing\*

In large mixing bowl, combine potatoes, beef, celery, scallions, cucumber, green pepper, pimientos, capers, pickles, and Special Dressing\*; mix well. Line a large salad bowl with the shredded lettuce. Arrange salad on lettuce.

## SPECIAL DRESSING\*

### INGREDIENTS

- 6 eggs, hard cooked
- 2 tbsp dijon mustard
- 1¼ cups olive oil
- ½ cup vinegar
- 2 garlic cloves, finely minced
- 2 tsp pepper
- Large dash Tabasco sauce

Separate egg yolks from whites. Chop egg whites; reserve. Mash yolks into the mustard. Gradually stir in oil, vinegar, garlic, pepper. Pour dressing over salad. Garnish salad with chopped hard cooked egg whites.

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# SUPER SUMMER SOUP



## INGREDIENTS

- 1 pkg baby carrots
- 2 large zucchini
- 2 parsnips, peeled
- 1 clove fresh garlic, peeled
- 1 large leek
- 1 tsp parsley flakes
- ½ tsp dried dill weed

ANN POLLACK  
MIDWOOD



I was born in Brooklyn, educated in fine schools in Brooklyn and still continue to enjoy the pulse of the neighborhood as well as the convenience for all my family's needs. Basically, I feel at home here.

## PREPARATION

- Cut the vegetables into small (½ inch size) pieces.
- Put veggies into a large pot filled with water.
- Cook for one hour on a medium-high flame.
- This soup can be eaten as is, with a tossed salad and it is a whole meal.
- An alternative way to enjoy this soup is to pulverize it with a hand blender.
- Serve with or without croutons.

driven by a **MISSION**

**ONE BROOKLYN** seeks to improve the lives of Brooklynites, to encourage civic pride and to promote the culture that we are One Brooklyn.



# KALE SALAD WITH SWEET POTATO, PECANS AND CRANBERRIES



## INGREDIENTS

- 1 bunch curly kale
- 2 small sweet potatoes
- 1/3 cup dried cranberries
- 1/2 cup pecans
- Juice of one lemon
- 3 tbsps extra virgin olive oil
- 1 tsp honey

## PREPARATION

Preheat oven to 375°, peel the sweet potatoes, cut into bite size pieces, and drizzle with olive oil.

Line a sheet pan with parchment paper and spread the sweet potatoes in one layer. Roast for 20-30 minutes or until the potato is browned and cooked through. Remove from oven.

Place the pecans on same sheet pan after you have removed the potatoes, and toast the nuts for 10 minutes. Remove from the oven and set aside with the potatoes.

Wash the kale thoroughly, and spin or air dry. The kale leaves should not be wet.

Tear into bite size pieces and remove the tough parts of the stem. You will want to use the leafy part and only the tender part of the stem. Place into a large salad bowl.

Place lemon juice, olive oil, honey, salt in a bowl and whisk to combine. Set aside.

Pour a little of the dressing on the kale and with very clean hands massage the kale to soften it. It will take about 5 minutes.

Add the sweet potato, nuts, cranberries and the rest of the salad dressing, and toss to combine.

**SUZANNE DEBRANGO**

**CLINTON HILL**

I have lived here for 16 years - in Brooklyn for over 25 years, and am President of our Block Association. Our neighborhood is diverse and we all work together to make it the wonderful neighborhood it is.



**KINGS COUNTY HOSPITAL CENTER**

**451 Clarkson Ave.**

**Brooklyn, NY 11203**

**[www.nyc.gov/kchc](http://www.nyc.gov/kchc)**

**(718) 245-3131**



**LIMOR ZIARNO AND SYLVIA UZIEL**  
 Owners of Edible Arrangements locations:  
 1357 Fulton St., Brooklyn 718-622-3344  
 1557 Ralph Ave., Brooklyn 718-451-3344

Our guests always ask, "After we enjoy all the wonderful fruit arranged in the basket, what do we do with the kale?"

**HERE IS AN EDIBLE IDEA:**

Preheat the oven to 275° F. Remove the ribs from the kale. Dry kale and cut into 1" inch pieces. Lay on Baking sheet and toss with olive oil and salt-less seasoning.



**SALT-LESS SEASONING RECIPE**

- 1 tbsp. oregano, dried, crushed
- 1 tbsp. basil, dried, crushed
- 1½ tsp. onion powder
- 1½ tsp. thyme, dried, crushed
- 1 tsp. garlic powder
- 1 tsp. black pepper

Combine ingredients and spoon into a container. Makes about 1 cup. Bake until crisp, turning the leaves halfway through, about 20 minutes. Serve as finger food.

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