

10 ways to add flavor without salt

1. Fresh Herbs

Fresh, soft herbs, especially parsley, mint, basil, and coriander, add sensational bursts of flavor when added to meals.

2. Dried Spices and dried herbs

Warm spices such as cumin, coriander and smoked paprika add real savory flavor to sauces, stews, and curries. Sage and Tarragon are useful additions to your meat.

3. Be clever with sauces

Use salt-reduced varieties of sauces and dilute with water to still get the flavor.

4. Stock up on stock

You can eliminate adding salt to vegetables, rice, and potatoes without a noticeable difference in flavor.

5. Add heat

If you like hot food, chilies and ginger could be a good addition to your meals.

6. Zest it up

Citrus zest and juice create burst of flavor to salads, vegetables dishes and dressings.

7. Meet the alliums

Onion and garlic family are great flavor boosters. Chives and spring onions can be a good cooking flavor.

8. Mix it up

Spice mixes can contain salt but if you eliminate any other salt added to the dish you will end up using less overall. Experiment with different exotic blends such as harissa, dukkha and zaatar- these add heat as well as aromatic flavor.

9. White pepper

White pepper has a savory flavor, which adds an extra special something when you add it to mashed potatoes, cheese sauces and Mexican chili dishes.

10. Paste

Tomato paste is intensely flavored, meaning a small amount can add a lot of flavors.