



Potassium-Rich Recipes

Rotini with Vegetable Tomato Sauce

8 oz	rotini or fusilli	250 g
3 cups	tomato or pasta sauce	750 mL
1 cup	diced zucchini	250 mL
1 cup	shredded carrots	250 mL
1/2 cup	chopped celery	125 mL
2 tbsp	chopped parsley (optional)	25 mL
1/4 cup	grated parmesan cheese	50 mL

In a large pot of boiling water, cook pasta until tender but firm. Meanwhile, in a saucepan over medium-high heat, combine tomato or pasta sauce, zucchini, carrots, celery and parsley; bring to boil. Reduce heat, cover and simmer 15 minutes. Serve over pasta. Sprinkle with parmesan cheese. Serves 4.

Per Serving Calories 351 Carbohydrate 62.1 g Protein 13.1 g Fat 6.6 g Potassium 1150 mg

Great Food Fast – Dietitians of Canada 2000

Home-Made Trail Mix

1 cup	shredded wheat cereal squares	250 mL
1 cup	toasted “O” cereal	250 mL
1 cup	dried banana chips	250 mL
1/2 cup	dried apricots, quartered	125 mL
1 cup	raisins	250 mL
1 cup	dried apple slices	250 mL
1/4 cup	peanuts	50 mL
2 tbsp	sunflower seeds	25 mL

In a bowl, combine all ingredients. Can be stored in airtight container for up to 3 weeks. Makes 12- 1/2 cup servings.

Per Serving Calories 150 Carbohydrate 32.0 g Protein 2.8 g Fat 2.8 g Potassium 390 mg

Banana Bran Muffins

1/2 cup	all purpose flour	125 mL
1/2 cup	whole wheat flour	125 mL
1 cup	all bran cereal	500 mL
1 tsp	baking powder	5 mL
1 tsp	baking soda	5 mL
1/2 tsp	salt	2 mL
2 tbsp	cocoa	25 mL
1/4 cup	margarine	50 mL
1/2 cup	granulated sugar	125 mL
2	eggs	2
1/4 cup	sour milk	50 mL
1 cup	mashed bananas (3 medium)	500 mL

Measure first 7 dry ingredients into a mixing bowl. Stir to combine. Make a well in the centre. In another bowl, cream margarine, sugar and one egg until well blended. Beat in second egg. Mix in sour milk and bananas. Pour all at once into well. Mix until moistened. Batter will be lumpy. Fill greased muffin cups 3/4 full. Bake in 200°C (400° F) oven for 20 minutes. Makes 12 muffins.

Per Serving Calories 160 Carbohydrate 27.7 g Protein 3.6 g Fat 5.1 g Potassium 240 mg