Salt

OR NO SALT...
A new trend in food and nutrition is the fast-increasing use of fresh lemon juice as an all-purpose table seasoning. Fresh lemons have long been recognized as an indispensable flavoring for pies, tomato juice, tea, fish and seafood. Now millions are discovering that a squeeze of fresh lemon improves a long list of foods.

This new seasoning idea started with the thousands of people on low-salt and reducing diets. The real problem of these diets was to find some table seasoning to compensate for the loss of salt. Fresh lemons with their tantalizing tang and aromatic flavor are a wonderful help, patients report.

But you don’t have to be on a special diet to enjoy the wonderful lift lemons give to food flavors. Soups, salads, meats, vegetables—in fact, practically all foods—are made instantly more flavorful, more delicious with a good squeeze of fresh lemon added at the table.
A SQUEEZE OF LEMON...

Whether or not you salt your food, try adding the tang and aroma of fresh lemon juice. You know what lemons do for fish and seafood, tomato juice and tea. Now see what appetizing zest and sparkle they add to the many foods illustrated on this page.

A squeeze of lemon added right at the table brings out the full, natural flavors of the food itself. Lemon's tantalizing tang and wonderful "lemony" aroma stimulate the taste buds, make every bite taste better.

Serve a dish of lemon wedges right on the table every meal. 

Season all foods with fresh lemon juice—a marvelous aid to appetite.
Salt or no salt, these tips and suggestions on lemon seasoning will add flavor and appeal to nearly everything you eat. Try them on your family.

**SALADS**

Marinate cucumber slices and onion rings in lemon juice—add sugar if desired.

A good flavorful combination is made of endive, lettuce, radishes, green pepper and tomatoes—serve with lemon French dressing or salad dressing.

Green bean salad is good with lemon juice, oil, chopped parsley and garlic.

Mix equal amounts of lemon juice and sugar to top a fresh tomato salad. Good also on other fresh vegetable salads.

Use honey mixed with lemon juice for a simple sweet fruit salad dressing.

Add orange chunks and pineapple chunks to cabbage and mixed green salads—good with a low-sodium French dressing.

Unsalted nuts add flavor and texture to fruit and vegetable salads.
SOUPS
Float thin slices of lemon on tomato bouillon—a sprig of parsley pulled through the center of the slice of lemon adds glamour and appetite appeal.

DESSERTS
Easiest and quickest desserts for dieters are those made of fresh fruits—and there's a trick to varying these too:

Try a squeeze of lemon on cantaloupe or muskmelon to bring out the delicate flavor.

Sliced fresh peaches, sprinkled with lemon juice and then sweetened with sugar, are delicious.

If you sprinkle sliced bananas with lemon juice, then sweeten with honey, you'll have a pleasant taste surprise. Add color and texture contrast with juicy orange chunks.

FISH
Usually, juicy lemon wedges are enough to serve with fish—no other seasonings are necessary. However, for a lively flavor, fish may be sprinkled with lemon juice and paprika before broiling.

To eliminate odor, rub fish inside and out with fresh lemon before cooking. Adds flavor.
MEAT AND POULTRY
Lean beef—squeeze lemon juice on the meat, sprinkle with dry mustard and pepper.

Hamburger patties—season by squeezing lemon juice right into the meat before cooking and add chopped onion.

Lean pork chops—sprinkle with lemon juice and dust with paprika before cooking.

Liver—broil, but before turning, brush with a mixture of lemon juice, butter* and grated onion—fit for a gourmet.

Chicken breast—sprinkle on a little paprika for color, baste with lemon juice, butter* and fresh parsley. Or, use freshly ground black pepper and thyme. Or, baste broiled chicken with a sauce of lemon juice, olive or salad oil and a crushed clove of garlic.

VEGETABLES
Green beans, squash, baked potatoes, all are more flavorful when served with lemon juice, butter* and a bit of grated onion or chopped chives.

For steamed cabbage, Brussels sprouts and cauliflower—try lemon juice and butter* with a dash of dry mustard and marjoram.

Carrots taste better when seasoned with lemon butter*, chopped fresh parsley and nutmeg.

Squash—mash it with lemon juice, butter*, sugar and cinnamon for a real flavor treat.

*Use sweet butter if on low-salt diet.
LEMON-BUTTER COMBINATIONS
FOR LOW-SODIUM DIETERS

Fastest way to perk up the flavor of salt-free foods is with lemon butter. Like the wave of a magic wand, a pat of this seasoned butter transforms a flat-tasting food into something quite special. Versatile, too, with five variations on this basic mix:

1 1/2 teaspoons boiling water
2 tablespoons sweet butter, softened
1 tablespoon fresh lemon juice

Add boiling water to softened butter. Mix well. Add lemon juice and whip mixture until smooth and creamy. Makes enough for 2 cups of vegetables.

Variations—to basic mix add:

1. 1 tablespoon chopped fresh parsley . . . for sandwich spread; also fine for meats and vegetables too.

2. 1 tablespoon chopped fresh herbs or 1 1/2 teaspoons approved dried herbs . . . use on meats and vegetables; vary amounts to individual taste.

3. 1 tablespoon grated onion or chopped chives . . . excellent on baked potato; try also on green beans and squash.

4. 1/2 teaspoon dry mustard and 1/4 teaspoon marjoram . . . very good on steamed cabbage.

5. 1/2 teaspoon nutmeg . . . good on cooked carrots.
A decorative lemon garnish with that wonderful "lemony" aroma and that bright, gay color can give your ordinary meals a real gourmet quality both in flavor and looks. The decorative designs and garnishes pictured here are easily made with a sharp knife or scissors. To heighten effect, the lemon itself may be garnished with chopped fresh parsley or with paprika ... but, regardless of the decorative uses, always include lots of easy-to-squeeze lemon wedges so that everyone can get plenty of that wonderful lemon tang.
Introduced last year, *The Low Sodium Cook Book* has been enthusiastically received by patients and doctors as the most complete and authoritative cook book of its type ever published.

Because of the growing popularity of fresh lemons as a table seasoning substitute for salt, Sunkist has made a quantity purchase of this cook book. Regularly selling for $4.00 in bookstores, Sunkist is making it available at the amazingly low price of only $1.25.

If you, or someone in your family, is on a prescribed low-salt or low-sodium diet, you'll find this 480-page book an invaluable aid in making meals palatable and interesting.

While supplies last, you can order this cook book by sending $1.25, preferably by check or money order, to Sunkist, Box 2706, Terminal Annex, Los Angeles 54, California.