

OH HEY, Flavor!

Monosodium glutamate (MSG), or umami seasoning, has $\frac{2}{3}$ less sodium than table salt. It's a simple way to decrease sodium and create savory, delicious dishes.

For everyday use, replace half of the salt in your salt shaker with MSG to reduce the sodium content by about 40%. If a recipe calls for 1 teaspoon of salt, try $\frac{1}{2}$ teaspoon of salt and $\frac{1}{2}$ teaspoon of MSG, instead. Use this method in soups, seafood, vegetables, grains, sauces, eggs, and more. For example:



VEGETABLES

Toss vegetables with olive oil, salt, MSG, and black pepper before roasting in the oven or sautéing. For steamed vegetables, season after cooking.



WHOLE GRAINS

Season your favorite cooked grains with salt and MSG. Mix in sautéed onions and herbs for added flavor.



DIPS, SAUCES, DRESSINGS

Elevate the flavor of dips, sauces, and dressings by seasoning with salt and MSG, along with other desired ingredients like citrus, vinegar, and herbs.

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For seafood, create a lemon herb dressing and add MSG to enhance the flavor and decrease the salt. Drizzle over the seafood and bake at 400F, or until you reach an internal temperature of 145F.

- STACEY MATTINSON,
MS, RDN



Egg flavors and textures improve with salt, but a hint of MSG boosts umami and reduces sodium content. Crack eggs into a bowl, add an MSG-salt blend and mix with a fork until frothy. Let rest 10-15 minutes to help the eggs retain moisture and cook up tenderly.

- MICHELE REDMOND,
MS, RDN, FAND



Soup is notoriously difficult to make lower sodium AND delicious. When making soup from scratch, try using $\frac{1}{8}$ tsp of MSG for every four cups of liquid. This is especially good with veggie soups.

- CARLENE THOMAS, RDN



SIMPLE SAVORY

quinoa

SERVING SIZE: ¾ CUP | 6 SERVINGS

INGREDIENTS

- 1¾ cups water
- 1 cup uncooked quinoa
- 2 tablespoons grapeseed oil
- 2 cups finely diced yellow onion
- 1 teaspoon MSG
- ½ teaspoon salt
- ¼ teaspoon black pepper

INSTRUCTIONS

1. Combine water and quinoa in a medium saucepan. Stir to combine and bring to a boil. Reduce to a simmer. Cover and cook 15 minutes. Remove from heat and keep covered an additional 5 minutes. Fluff with fork.
2. Meanwhile, heat oil in medium skillet over medium heat. Add onion. Cook and stir about 10 minutes or until soft and golden brown.
3. Add onions, MSG, salt and pepper to quinoa. Mix well.
4. Top quinoa with your favorite toppings, such as avocado, fresh salsa, roasted or pickled vegetables, seafood, or soft-boiled egg.

CALORIES: 180 | **FAT:** 7 g | **CHOLESTEROL:** 0 mg | **SODIUM:** 290 mg
CARBOHYDRATE: 26 g | **FIBER:** 3 g | **PROTEIN:** 5 g

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