

[PDF] 500 Low Sodium Recipes: Lose The Salt, Not The Flavor In Meals The Whole Family Will Love

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Description:

About the Author

Dick Logue is the author of several cookbooks and founder of the website <http://www.lowsodiumcooking.com>. After being diagnosed with congestive heart failure more than 10 years ago, Dick threw himself into the process of creating healthy versions of his favorite recipes. A cook since the age of 12, he grows his own vegetables, bakes his own bread, and cans a variety of foods. He is the author of *500 Low Sodium Recipes*, *500 Low-Cholesterol Recipes*, *500 High Fiber*

Recipes, 500 Low Glycemic Index Recipes, 500 Heart-Healthy Slow Cooker Recipes, 500 400-Calorie Recipes, and 500 15-Minute Low Sodium Recipes. He lives in La Plata, MD.

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