Blood pressure friendly recipes

These recipes are low in salt and saturated fat but high in fruit, vegetables and fibre.

Maple and mustard glazed salmon

Ingredients, serves 4

• 2 tbsp low-salt wholegrain mustard

• 1 tbsp maple syrup

• 4 salmon fillets, skin on, each about 125g

• 450g asparagus or tender stem broccoli

Method

1. Mix the mustard with the maple syrup to make a glaze for the salmon.

2. Place the salmon fillets, skin side down, on a shallow ovenproof tray or grill rack lined with foil and spread the glaze over them. Place under a preheated grill and cook for 10 minutes, depending on thickness, until cooked through.

3. Meanwhile, steam the asparagus or broccoli until just tender. Transfer to plates, top with the salmon and serve with new potatoes.

Muffins

Ingredients, makes 12

* 6 tablespoons light muscovado sugar
* 1 red apple, about 150g, cored and diced
* 200g blackberries, roughly chopped
* 1 tsp ground cinnamon
* 250g plain wholemeal flour
* 4 tsp baking powder, low sodium if possible
* 2 eggs, beaten
* 125ml semi-skimmed milk
* 125ml rapeseed oil

Method

1. Line a 12-hole muffin tin with paper muffin cases or grease the tin well. Begin by mixing together the sugar, diced apple, blackberries and cinnamon.

2. Place the flour and baking powder in a bowl, mix together and make a well in the centre. In a separate bowl mix together the eggs, milk and sunflower oil.

3. Pour the liquid into the flour and stir until just blended. Stir in the fruit mixture, taking care not to overmix.

4. Divide the mixture among the muffin cases then bake the muffins in a preheated oven, 2000C (400F), Gas Mark 6, for 20-30 minutes or until a skewer inserted into the centre comes out clean. Transfer the muffins to a wire rack to cool.

Tip: Low-sodium baking powder is available in some health food shops. Use this instead of normal baking powder to lower the amount of salt which is better for a healthy blood pressure.