SOY SAUCE: Less Sodium, More Flavor

Your New Go-To Breakfast: Mushroom Omelet With Soy Sauce

By using 1/2 tsp. Kikkoman Soy Sauce in place of 1/2 tsp. table salt, the sodium content of the recipe is cut by 1000 mg.

RECIPE:
4 large eggs
1/4 cup water
1/2 teaspoon Kikkoman Soy Sauce
1 tablespoon butter or margarine, divided
1 cup sliced white or brown mushrooms
chopped parsley for garnish

Whisk together eggs, water and soy sauce. In an 8-inch nonstick skillet over medium-high heat, melt 1 teaspoon of the butter. Add mushrooms and sauté until soft and browned. Remove mushrooms and wipe skillet dry with a paper towel.

In the same skillet, melt remaining 2 teaspoons butter over medium-high heat. When butter starts to foam, pour eggs into center of pan and stir with a rubber spatula. When eggs begin to set, pull in from sides of the pan with the spatula, tilting the pan so that unset eggs flow underneath. When eggs are mostly set, shake pan to loosen omelet and spoon mushrooms on top. Fold omelet in half and slide or flip onto plate. Garnish with chopped parsley. Serve immediately.

Serves 2.

Daily sodium intake should be less than 2,300 milligrams (mg), but in reality, almost all Americans are consuming more than they need. A solution? Try using soy sauce instead of table salt when preparing food. Research shows that you can reduce added salt by 33-50% without affecting taste*.

*Sodium content information for salt, Dijon mustard and fish sauce from the USDA Nutrient Database.

Choose Naturally Brewed

Unlike many soy sauces that are chemically produced, Kikkoman Soy Sauce is naturally brewed to provide a wonderfully balanced flavor and aroma.

5 Ways to Swap Out Salt for Soy Sauce

Use Kikkoman Soy Sauce as an easy substitute for salt in your favorite recipes, including:
1. Soups
2. Salad dressings
3. Roast chicken
4. Ground beef dishes
5. Tomato sauce

Sodium Content of Common Condiments*

<table>
<thead>
<tr>
<th>CONDIMENT</th>
<th>SODIUM CONTENT PER TEASPOON</th>
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</thead>
<tbody>
<tr>
<td>Salt</td>
<td>2,325 mg</td>
</tr>
<tr>
<td>Kikkoman Soy Sauce</td>
<td>307 mg</td>
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<tr>
<td>Less Sodium Kikkoman Soy Sauce</td>
<td>192 mg</td>
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<tr>
<td>Less Sodium Kikkoman Teriyaki Sauce</td>
<td>107 mg</td>
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<tr>
<td>Kikkoman Citrus Seasoned Ponzu (lime)</td>
<td>120 mg</td>
</tr>
<tr>
<td>Dijon Mustard</td>
<td>120 mg</td>
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<tr>
<td>Hot Sauce</td>
<td>124 mg</td>
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*Click here for more details on the study.