



# **Cocina sabrosa sin sal. 100 recetas exquisitas libre de sodio (Spanish Edition)**

*Eduardo Casalins*

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Diversos estudios demuestran que consumimos más sal de la que deberíamos. Esta circunstancia es la que generó que la reducción de los altos niveles de ingesta de sal en Occidente sea uno de los objetivos de la Organización Mundial de la Salud (OMS). Es que el consumo de sal no controlado puede suponer un riesgo no sólo para aquellos que sufren de hipertensión, sino también para aquellos que poseen problemas cardiovasculares, arteriales o renales. Pero, la sal está siempre presente en la cocina moderna, casi no existiendo recetas que no soliciten su inclusión. Como si fuese el condimento indispensable, cuando nos informan que debemos comer sin sal, inmediatamente pensamos en comidas desabridas, sin sabor, sin sazón. Estas imágenes tienen que ver con el hábito cultural que se ha generado alrededor de la sal: la costumbre de llevar el salero a la mesa y el acto inconsciente de adicionar sal a comidas que aún no hemos probado, confirman este hecho. Sin embargo, la cocina sin sal es un continente poco explorado pero muy vasto, con multiplicidad de recursos para elaborar platos sabrosos. Por eso, comer sin sal continúa siendo un acto placentero y un momento de alegría. Las 100 recetas incluidas en este libro son el mejor ejemplo.

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