

Cut down on salt. Make your own herb and spice blends.

All Purpose Blend

2 tablespoons dried onion
2 tablespoons garlic powder
1 tablespoon paprika
1 tablespoon dry mustard
1½ teaspoons thyme
¼ teaspoon black pepper
¼ teaspoon celery seed

Italian Seasoning

2 tablespoons dried parsley
2 teaspoons dried onion
½ teaspoon oregano
1 teaspoon basil
½ teaspoon thyme
1 teaspoon celery seed
½ teaspoon garlic powder
⅛ teaspoon black pepper

Southwest Shaker

½ teaspoon chili powder
1 teaspoon oregano
1½ teaspoons garlic powder
1 teaspoon black pepper
3 tablespoons onion powder
1 tablespoon paprika
1½ tablespoons poultry seasoning

*adapted from Navigating For Success, "Dietary Guidelines", FNEC, Division of Nutritional Sciences Cornell University

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Hot and Spicy Blend

¼ cup paprika
1 tablespoon oregano
1 tablespoon chili powder
½ teaspoon garlic powder
½ teaspoon black pepper
¼ teaspoon dried
red pepper

Zesty Onion Herb Seasoning

¼ cup dried onion
1 tablespoon basil
1 tablespoon cumin
1 tablespoon garlic powder
1 tablespoon black pepper

Thyme Shaker

1½ teaspoons thyme
1 teaspoon marjoram
1 teaspoon rosemary
¼ teaspoon sage

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