

Make Your Own Herb and Spice Mix

Mezcla de Hierbas y Especias

Dried Onion
Cebolla seca



Garlic Powder
Ajo en polvo



Paprika



Powdered Mustard
Mostaza en polvo



Thyme
Tomillo



Celery Seed
Semilla de apio



Black Pepper
Pimienta negra



How Can You Cut Down On Salt?

Salt adds a savory, unique flavor to our food. But using too much salt can raise blood pressure and put stress on our body's blood vessels. Using herb and spice mixes can help cut down the amount of salt while adding a variety of flavors to our foods.

Try making and using these herb and spice mixes!

Zesty Onion Herb Seasoning

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

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
1/8 teaspoon black pepper

Thyme Shaker

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

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

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
¼ teaspoon dry mustard