Spice it Up

# 15 seasoning blends so good you won’t miss the salt!

Spices are usually defined as the roots, bark, or seeds of various plants. Herbs are usually defined as leaves. Salt is neither an herb nor a spice!

Most herbs and spices lose flavor and color with age. Each year, test your herbs and spices by sprinkling a small amount into your hand and crushing them; if a smell is not immediately obvious, your herbs are probably too old. Sealed glass jars are best to lock in flavor and color.

Another way to preserve freshness is to buy whole spices such as cumin seeds and black pepper corns. Then grind them as needed in a coffee grinder. This coffee grinder should then be used for spices only and not for other uses.

All these recipes contain very small amounts of sodium and fat, while many spice blends available are very high in sodium.

## Recipes

For each seasoning blend, mix all ingredients and store in an airtight container. Ingredients are dried herbs and ground spices, unless otherwise noted.

Each blend contains 5 mg of sodium or less per teaspoon, except as noted.

Use the following recipes to make easy spice blends:

## Lower Sodium Seasoned Salt

1. 2 tablespoons salt
2. 1 teaspoon paprika
3. 1 tablespoon onion powder
4. ½ teaspoon chili powder
5. ½ teaspoon garlic powder
6. ¼ teaspoon cayenne
7. 1½ teaspoons celery seed, well ground
8. ½ teaspoon parsley flakes, well-ground

Makes ¼ cup

260 mg sodium per ¼ teaspoon, about 25% less than the leading store brand.

## Latino Blend

1. ½ teaspoon garlic powder
2. ¼ teaspoon cayenne
3. ½ teaspoon onion powder
4. ½ teaspoon chili powder
5. ½ teaspoon cumin
6. ½ teaspoon cilantro
7. 1 teaspoon coriander

Makes 1¼ tablespoons.

## Mediterranean Blend

1. ½ teaspoon garlic powder
2. ¼ teaspoon cayenne
3. ½ teaspoon onion powder
4. 1 teaspoon oregano
5. ½ teaspoon cumin
6. ½ teaspoon thyme
7. 1 teaspoon coriander

Makes 4 teaspoons.

## Thai Blend

1. ½ teaspoon garlic powder
2. ¼ teaspoon cayenne
3. ½ teaspoon onion powder
4. ½ teaspoon ginger
5. ½ teaspoon cumin
6. ½ teaspoons cinnamon
7. 1 teaspoon coriander

Makes about 1 tablespoon.

## Southern Blend

1. ¼ cup paprika
2. 1 teaspoon black pepper
3. 2 tablespoons oregano
4. ½ teaspoons cayenne

Makes 1/3 cup

Use 1½ to 2 teaspoons to coat 1 pound of tofu, tempeh or lean animal protein.

## Salt Shaker Blend #1

1. 1 tablespoon onion powder
2. 1½ teaspoons basil
3. 1½ teaspoons dry mustard
4. ½ teaspoon chili powder
5. ½ teaspoon ground celery seed
6. ½ teaspoon paprika

Makes 2½ tablespoons.

## Salt Shaker Blend #2

1. 2 teaspoons thyme
2. 2 teaspoons basil
3. 2 teaspoons savory
4. 1 tablespoon marjoram
5. 1 teaspoon sage

Makes 3 tablespoons.

## Herb Blend

1. 1 tablespoon thyme
2. 2 teaspoons rosemary
3. 1 teaspoon sage
4. 1 tablespoon marjoram

Makes 3 tablespoons.

## Cooking Blend

1. 2 teaspoons thyme
2. 1 teaspoon rosemary
3. 1 tablespoon oregano
4. 2 teaspoons dried minced onion

Makes 2½ tablespoons

Use 1 teaspoon for each pound of lean animal protein. Add ½ teaspoon per 2 quarts of soup.

## All-Purpose Blend

1. 1 teaspoon celery seed
2. 1 tablespoon basil
3. 1 tablespoon marjoram

Makes 3 tablespoons

Use 1 teaspoon per pound of protein food. Use ½ teaspoon for 2 cups of vegetables.

## Salad Blend

1. 1 tablespoon marjoram
2. 1 teaspoon tarragon
3. 2 teaspoons basil

Makes 3 1/3 tablespoons

Sprinkle over tossed salads or add 2 teaspoons for each cup of homemade salad dressing.

## Curry Blend

1. 2 tablespoons cumin
2. 2 tablespoons turmeric
3. 4 teaspoons coriander
4. 4 teaspoons dry mustard
5. 1 teaspoon each: allspice, cayenne, cinnamon, ginger

Makes ½ cup

Use 1 to 1 in place of store-bought.

## Traditional Seafood Blend

1. 2 tablespoons allspice
2. 1 tablespoon ginger
3. 4 teaspoons celery seed, ground
4. 2 teaspoons salt

Makes ½ cup

185 mg sodium per teaspoon.

## Spice Rub Blend

1. 2 tablespoons black pepper
2. 1 tablespoon garlic
3. 2 tablespoons onion powder

Makes ½ cup

255 mg of sodium per teaspoon.

## Tandoori Blend

1. 1 tablespoon paprika
2. 1 teaspoon salt
3. ½ teaspoon cardamom

Makes ¼ cup

153 mg sodium per teaspoon.

Adapted with permission, Preventive Nutrition Services.

410-764-8343 or [Email Preventive Nutrition](mailto:preventive_nutrition@verizon.net)

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