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 the 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 distinct aroma is not immediately obvious, your herbs are past their prime. 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 peppercorns) and grind them as needed in a coffee grinder (about $20 retail). This grinder should then be used for spices only and not for other uses.

All these recipes contain negligible amounts of sodium and fat, while many spice blends available in grocery stores 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 sodium or less per teaspoon, except as noted.

LOW SODIUM SEASONED SALT  
Makes ¼ cup

- 2 tbsp salt
- 1 tsp paprika
- 1 tsp onion powder
- ½ tsp chili powder
- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp celery seed, well-ground
- ½ tsp parsley flakes, well-ground

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

MEDITERRANEAN BLEND  
Makes 4 tsp

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- ½ tsp chili powder
- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- ½ tsp ginger
- ½ tsp cumin
- ½ tsp thyme
- 1 tsp coriander

LATINO BLEND  
Makes 1¼ tbsp

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp cilantro
- 1 tsp coriander

THAI BLEND  
Makes about 1 tbsp

- ½ tsp garlic powder
- ¼ tsp cayenne
- ½ tsp onion powder
- ½ tsp ginger
- ½ tsp cumin
- ½ tsp cinnamon
- 1 tsp coriander

SOUTHERN BLEND  
Makes 1/3 cup

- ¼ cup paprika
- 1 tsp black pepper
- 1 tbsp onion powder
- ½ tsp cayenne
- 2 tbsp oregano
- ½ tsp chili powder
- ½ tsp ground celery seed
- ½ tsp paprika

Salt Shaker Blend #1  
Makes 2½ tbsp

- 1 tbsp onion powder
- 1½ tsp basil
- 1½ tsp dry mustard
- 2 tsp oregano
- ½ tsp cumin
- ½ tsp thyme
- 1 tsp coriander

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

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| SALT SHAKER BLEND #2 | Makes 3 tbsp  | - 2 tsp thyme  
- 2 tsp basil  
- 2 tsp savory  
- 1 tbsp thyme  
- 1 tsp sage  
- 1 tsp marjoram |
| CURRY BLEND      | Makes ½ cup    | - 2 tbsp cumin  
- 2 tbsp turmeric  
- 4 tsp coriander  
- 4 tsp dry mustard  
- 1 tsp each: allspice, cayenne, cinnamon, ginger |
| HERB BLEND       | Makes 3 tbsp   | - 1 tbsp thyme  
- 2 tsp rosemary  
- 1 tsp sage  
- 1 tbsp marjoram |
| TRADITIONAL SEAFOOD BLEND | Makes ½ cup  | - 2 tbsp allspice  
- 1 tbsp ginger  
- 4 tsp celery seed, ground  
- 2 tsp salt |
| COOKING BLEND    | Makes 2½ tbsp  | - 2 tsp thyme  
- 1 tsp rosemary  
- 1 tsp oregano  
- 2 tsp dried minced onion |
| SPICE RUB BLEND  | Makes ½ cup    | - 2 tbsp black pepper  
- 1 tbsp garlic  
- 2 tbsp onion powder |
| ALL-PURPOSE BLEND | Makes 3 tbsp   | - 1 tsp celery seed  
- 1 tbsp basil  
- 1 tbsp marjoram |
| TANDOORI BLEND   | Makes ¼ cup    | - 1 tbsp paprika  
- 1 tsp salt  
- ½ tsp cardamom |
| SALAD BLEND      | Makes 3 ½ tbsp | - 1 tbsp marjoram  
- 1 tsp tarragon  
- 2 tsp basil |

Sprintle over tossed salads or add 2 tsp for each cup of homemade salad dressing.

Adapted with permission, Preventive Nutrition Services  
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