

# 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.*



### LOWER SODIUM SEASONED SALT

Makes ¼ cup

- 2 tbsp salt
- 1 tsp paprika
- 1 tbsp onion powder
- ½ tsp chili powder
- ½ tsp garlic powder
- ¼ tsp cayenne
- 1½ 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
- 1 tsp oregano
- 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
- 2 tbsp oregano
- ½ tsp cayenne

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



### SALT SHAKER BLEND #1

Makes 2½ tbsp

- 1 tbsp onion powder
- 1½ tsp basil
- 1½ tsp dry mustard
- ½ tsp chili powder
- ½ tsp ground celery seed
- ½ tsp paprika



### SALT SHAKER BLEND #2

Makes 3 tbsp

- 2 tsp thyme
- 2 tsp basil
- 2 tsp savory
- 1 tbsp marjoram
- 1 tsp sage



### 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

Use 1:1 in place of store-bought



### 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

185 mg sodium per tsp



### COOKING BLEND

Makes 2½ tbsp

- 2 tsp thyme
- 1 tsp rosemary
- 1 tbsp oregano
- 2 tsp dried minced onion

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



### SPICE RUB BLEND

Makes ½ cup

- 2 tbsp black pepper
- 1 tbsp garlic
- 2 tbsp onion powder

255 mg sodium per tsp



### ALL-PURPOSE BLEND

Makes 3 tbsp

- 1 tsp celery seed
- 1 tbsp basil
- 1 tbsp marjoram

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



### TANDOORI BLEND

Makes ¾ cup

- 1 tbsp paprika
- 1 tsp salt
- ½ tsp cardamom

153 mg sodium per tsp



### SALAD BLEND

Makes 3 1/3 tbsp

- 1 tbsp marjoram
- 1 tsp tarragon
- 2 tsp basil

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



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