

# Salt Free Seasonings

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For all seasoning recipes, mix all ingredients and store in an airtight container in a cool dark place or the refrigerator unless recipe specifies otherwise.

## HERB SEASONING

1/2 tsp. cayenne pepper  
1 Tbsp. garlic powder  
1 tsp. basil  
1 tsp. marjoram  
1 tsp. thyme  
1 tsp. dried parsley  
1 tsp. savory  
1 tsp. mace  
1 tsp. onion powder  
1 tsp. pepper  
1 tsp. sage

Use in a shaker at the table in place of salt. Good on casseroles, stews, vegetables and meats. Makes about 1/3 cup.

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## PEPPED UP PARSLEY PEPPER

2 Tbsp. lemon pepper seasoning  
1 Tbsp. onion powder  
1 Tbsp. dried parsley flakes  
1-2 tsp. garlic powder

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## CHILI POWDER

3 tbsp. paprika  
2 tsp. oregano  
1 tsp. cumin  
1 tsp. tumeric  
1 tsp. garlic powder  
1/4 tsp. cayenne pepper

Use in place of packaged chili powder mixes.

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## ITALIANO BLEND

1 Tbsp. oregano  
1 Tbsp. basil  
1½ tsp. onion powder  
1½ tsp. thyme  
1 tsp. garlic powder  
1 tsp. black pepper

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## LEMON SEASONING

Grated peel of half a lemon  
2 tsp. dry parsley flakes  
1/2 tsp. garlic powder  
1/2 tsp. oregano or basil  
1/2 tsp. marjoram  
1/4 tsp. allspice  
1/4 tsp. black pepper

Store in refrigerator in an airtight container. Use on meat, poultry, or fish before broiling or baking.

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## ALL PURPOSE SPICE BLEND

5 tsp. onion powder  
1 Tbsp. garlic powder  
1 Tbsp. paprika  
1 Tbsp. dry mustard  
1 tsp. thyme  
1/2 tsp. pepper  
1/2 tsp. celery seed