

## SALT FREE SEASONINGS

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.

### LEMON HERB SEASONING

4½ Tbsp. basil  
4 Tbsp. oregano  
1½ Tbsp. black pepper  
1½ Tbsp. onion flakes  
1½ Tbsp. whole celery seed  
1/2 tsp. garlic powder  
1/2 tsp. grated lemon peel

Good on fish, poultry, and salads. Makes about 1 cup.

### PEPPED UP PARSLEY PEPPER

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

### SALAD HERB BLEND

1/4 cup parsley  
1/4 cup marjoram  
2½ Tbsp. basil  
1½ Tbsp. sesame seeds  
1½ Tbsp. chili powder  
1½ Tbsp. rosemary  
1¼ Tbsp. celery seed  
1½ tsp. sage  
2 tsp. thyme  
2 tsp. onion flakes  
2 tsp. dill  
1¼ tsp. pepper  
1 tsp. garlic powder

### CHILI POWDER

3 tbs. 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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SALT FREE SEASONINGS CONTINUED

**HERB SEASONING**

Grated peel of 1 lemon  
2 Tbsp. cinnamon  
1 Tbsp. mace  
1 Tbsp. basil  
1 Tbsp. thyme  
1 Tbsp. rosemary  
2 tsp. paprika  
1 tsp. pepper  
1 tsp. cloves  
1/2 tsp. nutmeg  
1/2 tsp. allspice

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**ORIENTAL SPICE**

1 tsp. grated lemon peel  
1/4 tsp. crushed anise seed  
1/4 tsp. crushed fennel seed  
1/4 tsp. cinnamon  
1/4 tsp. cloves  
1/4 tsp. ginger  
Use on poultry, meat or stir-fry dishes.

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**BASIL SEASONING**

2 Tbsp. basil  
2 Tbsp. dried onion  
1 tsp. oregano  
1 tsp. celery seed  
1/4 tsp. grated dry lemon peel  
1/8 tsp. black pepper  
Use on poultry or fish. Omit basil and replace with dill.

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**ITALIANO BLEND**

1 Tbsp. oregano  
1 Tbsp. basil  
1 1/2 tsp. onion powder  
1 1/2 tsp. thyme  
1 tsp. garlic powder  
1 tsp. black pepper

**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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**SPICY BLEND FOR MAIN DISHES**

2 Tbsp. savory  
1 Tbsp. dry mustard  
2 1/2 tsp. onion powder  
1 3/4 tsp. curry powder  
1 1/4 tsp. black pepper  
1 1/4 tsp. cumin  
1/2 tsp. garlic powder

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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