

# Let's Cook with Herbs and Spices

## A Beginner's Guide to Salt-Free Seasoning Blends



Homemade salt-free seasoning blends are delicious, long-lasting, and easy to make! Measure the dried herbs and spices, mix well, and use to enhance the flavor of foods.

### Everyday

#### *Ingredients*

- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp parsley
- 2 tsp black pepper
- 1 tsp cumin (ground)
- 1 tsp dill weed
- 1 tsp mustard seed (ground)
- ¼ tsp cayenne (ground)

#### *Suggested Pairings*

##### **Protein**

- chicken
- fish

##### **Vegetables**

- broccoli
- kale
- green beans
- mushrooms
- spinach
- sweet potatoes

##### **Grains**

- brown rice
- quinoa
- whole wheat pasta

### Creole-Inspired

#### *Ingredients*

- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 2 tsp basil
- 2 tsp oregano
- 1 tsp black pepper
- 1 tsp cayenne (ground)
- 1 tsp paprika
- 1 tsp thyme

#### *Suggested Pairings*

##### **Protein**

- chicken
- crab
- egg
- shrimp

##### **Vegetables**

- bell peppers
- corn
- scallions
- tomatoes
- zucchini

##### **Grains**

- brown rice
- grits

### Mexican-Inspired

#### *Ingredients*

- 2 Tbsp garlic powder
- 2 Tbsp onion powder
- 2 Tbsp chili powder
- 1 Tbsp coriander
- 1 Tbsp oregano
- 2 tsp cumin
- 1 tsp cayenne (ground)
- 1 tsp cinnamon (ground)
- 1 tsp clove (ground)

#### *Suggested Pairings*

##### **Protein**

- black or pinto beans
- chicken
- lean ground beef or turkey

##### **Vegetables**

- avocado
- bell pepper
- corn
- tomato

##### **Grains**

- brown rice
- whole wheat tortilla

Tbsp = Tablespoon  
tsp = teaspoon



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## Mediterranean-Inspired

### Ingredients

2 Tbsp garlic powder  
2 Tbsp onion powder  
2 Tbsp oregano  
1 Tbsp basil  
1 Tbsp mint  
1 Tbsp parsley  
2 tsp black pepper

### Suggested Pairings

#### Protein

- chicken
- chickpeas
- shrimp
- white fish

#### Vegetables

- cucumbers
- eggplant
- lettuce
- yellow squash
- zucchini

#### Grains

- brown rice
- whole wheat pita bread
- quinoa
- whole wheat pasta

## Asian-Inspired

### Ingredients

2 Tbsp garlic powder  
2 Tbsp onion powder  
1 Tbsp sesame seeds  
4 tsp ginger (ground)  
1 tsp black pepper  
1 tsp mustard seed (ground)

### Suggested Pairings

#### Protein

- chicken
- egg
- ground turkey
- salmon
- shrimp
- tofu

#### Vegetables

- bell peppers
- bok choy
- broccoli
- carrots
- scallions
- snow peas

#### Grains

- brown rice
- buckwheat noodles

## Tips for Using Salt-Free Seasoning Blends

- Create your own blend by starting off with garlic and/or onion powder as your base and build flavors as you like.
- Store the seasoning blend in an air-tight container unexposed to light to preserve taste and freshness.
- Use approximately 1 Tablespoon of seasoning blend for every pound of food. Add gradually and season to taste.
- Pair with the suggested foods to allow for the enjoyment of meals that are reduced in added sugar, saturated fat, and sodium.

Have fun, and don't be afraid to experiment in the kitchen!

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tsp = teaspoon

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