

SALT FREE SEASONINGS



Mixed herb blend: Mix together $\frac{1}{4}$ cup dried parsley flakes, 2 tablespoons dried tarragon and 1 tablespoon each of dried oregano, dill weed and celery flakes.

Italian blend: Mix together 2 tablespoons each of dried basil and dried marjoram, 1 tablespoon each of garlic powder and dried oregano and 2 teaspoons each of thyme, crushed dried rosemary and crushed red pepper.

Taco/chili blend: Mix together $\frac{1}{4}$ cup chili powder, 1 tablespoon each of ground cumin and onion powder, 1 teaspoon each of dried oregano, garlic powder and ground red pepper and $\frac{1}{2}$ teaspoon cinnamon.

Directions: *Mix spices together and store in container. Sprinkle on veggies, grains and meats as needed. Recipes from the Academy of Nutrition & Dietetics.*