



Spices are a great way to add healthy flavor to your food. These spice blends pack flavor in three easy steps!

Steps

Wash your hands with soap and water.

Mix the ingredients in a jar or airtight container and

1. Shake
2. Seal
3. Enjoy!

These spice blends can be used in four ways: As a dry rub, or combined with oil, vinegar, lemon juice, or other seasonings to make a marinade, sauce, or dressing.



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EXTENSION

NUTRITION
& WELLNESS

Salt-Free Spice Blends

Greek

1 tablespoon garlic powder	1½ teaspoons rosemary, minced
1 tablespoon basil	
1 tablespoon oregano	1½ teaspoons thyme
1½ teaspoons black pepper	¾ teaspoon ground nutmeg

Tip: Use on salads, roasted potatoes or other vegetables, and seafood.

Barbeque

2 tablespoons dried basil	2 teaspoons black pepper
2 tablespoons dried sage	1½ teaspoons dried savory
2 tablespoons dried thyme	½ teaspoon dried lemon peel

Tip: Use on grilled meats and vegetables.

Chili Lime

1 tablespoon ground coriander	1 teaspoon lime zest
1 tablespoon garlic powder	1 teaspoon onion powder
	1 teaspoon ground cumin

Tip: Use on chicken, shrimp, grilled meats, and vegetables.

Lemon Pepper

3 tablespoons lemon zest (zest of 3 lemons)	1 tablespoon garlic powder (optional)
2 tablespoons black pepper	

Tip: Use on vegetables, seafood, chicken, and whole grains like brown rice.

Cajun

2 tablespoons paprika	2 teaspoons dried thyme
1 tablespoon garlic powder	2 teaspoons dried oregano
1 tablespoon onion powder	½ teaspoon lemon zest
2 teaspoons black pepper	
2 teaspoons cayenne pepper	

Tip: Use on seafood, ground beef, pork, and chicken.

Chili

2 tablespoons chili powder	1 teaspoon regular paprika
1 teaspoon cumin	
1 teaspoon coriander	1 teaspoon smoked paprika
1 teaspoon garlic powder	1 teaspoon unsweetened cocoa powder
¼ teaspoon cayenne pepper	

Tips: Use on vegetarian or meat chili, ground beef, and sloppy joes.

For a quick chili, all you need is 1 can of beans, 1 pound of ground beef or chicken, and 1 can of tomatoes!

Garlic Pepper

1 tablespoon garlic powder	1 teaspoon onion powder
½ tablespoon black pepper	½ teaspoon paprika
½ teaspoon cumin	½ teaspoon dried parsley

Tip: This recipe makes enough to season three to five large chicken breasts.

Taco

1 tablespoon chili powder	¼ teaspoon oregano
¼ teaspoon garlic powder	½ teaspoon paprika
¼ teaspoon onion powder	1½ teaspoons cumin
¼ teaspoon crushed red pepper flakes	1 teaspoon black pepper

Tips: Use on chicken, beef, fish, or vegetable tacos, fajitas, and kebobs.

For tacos, this mix works great with 1½ pounds of meat and 1 cup of water.

Italian

1 tablespoon oregano	2 teaspoons sage
1 tablespoon parsley	1 teaspoon garlic powder
1 tablespoon thyme	1 teaspoon black pepper
2 teaspoons basil	

Tip: Use in tomato sauce, lasagna, and spaghetti or pasta dishes. Also tastes great on eggplant or other roasted vegetables!

Ranch

1 tablespoon parsley	2 teaspoons onion flakes
1 tablespoon chives	2 teaspoons onion powder
1 tablespoon dill weed	½ teaspoon ground pepper
2 teaspoons garlic powder	

Tips: Use on potatoes and chicken.

Add ½ cup of buttermilk powder to enhance the ranch flavor.

Use 2 tablespoons of ranch blend to replace one packet of ranch mix.

You can use this seasoning blend to make ranch dressing or dip.

Tip: To boost the protein, use low-fat or fat-free Greek yogurt in place of the mayo or sour cream.

Ranch Dressing

Mix 3 tablespoons ranch blend, ½ cup mayonnaise or sour cream, and ¾ cup milk.

Ranch Dip

Mix ½ cup light mayonnaise or sour cream and up to ½ cup milk for desired consistency. Stir well. Refrigerate 20–30 minutes before serving.

Tips:

Triple the recipe of your favorite blends so that you can have some on hand for later!

These spice blends do not contain any sodium. Add a pinch of salt if needed.

Discard these spice blends after 1–3 years—or sooner if the aroma isn't strong, the taste isn't potent, and the color isn't vibrant.

Discard any leftover marinade. Do not reuse marinades used on raw foods.

