



# Salt-Free Spice Blends

Spices are a great way to add healthy flavor to your food. These spice blends pack flavor in three easy steps and can be used in four ways!

## 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.

### Greek

- 1 tablespoon garlic powder
1 tablespoon basil
1 tablespoon oregano

- 1 1/2 teaspoons black pepper
1 1/2 teaspoons rosemary, minced
1 1/2 teaspoons thyme
3/4 teaspoon ground nutmeg

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

### Barbeque

- 2 tablespoons dried basil
2 tablespoons dried sage

- 2 tablespoons dried thyme
2 teaspoons black pepper
1 1/2 teaspoons dried savory
1/2 teaspoon dried lemon peel

Tip: Use on grilled meats and vegetables.

### Chili Lime

- 1 tablespoon ground coriander

- 1 tablespoon garlic powder
1 teaspoon lime zest
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)

- 2 tablespoons black pepper
1 tablespoon garlic powder (optional)

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

### Cajun

- 2 tablespoons paprika
1 tablespoon garlic powder
1 tablespoon onion powder
2 teaspoons black pepper
2 teaspoons cayenne pepper

- 2 teaspoons dried thyme
2 teaspoons dried oregano
1/2 teaspoon lemon zest

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

### Chili

- 2 tablespoons chili powder
1 teaspoon cumin
1 teaspoon coriander
1 teaspoon garlic powder
1/4 teaspoon cayenne pepper

- 1 teaspoon regular paprika
1 teaspoon smoked paprika
1 teaspoon unsweetened cocoa powder

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
1/2 teaspoon black pepper
1/2 teaspoon cumin
1 teaspoon onion powder

- 1/2 teaspoon paprika
1/2 teaspoon dried parsley

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



## Taco

1 tablespoon chili powder  
¼ teaspoon garlic powder  
¼ teaspoon onion powder  
¼ teaspoon crushed red pepper flakes

**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.

¼ teaspoon oregano  
½ teaspoon paprika  
1½ teaspoons cumin  
1 teaspoon black pepper

1 tablespoon oregano  
1 tablespoon parsley  
1 tablespoon thyme  
2 teaspoons basil

2 teaspoons sage  
1 teaspoon garlic powder  
1 teaspoon black pepper

## Italian

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

## Ranch

1 tablespoon parsley  
1 tablespoon chives  
1 tablespoon dill weed

**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.

2 teaspoons garlic powder  
2 teaspoons onion flakes  
2 teaspoons onion powder  
½ teaspoon ground pepper

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.

Try your favorite seasoning blend on one of our **Fold and Go Meal packets!**

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