

Low-Sodium Spice Mixes



Spicy Seasoning

Ingredients

- 1 teaspoon cayenne pepper
- 2 tablespoons garlic powder
- 2 teaspoons black pepper
- 1 teaspoon paprika
- 2 teaspoons sage
- 2 teaspoons thyme
- 2 teaspoons parsley

Classic Italian Herb Blend

Ingredients

- 2 tablespoons basil
- 2 tablespoons oregano
- 2 tablespoons thyme
- 1 tablespoon sage

Southwest Blend

Ingredients

- 2 tablespoons chili powder
- 2 tablespoons paprika
- 2 tablespoons cumin

Garden-Herbed Blend

Ingredients

- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 2 tablespoons parsley
- 1 tablespoon basil
- 1 tablespoon thyme
- 1 tablespoon rosemary

Directions

1. Combine all measured ingredients.
2. Stir spice mixture well.
3. Store spice mixture in a re-sealable bag or airtight container in a cool and dry place.