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

Southwest Blend
Ingredients
• 2 tablespoons chili powder
• 2 tablespoons paprika
• 2 tablespoons cumin

Classic Italian Herb Blend
Ingredients
• 2 tablespoons basil
• 2 tablespoons oregano
• 2 tablespoons thyme
• 1 tablespoon sage

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.