

SPICE IT UP!

Popular spice blends to boost flavor and reduce sodium!

INSTRUCTIONS

Stir or shake ingredients together and store in a closed container. Seasonings will stay fresh 3 to 6 months.

TACO SEASONING

INGREDIENTS

1 tablespoon chili powder
1 teaspoon cumin
1 teaspoon garlic powder
1 teaspoon paprika
1 teaspoon oregano

Use taco seasoning on meat, produce, or fish.

CAJUN SEASONING

INGREDIENTS

3 tablespoons onion powder 1 tablespoon paprika
3 tablespoons garlic powder 1 teaspoon black pepper
2 teaspoons cayenne pepper 1 teaspoon thyme
1 tablespoon chili powder

Use Cajun seasoning on chicken, pork, beef, seafood, roasted potatoes and vegetables, soups, and stews.

RANCH SEASONING

INGREDIENTS

2 tablespoons dried parsley 1 tablespoon onion powder
2 tablespoons dried chives 1 tablespoon onion flakes
1 tablespoon dill 1 tablespoon celery salt
1 tablespoon garlic powder 1 teaspoon black pepper

Use ranch seasoning in yogurt dips, pasta salad, chicken, and shrimp.

CURRY SEASONING

INGREDIENTS

2 tablespoons cumin powder
2 tablespoons ground coriander
2 tablespoons turmeric
1½ teaspoons ground cardamom

Use curry seasoning in soups and stews, rice, beans, vegetables, and chicken salad.

ITALIAN SEASONING

INGREDIENTS

2 tablespoons garlic powder ½ teaspoon black pepper
1 tablespoon parsley ½ teaspoon thyme
1 tablespoon basil 2 teaspoons onion powder
1 tablespoon oregano

Use Italian seasoning on homemade pizza, spaghetti sauce or meatballs, poultry, pork, roasted tomatoes, vegetables, or as a marinade or dressing.

ADOBO SEASONING

INGREDIENTS

1 teaspoon salt
3 tablespoons onion powder
3 tablespoons garlic powder
3 tablespoons black pepper
2 tablespoons oregano

Use adobo seasoning on ground beef, turkey, chicken, pork, shrimp, fish, and black bean or rice dishes.

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