

Recipes for No-Salt Seasonings

HOW TO MAKE SEASONING BLENDS

1. Tbsp.= Tablespoon(s) tsp.= teaspoon(s)
2. Measure all ingredients and place them in a bowl.
3. Stir well to combine.
4. Store in an airtight container in a cool, dry place. Mix well before using.

Ranch Blend	Zesty Onion Herb Seasoning	Italian Seasoning	Taco Blend
2 Tbsp. onion powder 2 Tbsp. onion flakes 2 Tbsp. dried parsley 1 Tbsp. garlic powder 1 Tbsp. dried dill weed ¼ tsp. dried thyme 2 tsp. pepper	¼ cup dried onion 1 Tbsp. dried basil 1 Tbsp. cumin 1 Tbsp. garlic powder 1 Tbsp. black pepper	2 Tbsp. dried basil 2 Tbsp. dried oregano 1 Tbsp. dried thyme 1 Tbsp. dried rosemary 1 Tbsp. garlic powder ¼ tsp. onion powder	1½ tsp. dried parsley ½ tsp. garlic powder ½ tsp. onion powder 1 tsp. dried oregano 1 tsp. black pepper 1 Tbsp. chili powder 1 tsp. paprika 1½ tsp. cumin

Savory Spice Blend	Garlic Pepper Seasoning	Greek Seasoning	Cajun Blend
1½ tsp. dried oregano leaves 1 tsp. ground cinnamon 1 tsp. garlic powder 1 tsp. paprika ½ tsp. ground ginger ½ tsp. salt ½ tsp. ground black pepper	1 Tbsp. garlic powder ½ Tbsp. black pepper ½ tsp. cumin 1 tsp. onion powder ½ tsp. paprika ½ tsp. dried parsley	1 Tbsp. garlic powder 1 Tbsp. dried basil 1 Tbsp. dried oregano 1½ tsp. black pepper 1½ tsp. dried rosemary 1½ tsp. dried thyme ¾ tsp. ground nutmeg	2 Tbsp. paprika 1 Tbsp. garlic powder 1 Tbsp. onion powder 2 tsp. black pepper 2 tsp. cayenne pepper 2 tsp. dried thyme 2 tsp. dried oregano ½ tsp. lemon zest

Recipe sources: North Dakota State Extension, University of Tennessee Extension, Mississippi State University Extension, Cornell University Extension



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