

# Use Herbs & Spices Instead of Salt



Because of their more intense concentrated flavor, dried herbs can be substituted for fresh herbs at a ratio of 1 to 3.

**Allspice:** Use in meats, fish, poultry, soups, stews, and desserts.

**Basil:** Use in soups, salads, vegetables, fish, and meats.

**Cayenne Pepper:** Use in meats, poultry, stews, and sauces.

**Celery Seed:** Use in fish, salads, dressings, and vegetables.

**Chili Powder:** Use in meats, poultry, and stews.

**Cilantro:** Use in meats, sauces, stews, and rice.

**Cinnamon:** Use in salads, vegetables, breads, and snacks.

**Clove:** Use in soups, salads, and vegetables.

**Cumin:** Use in meats and poultry.

**Curry Powder:** Use in meats, shellfish, and vegetables.

**Dill Weed and Dill Seed:** Use in fish, soups, salads, and vegetables.

**Garlic Powder:** Use in meats, poultry, fish, vegetables, salads, soups, and stews.

**Ginger:** Use in soups, salads, vegetables, and meats.

**Marjoram:** Use in soups, salads, vegetables, beef, fish, and chicken.

**Nutmeg:** Use in vegetables and meats.

**Onion Powder:** Use in meats, poultry, soups, and salads.

**Oregano:** Use in soups, salads, vegetables, meats, and chicken.

**Paprika:** Use in meats, fish, poultry, and vegetables.

**Parsley:** Use in salads, vegetables, fish, and meats.

**Rosemary:** Use in salads, vegetables, fish, and meats.

**Sage:** Use in soups, salads, vegetables, meats, and chicken.

**Thyme:** Use in salads, vegetables, fish, and chicken.



## **For meat, poultry and fish, try one or more of these combinations:**

**Beef:** Bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme

**Lamb:** Curry powder, garlic, rosemary, mint

**Pork:** Garlic, onion, sage, pepper, oregano

**Veal:** Bay leaf, curry powder, ginger, marjoram, oregano

**Chicken:** Ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme

**Fish:** Curry powder, dill, dry mustard, marjoram, paprika, pepper

## **For vegetables, experiment with one or more of these combinations:**

**Carrots:** Cinnamon, cloves, dill, ginger, marjoram, nutmeg, rosemary, sage

**Corn:** Cumin, curry powder, onion, paprika, parsley

**Green Beans:** Dill, curry powder, marjoram, oregano, tarragon, thyme

**Greens:** Onion, pepper

**Potatoes:** Dill, garlic, onion, paprika, parsley, sage

**Summer Squash:** Cloves, curry powder, marjoram, nutmeg, rosemary, sage

**Winter Squash:** Cinnamon, ginger, nutmeg, onion

**Tomatoes:** Basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper

## TIPS TO CUT BACK ON SODIUM:

### When Shopping:

1. Buy fresh, frozen, or no-salt added canned vegetables. Choose food packed in water instead of broth or salt.
2. Buy fresh garlic or garlic powder instead of garlic salt.
3. Choose foods labeled "low sodium," "sodium free," or "no salt added."

### When Cooking:

1. Slowly cut back on the amount of salt added when cooking until you don't use any.
2. Add no salt to the water when cooking beans, rice, pasta, and vegetables.
3. Cut back on meats high in sodium, such as bologna, ham, hotdogs, and sausage.
4. Rinse all canned products to reduce the amount of sodium.



### When Eating:

1. Fill the salt shaker with a mixture of herbs and spices.
2. Slowly cut back on the amount of salt added at the table until you don't use any.
3. Choose fruits and vegetables instead of salty snacks like chips, fries, and pork rinds.

## EASY RECIPE FROM OUR TEST KITCHEN

Fill the salt shaker with these herbs and spices, and use it instead of salt to flavor foods.

- 2 tablespoons black pepper
- 1 tablespoon cayenne pepper
- 1 tablespoon paprika
- 1 tablespoon onion powder
- 1 tablespoon garlic powder
- 1 bay leaf, ground