



# No Salt Seasonings



**1 teaspoon of salt has about 2,000 mg sodium. You can substantially reduce your sodium intake by substituting any of these seasonings.**

## ***Shaker Spice Blend***

*Sodium: 1.78 mg per teaspoon*

5 teaspoons onion powder	1 1/4 teaspoons thyme leaves, crushed
2 1/2 teaspoons garlic powder	1/2 teaspoon ground white pepper
2 1/2 teaspoons paprika	1/4 teaspoon celery seed
2 1/2 teaspoons dry mustard	

Mix thoroughly and place in shaker for use at table on main dishes, vegetables, soups or salads.

## ***Herbed Seasoning***

*Sodium: 0.65 mg per teaspoon*

2 tablespoons dried basil leaves, crumbled	1 teaspoon celery seed
2 tablespoons onion powder	1/4 teaspoon grated dried lemon peel
1 teaspoon dried oregano leaves, crumbled	Pinch freshly ground pepper

Combine all ingredients in small bowl and blend well. Spoon into shaker and use with poultry and fish. Store in cool dry place.

## ***Spicy Blend***

*Sodium: 0.59 mg per teaspoon*

2 tablespoons dried savory, crushed	1 1/4 teaspoons fresh ground white pepper
1 tablespoon dry mustard	1 1/4 teaspoons ground cumin
2 1/2 teaspoons onion powder	1/2 teaspoon garlic powder
1 3/4 teaspoons curry powder	

Mix thoroughly and place in shaker. Store in cool, dry place. Use with main dishes.