

# Salt-Free and Low-Salt Herb Blends

## Salt-Free Ten Herb Blend **Makes 1 cup**

4 tablespoons dried, crumbled oregano leaves	2 teaspoons dried, crumbled thyme leaves
4 tablespoons onion powder	2 teaspoons dried, crumbled rosemary leaves
4 teaspoons dried, crumbled marjoram leaves	1 teaspoon dried, crumbled sage leaves
4 teaspoons, dried basil leaves	2 teaspoons ground black pepper
4 teaspoons, crumbled savory leaves	4 teaspoons paprika
4 teaspoons garlic powder	

Combine all ingredients in a food processor and process until fine and well blended. Put some in a shaker. Store any unused portion in a covered glass jar. Sprinkle on fish, chicken, vegetables.

## All-Purpose Low-Salt Herb Blend

*This blend is excellent for seasoning meats. May also be used to season vegetables.*

8 tablespoons paprika	6 tablespoons garlic powder
3 tablespoons ground cayenne pepper	6 tablespoons salt
4 tablespoons onion powder	3 tablespoons dried oregano
3 tablespoons freshly ground black pepper	3 tablespoons dried thyme

Combine all ingredients in a mixing bowl and mix well. Store in an air-tight container. Wash and dry meat surface with paper towels. Sprinkle rub on both sides, press into meat. Let stand for 20 minutes to 2 hours covered in the refrigerator. Use on any meat. Careful, this rub browns quickly. For long cooking meats, sprinkle on after cooking.

## Salt-Free Seven Herb Blend **Makes 1/3 cup**

*Use this herb blend in any recipe as a substitute for salt.*

5 teaspoons onion powder	1 1/4 teaspoons thyme
2 1/2 teaspoons garlic powder	1/2 teaspoon ground white or black pepper
2 1/2 teaspoons (Hungarian sweet) paprika	1/4 teaspoon celery seed, crushed
2 1/2 teaspoons dry mustard	

Crush and grind celery seed in a mortar. Combine all ingredients and mix well. Spoon into a shaker, add a few grains of white rice to keep the mixture dry.