



Sodium-Free Flavoring Tips

When cooking, the following items may be used for flavoring instead of salt or seasonings that contain sodium. Remember: A little bit of spice goes a long way! Be careful not to over-season.

Spice Blend Recipe (makes about $\frac{1}{3}$ cup)

- 5 teaspoons onion powder
- $2\frac{1}{2}$ teaspoons garlic powder
- $2\frac{1}{2}$ teaspoons paprika
- $2\frac{1}{2}$ teaspoon dry mustard
- $1\frac{1}{2}$ teaspoon crushed thyme leaves
- $\frac{1}{2}$ teaspoon white pepper
- $\frac{1}{4}$ teaspoon celery seed

Food Item	Flavorings
Beef	Basil, bay leaf, caraway, curry, dill, dry mustard, garlic, grape jelly, green pepper, mace, marjoram, mushrooms (fresh), nutmeg, onion or onion powder, parsley, pepper, rosemary, sage
Chicken	Basil, cloves, cranberries, mace, mushrooms (fresh), nutmeg, oregano, paprika, parsley, pineapple, saffron, sage, savory, tarragon, thyme, tomato, turmeric
Egg	Chervil, curry, dill, dry mustard, garlic or garlic powder, green pepper, jelly, mushrooms (fresh), nutmeg, onion powder, paprika, parsley, rosemary, tarragon, tomato
Fish	Basil, bay leaf, chervil, curry, dill, dry mustard, green pepper, lemon juice, marjoram, mushrooms (fresh), paprika, pepper, tarragon, tomato, turmeric
Lamb	Cloves, curry, dill, garlic or garlic powder, mace, mint, mint jelly, onion, oregano, parsley, pineapple, rosemary, tarragon, thyme
Pork	Applesauce, basil, caraway, chives, cloves, garlic or garlic powder, onion or onion powder, rosemary, thyme
Veal	Apricots, basil, bay leaf, currant jelly, curry, ginger, marjoram, mushrooms (fresh), oregano, paprika
Vegetables	Basil, dill, garlic or garlic powder, ginger, lemon juice, mace, marjoram, nutmeg, onion or onion powder, tarragon, tomato, sugar or sugar substitute, salt-free salad dressing, vinegar
Desserts	Allspice, anise, cinnamon, cloves, ginger, mace, nutmeg, vanilla extract, other extracts